

The Choose Yourself™ Reflection Journal

*A guided self-study journal for women ready to
hear themselves, trust what they know
and choose what they want next.*

Includes the Choosing You™ Audio Companion.

*Know yourself.
Trust yourself.
Choose for yourself.*

Mind Kind™

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This journal is for personal reflection and self-study. It may also be used as part of the Choose Yourself™ coaching programme.

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This journal is intended for personal growth and reflective support. It is not a substitute for medical, psychological, therapeutic, or emergency support. If you are in crisis or need urgent support, please contact an appropriate professional service in your area.

Before You Begin

This journal isn't here to tell you who you are.
It's here to help you hear yourself more clearly.

Some reflections may come easily.
Others may take time.
Some pages may leave you with more questions than answers.
That's okay.

You don't need to have everything figured out before you begin.
You don't need all the answers.
You don't need to complete it in order.
And you don't need to write something on every page.

This isn't about getting it right.
It's about becoming more honest with yourself.

Come back to these pages whenever you need them.
Write freely.
Pause often.
Trust what feels true for you.

And remember...

*You haven't lost
yourself. You adapted.*

This journal is an invitation to begin understanding those adaptations,
rebuilding self-trust, and making choices that reflect who you are now.

One page at a time. One choice at a time.

Know yourself. Trust yourself. Choose for yourself.

Welcome From Jasmine

Welcome to The Choose Yourself™ Reflection Journal.

I'm so glad you are here.

You may have come to this journal because something in your life feels unclear, heavy, too small, too familiar, or no longer fully true for you.

You may not have the words for it yet.

You may not know what needs to change.

You may only know that something does.

That is enough.

This journal is not here to rush you into big decisions or force you to have everything figured out. It is here to help you pause, reflect honestly, hear yourself more clearly, and begin rebuilding trust in what you know.

Because often, the problem is not that you do not know.

It is that you have spent a long time adapting, pleasing, coping, explaining things away, keeping the peace, or talking yourself out of what you do know.

Over time, that can make your own voice harder to hear.

This journal is a space to begin listening again.

You do not need to complete it perfectly.

You do not need to have the right answers.

You only need to be willing to meet yourself honestly, one page at a time.

Choosing yourself can begin this simply: by listening to what is true before you talk yourself out of it.

Know yourself. Trust yourself. Choose for yourself.

What This Journal Is Here to Do

This journal is here to help you come back into a more honest relationship with yourself. Not by forcing change. Not by giving you a list of things you should be doing. Not by telling you who to become. But by helping you notice what has been shaping you, what you keep dismissing, what you already know, and where you may be ready to choose differently. Where you have adapted. What you have learned to minimise. How fear, guilt, obligation, or other people's expectations may be affecting your choices. The patterns that pull you away from yourself.

What you know, need, and want now.

The next honest step that is available to you.

This journal is not about becoming someone else.

It is about becoming more honest with yourself.

It is about noticing where you have been living from old patterns, old roles, old expectations, or old rules that no longer fit.

You do not have to answer everything at once.

You do not have to move through this quickly.

Let the questions meet you where you are.

The work begins with noticing.

And noticing is often the first way back to choosing yourself.

You are invited to look at something that you are struggling with.

It is about asking:

What is really going on?

What do I know?

What am I tired of pretending is fine?

What would I choose if I trusted myself?

What Choosing Yourself Means

Choosing yourself does not mean you stop caring about other people.

It does not mean you become selfish, careless, or hard.

It does not mean you have to blow up your life, make a dramatic decision, or explain yourself to everyone around you.

Choosing yourself means you stop leaving yourself out of the conversation.

It means your needs, feelings, limits, desires and knowing are allowed to matter too.

It means you begin to notice where you say yes when something in you means no.

It means you begin to recognise where you make your needs smaller to keep other people comfortable.

It means you stop treating your own knowing as something that only counts once everyone else agrees with it.

Choosing yourself is not always loud.

Sometimes it looks like pausing before you answer.

Sometimes it looks like telling the truth to yourself before you tell it to anyone else.

Sometimes it looks like admitting that something no longer feels right.

Sometimes it looks like asking, "What do I actually want?"

Sometimes it looks like taking one small honest step instead of waiting until you feel completely certain.

Choosing yourself is a practice.

It is built through small moments where you listen, notice, tell the truth, and act in ways that are more honest than the old pattern.

You do not need to do it perfectly.

You begin by including yourself in the choices, conversations and patterns that have been shaping your life.

What Choosing Yourself Does Not Mean

Choosing yourself does not mean you have to know exactly what comes next.

It does not mean you will never feel guilt, doubt, fear or discomfort.

It does not mean every decision will feel easy.

It does not mean everyone will understand.

It does not mean you have to become a completely different version of yourself overnight.

And it does not mean you have failed if old patterns still show up.

Many of the patterns you are beginning to notice were not random.

They may have helped you feel safe.

They may have helped you belong.

They may have helped you avoid conflict, criticism, rejection or disappointment.

They may have helped you cope.

So this journal is not here to make you wrong for the ways you have adapted.

It is here to help you see those patterns clearly enough to begin choosing with more awareness.

You are not behind.

You are not broken.

You are not starting from nothing.

You are starting from the truth of where you are now.

You can choose yourself without rejecting the version of you that adapted.

That is a strong place to begin.

You Didn't Lose Yourself. You Adapted.

You may have described it as losing yourself.

Many women do.

"I don't know who I am anymore."

"I don't know what I want."

Or perhaps you do have a sense of what you want—but you have become used to questioning, dismissing or talking yourself out of it.

"I think I know what I want, but I keep questioning it."

"I know something needs to change, but I keep talking myself out of it."

"I keep noticing the same thing, but I do not yet trust myself enough to respond to it."

Perhaps you also find yourself thinking:

"I used to be different."

"I feel like I have disappeared."

"I don't know where I went."

But I want to offer you another way of seeing it.

Maybe you didn't lose yourself.

Maybe you adapted.

You adapted to what was expected.

You adapted to what kept the peace.

You adapted to what made you easier to love, need, approve of or rely on.

You adapted to the roles you had to play.

You adapted to the needs in the room.

You adapted to the version of you that other people seemed most comfortable with.

And sometimes, adapting was necessary.

It may have helped you survive, cope, function, belong or keep going.

But what once helped you get through may now be keeping you from living honestly.

This journal is an invitation to see that with compassion.

Not blame.

Not shame.

Not judgement.

Just honesty.

Because the question is not, "How do I go back to who I was?"

You do not have to go back.

You did not lose yourself. You adapted.

And now, you get to choose.

Not by becoming someone else, but by listening to more of who you are.

The question is:

What parts of me are ready to be heard now?

What do I know now?

What do I want now?

What am I ready to stop abandoning?

What would my life look like if I trusted myself?

How to Use This Journal

By the end of this journal, you may have:

Named what feels most important in your life now, identified some of the patterns and adaptations influencing your responses, recognised what you already know and what you still want to understand, and identified one or more considered next steps that reflect your developing understanding and circumstances.

There is no perfect way to use this journal.

You can move through it slowly.

You can use one section per week.

You can return to the same page more than once.

You can skip a prompt and come back to it later.

You can write a few words, a full page, or nothing at all until you are ready.

The aim is not to complete every page.

The aim is to stay in honest conversation with yourself.

That honest conversation is part of choosing yourself.

Week 1 --- Clarify: Name what is really going on.

Week 2 --- Hear: Hear your own voice again.

Week 3 --- Observe: Notice the patterns that pull you away from yourself.

Week 4 --- Own: Stop apologising for what you know, need, and want.

Week 5 --- Start: Take the next honest step.

Week 6 --- Embody: Continue choosing yourself.

If you are using this journal inside the Choose Yourself programme, these sections will become the structure we move through together.

Either way, let this be a place where you do not have to perform, explain, or get it right.

Write what is true.

Write what is messy.

Write what you are not ready to say out loud yet.

Write what keeps coming up.

Write what you know before you talk yourself out of it.

That is where the work begins.

If you are using this journal on your own, you may want to move through it over six weeks.

A simple way to begin:

Choose a regular time when you are unlikely to be interrupted. Give yourself ten to fifteen minutes. Read one page or choose one prompt, pause before writing, and notice what comes up without forcing an answer. Finish by writing down one thing you noticed—even if what you noticed is that you are still unsure.

You do not need to use the journal at the same time every day. The rhythm is there to support you, not become another rule to follow.

Your Starting Point

Before you begin the main journal journey, take a few minutes to name what you are bringing into this work.

You do not need polished answers. Let this be a snapshot of where you are now.

1. *What made me choose this journal?*

2. *What feels most present in my life right now?*

3. *What do I already know—or want to understand more clearly—needs my attention?*

4. *What have I been talking myself out of?*

5. *What have I been minimising or explaining away?*

6. *Where do I feel most disconnected from myself?*

7. *What pattern am I most ready to understand?*

8. *What choice, boundary, conversation, or next step feels important?*

9. *What would I like to understand more clearly by the end of this journal?*

By the end of this process, I would like to be able to say this about how I am choosing myself:

What I Already Know but Keep Talking Myself Out Of

Sometimes your knowing arrives before your confidence does.

You may know something before you feel ready to act on it.

You may know something before you can explain it properly.

You may know something before other people understand.

You may know something and still feel afraid.

That does not mean the knowing is not real.

Choosing yourself begins when you stop dismissing it.

This page is a place to name what you may already know, even if you are not ready to do anything with it yet.

For now, it is enough to notice.

What do I keep coming back to?

What thought, feeling or truth keeps returning?

What do I notice in my body before I begin analysing or arguing with myself?

What do I keep hoping will change on its own?

What am I afraid my knowing might ask of me?

What do I tell myself, so I do not have to listen to it?

What would I write here if I trusted myself enough to tell the truth?

One thing I may already know is:

One thing I am not ready to act on yet is:

One thing I am willing to stop dismissing is:

The Choose Yourself Pathway

The Choose Yourself™ Reflection Journal

This journal can be used on its own.

It can also be used as part of the **Choose Yourself™** programme.

Know yourself. Trust yourself. Choose for yourself.

The journal gives you space to begin.

It helps you pause, reflect, notice your patterns, hear yourself more clearly, and take your next honest step.

You can move through it in your own time, at your own pace, in a way that feels manageable for you.

If you are using this journal as a self-study resource, let it be enough to begin here.

You do not need to have support before your own reflection matters.

You do not need to be in a programme before you are allowed to listen to yourself.

This journal is a place to start.

It is not a test of whether you can do this alone. It is a structured place to begin choosing yourself with honesty.

The Choose Yourself™ programme is the guided version of this journey.

Clarify. Hear. Observe. Own. Start. Embody.

The journal gives you the framework.

The audios support the emotional shifts.

The programme gives you live coaching, personal reflection, group support and accountability as you apply the work to real life.

Some women will use this journal and feel ready to continue on their own.

Some will want support to practise the work more deeply.

Explore deeper personalised therapeutic-coaching support through *Reset & Rise™*.

There is no wrong place to begin.

The question is not, "Which version proves I am serious enough?"

For now, begin here.

One page.

One honest answer.

One moment of listening to yourself. That

is already part of the work.

Either way, the heart of the work is the same:

*Inside the programme, we move through the same **CHOOSE** framework together over six weeks:*

The question is:

What support do I need to choose from self-trust, not fear, guilt or old patterns?

The programme gives you live coaching, personal reflection, group support and accountability as you apply the work to real life.

Some women will use this journal and feel ready to continue on their own.

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Explore deeper personalised therapeutic-coaching support through Reset & Rise™.

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What support do I need to choose from self-trust, not fear, guilt or old patterns?

The Choosing You™ Audio Companion

This journal includes the Choosing You™ Audio Companion.

The audios are here to support the emotional side of this work.

Sometimes writing helps you see what is true.

Sometimes listening helps you soften enough to hear it.

Both are ways of making space for yourself.

You do not need to use the audios in a perfect order, but they have been created to support the journey you are moving through in this journal.

Audio 1 --- You Didn't Lose Yourself. You Adapted. Recognition.

Audio 2 --- You Are Allowed to Want Something Different. Permission.

Audio 3 --- It Is Not Too Late. Possibility.

The audios are not here to tell you what to do.

They are here to help you pause, listen, reflect, and recognise what may already be true beneath the noise.

You may want to listen before you write.

You may want to listen after you have completed a section.

You may want to return to the same audio more than once.

Let them support you in a way that feels useful, not pressured.

There is no right response.

There is only what you notice.

Audio Companion

Audio 1: You Didn't Lose Yourself. You Adapted. *Before Listening*

This audio is about recognition.

It is here to help you understand that the parts of you that feel disconnected, unsure, tired, hidden, or hard to access may not be lost. They may have adapted.

Before you listen, take a moment to notice what you are bringing with you today.

What made me choose to listen to this audio today?

Where do I feel furthest away from myself right now?

What part of my life feels most shaped by expectation, responsibility or keeping the peace?

Where have I been telling myself, "This is just how it is"?

What do I hope this audio helps me recognise?

Before I listen, I am aware that:

Audio Companion

Audio 1: After Listening Reflection

After Listening

You do not need to understand everything straight away.

Let your first response be enough.

After listening, what words, feelings or memories stood out to me?

What did I recognise about myself?

Where did I feel seen?

What part of my life did this audio make me think about?

What have I been calling "lost" that may actually be adaptation?

What did I feel in my body as I listened?

What did I want to dismiss, explain away, or move past quickly?

One thing I recognised is:

One thing I want to be gentle with is:

One thing I am beginning to see differently is:

Audio Companion

What Have I Adapted To?

Adaptation is not weakness.

It is often intelligence.

It is often how you learned to stay safe, accepted, useful, needed, loved or in control.

But there may come a point when the ways you adapted begin to cost you more than they support you.

This page is not here to blame you for adapting.

It is here to help you see what adaptation has cost you, so you can begin choosing yourself with more awareness.

It is here to help you see what you have been carrying.

What have I adapted to in my life?

What did I learn to be, do or hide in order to be accepted?

Where did I learn to keep the peace?

Where did I learn that my needs were too much, inconvenient, or less important?

Where did I become useful, capable, or agreeable at the expense of being honest?

What part of me did I make smaller?

What did adapting help me survive, manage, or cope with?

What has adapting cost me?

What might be ready to change now?

What I can see now is:

Audio Companion

Audio 2: You Are Allowed to Want Something Different

Before Listening

This audio is about permission.

Not permission from other people.

Not permission from your past.

Not permission from the version of you who learned to keep everyone else comfortable.

Permission to tell yourself the truth.

Permission to include yourself in what comes next.

Permission to want something different does not mean you are ungrateful.

It does not mean everything in your life is wrong.

It does not mean you have to act immediately.

It means you are allowed to acknowledge what is true.

Before you listen, take a moment to notice where wanting something different feels uncomfortable.

What do I want that I keep making smaller?

Where do I feel guilty for wanting more, wanting less, or wanting something different?

What do I tell myself I "should" feel instead?

Where am I afraid of seeming selfish, difficult, dramatic, or ungrateful?

What desire, need or truth have I been trying to make more acceptable?

Before I listen, I am aware that:

Audio Companion

Audio 2: After Listening Reflection

After Listening

After listening, give yourself a few minutes before moving on. This is not about convincing yourself to want something different.

It is about allowing yourself to notice if you already do.

What did this audio bring up for me?

What did I feel relieved to hear?

What did I resist?

Where did guilt show up?

What did guilt seem to be protecting me from?

What do I want that I have been trying to shrink, justify or explain away?

What feels true, even if it feels uncomfortable?

What would I allow myself to want if I did not have to prove it was reasonable?

One thing I am allowed to want is:

One thing I no longer need to apologise for wanting is:

One truth I am willing to stop making smaller is:

Audio Companion

What Have I Been Making Smaller?

Sometimes you do not stop wanting.

You simply learn to want in smaller, safer, more acceptable ways.

You talk yourself down.

You tell yourself it does not matter.

You remind yourself that other people have it worse.

You call yourself dramatic.

You say you should be grateful.

Gratitude and wanting something different can exist at the same time.

You can appreciate parts of your life and still know something needs to change.

You can love people and still need stronger boundaries.

You can have responsibilities and still have needs of your own.

You can be grateful and still be honest.

And honesty is one of the ways you begin choosing yourself.

What have I been making smaller?

What need have I been treating as unreasonable?

What feeling have I been explaining away?

What part of me have I been asking to wait?

Where have I confused being grateful with staying silent?

Where have I confused being kind with abandoning myself?

What would I write if I stopped trying to make this easy for everyone else?

What I am beginning to allow is:

Audio Companion
Audio 3: It is Not Too Late
Before Listening

This audio is about possibility.

Not forced positivity.

Not pretending everything is simple.

Not rushing yourself into a new life before you have caught your breath.

Possibility begins when you stop using the past as proof that nothing can change.

Before you listen, take a moment to notice where it has started to feel too late.

What if this is not the end of the story?

Where do I feel like I have missed my chance?

What have I told myself I am too old for, too late for, too tired for or too far away from?

What dream, desire, choice, or version of myself have I dismissed?

Where have I confused the time that has passed with proof that nothing can change?

What might I want to believe is still possible?

It begins when you let yourself ask:

Before I listen, I am aware that:

Audio Companion

Audio 3: After Listening Reflection

After Listening

After listening, let yourself notice what opened, even slightly.

You do not need a plan.

You do not need certainty.

You do not need to know how everything would work.

At this stage, possibility can be small.

It can be a thought.

A breath.

A feeling.

A sentence you are willing to write down.

What did this audio bring up for me?

What part of me responded to the idea that it is not too late?

What possibility did I want to dismiss?

What did I feel afraid to hope for?

What would I consider if I stopped assuming it was too late?

What might still be available to me?

What feels possible now that did not feel possible before?

One possibility I am willing to admit is:

One thing I do not need to decide today is:

One thing I am willing to stay open to is:

Audio Companion

What Might Still Be Possible for Me?

Possibility does not always arrive as certainty.

Sometimes it arrives as a small part of you wondering whether there could be another way.

Sometimes it shows up as restlessness.

Sometimes it shows up as grief for the years you adapted.

Sometimes it shows up as anger.

Sometimes it shows up as a desire you have been trying not to want.

I cannot keep living in the same pattern.

That moment matters. It may be the part of you that is ready to choose differently.

What might still be possible for me?

What have I ruled out too quickly?

What part of me is asking to be heard again?

What would I explore if I did not have to commit to anything yet?

What would I try if I did not need to get it perfect?

What would I choose if I trusted that I could handle the next step?

What do I want more of in my life now?

What do I want less of?

What feels like the beginning of a new possibility?

Sometimes it shows up as the simple thought:

One thing I am willing to imagine is:

Audio Companion

Recognition, Permission and Possibility

Before you move into the **CHOOSE** framework, take a moment to gather what the audios have helped you notice.

You do not need to turn these reflections into action yet.

For now, let yourself name what is becoming clearer.

Recognition

Permission

Possibility

What have I recognised about how I adapted?

What have I recognised about what I have been carrying?

What have I recognised about the parts of me I thought were lost?

What am I allowed to want, need, feel, or know?

What have I been waiting for permission to admit?

What am I beginning to stop apologising for?

What might still be possible?

What am I willing to stay open to?

What part of me feels ready to be heard again?

My recognition is:

My permission is:

My possibility is:

Audio Companion

Preparing to Move into the Choose Framework

The audios may have helped you recognise where you have adapted, what you are allowed to want, and what may still be possible.

Now the journal will help you move through the **CHOOSE** framework.

Clarify. Hear. Observe. Own. Start. Embody.

This is where the work becomes more specific.

You will begin by naming what is really going on.

Then you will practise hearing your own voice beneath fear, guilt, obligation, and other people's expectations.

You will notice the patterns that pull you away from yourself.

You will begin owning what you know, need, and want.

You will take one small honest step.

And you will begin gathering evidence that choosing yourself is something you can continue to practise.

You do not need to know where this will lead before you begin.

You only need to take the next page honestly.

Each page is a small practice in choosing yourself.

The next section begins with Clarify.

What is really going on?

Before I move into the **CHOOSE** framework, I want to remember:

What I am bringing with me is:

What I want to stay honest about is:

What I am willing to practise is:

Chapter One

Clarify

Name what is really going on.

*You cannot choose yourself clearly while you
are still pretending
something does not matter.*



Clarify

What It Means to Clarify

Clarifying is not the same as making a big decision.

It is the first honest look at what is true now.

You may already have signs.

A feeling that keeps returning.

A conversation you keep avoiding.

A boundary you know needs to be set.

A decision you keep circling.

A part of your life that looks fine from the outside but no longer feels honest on the inside.

This chapter is not asking you to solve everything.

It is simply asking you to stop dismissing what keeps asking for your attention.

You are allowed to name something before you know what to do about it.

You are allowed to admit something feels wrong before you know how to change it.

You are allowed to be honest before you are ready to act.

Clarify begins here

What is really going on?

Choosing yourself begins with telling the truth about where you are, even before you know what comes next.

Clarify

What Is Really Going On?

Start with what feels true.

This is not about making a decision today. It is about giving yourself permission to stop pretending.

Not what sounds reasonable.

Not what other people would understand.

Not the version that makes you seem grateful, patient, or fine.

Just what feels true.

What feels most present in my life right now?

What keeps coming up?

What am I tired of carrying?

What feels like it needs my attention?

If I stopped trying to make this sound acceptable, I would say:

Clarify

What Keeps Coming Up?

Pay attention to what repeats.

The repeated thought.

The repeated frustration.

The repeated sadness.

The repeated wish.

The repeated sense that something needs to change.

Repetition is often information.

What keeps coming up for me?

What have I tried to move past, but it keeps returning?

What emotion, thought or truth keeps repeating?

What might this be trying to show me?

One thing that keeps coming up is:

What I usually do with it is:

What I am willing to notice now is:

Clarify

What Have I Been Minimising?

Minimising can sound reasonable.

"It is not that bad."

"I should be grateful."

"I am probably overthinking it."

"I do not want to make a fuss."

"I can manage."

Sometimes those sentences are true.

Sometimes they are protection.

This page is not here to make everything bigger than it is.

It is here to help you stop making important things smaller than they are.

What have I been minimising?

Where have I been telling myself "it is fine" when it is not fine?

What have I been explaining away?

What feels more honest now?

Clarify

The Truth Beneath the Noise

Use this page to separate the surface explanation from what may be true underneath.

You do not need to force a conclusion.

Just write honestly.

The situation I am reflecting on is:

What I keep telling myself:

What I actually feel:

What I already know:

What I am afraid this might mean:

What feels most honest now:

The truth beneath the noise is:

Clarify

What Am I Tired of Pretending Is Fine?

Pretending something is fine takes energy.

It may keep the peace.

It may avoid a conversation.

It may protect you from the uncertainty of change.

But it can also keep you at a distance from yourself.

What am I tired of pretending is fine?

Where am I performing okay?

What do I wish I could tell the truth about?

What would feel relieving to admit?

The truth I am ready to name is:

Clarify

My Clarity Statement

Clarity does not need to be polished.

It only needs to be honest enough to bring you back to yourself.

It does not need to be dramatic.

It does not need to make sense to everyone else.

It only needs to be honest.

I am beginning to see that...

What I am beginning to admit to myself is:

What I am no longer willing to keep dismissing is:

What I am not ready to act on yet is:

What I want to stay honest about is:

My clarity statement:

Clarify

End-of-Chapter Reflection

Before you move into the next chapter, pause.

You may not feel certain.

That is okay.

Clarity does not always arrive as a complete answer.

Sometimes clarity is simply the moment you stop pretending you do not know what you know.

And that moment is already a way of choosing yourself.

What became clearer in this chapter?

What did I stop minimising?

What felt uncomfortable to name?

What felt relieving to name?

What do I now know that I cannot unknow?

As I move into the next chapter, I want to remember:

Clarify

Practice: Notice "It's Fine"

Saying "It is fine."

Especially when something in you knows it is not.

You do not need to challenge it straight away.

You do not need to explain it to anyone.

You do not need to act immediately.

Just notice.

This week, notice the moments where you say, think or imply:

This week, I noticed:

What happened:

What I told myself:

What I actually felt:

What would have been more honest:

What I am learning from noticing this:

Chapter Two

Hear

Hear your own voice again.

*Your own voice may not be the loudest
voice at first.*



Hear

What It Means to Hear Yourself

Hearing yourself is not always simple when you have spent a long time listening for what everyone else needs, expects or approves of.

Your own voice may be there.

But it may be underneath fear.

Underneath guilt.

Underneath obligation.

Underneath the need to keep the peace.

Underneath the habit of asking everyone else what they think before you ask yourself what you know.

This chapter is about listening beneath the noise. Not forcing an answer.

Not pretending fear is not there.

Not dismissing guilt or discomfort.

Just beginning to notice the difference between the voice that belongs to you and the voices that have been shaping your choices.

Your own voice may feel quieter at first.

It may sound simple.

It may not come with a full explanation.

It may say:

I do not want this.

I need space.

This does not feel right.

I want something different.

I already know.

This chapter is an invitation to listen before you talk yourself out of it.

Each time you do that, you are practising choosing yourself.

Hear

What Does Fear Say?

Fear often speaks quickly.

It tries to protect you from uncertainty, rejection, judgement, conflict, disappointment, or change.

Fear is not wrong for being there.

But fear does not need to be the only voice in the room.

Choose one situation, decision, boundary, or truth that feels present for you right now.

The situation I am listening into is:

When I think about this, fear says:

Fear is trying to protect me from:

If fear was not leading, I might hear:

What I want to remember is:

Hear What Does Guilt Say?

Guilt can be persuasive.

It may tell you that wanting something different means you are selfish, ungrateful, difficult, or wrong.

It may tell you to stay silent.

It may tell you to make your needs smaller.

It may tell you that other people's comfort matters more than your honesty. But guilt is not always a sign that you are doing something wrong. Sometimes guilt shows up when you are beginning to choose differently.

The situation I am listening into is:

When I think about this, guilt says:

Guilt makes me want to:

What guilt may be trying to protect is:

What do I know, feel or value alongside the guilt—and what might I still need time to understand?

One thing I am allowed to want, need, or know is:

Hear

What Does Obligation Say?

I should.

I have to.

I cannot let them down.

It is my responsibility.

It is easier if I just do it.

They need me.

Obligation can make your own needs feel secondary before you have even considered them.

This page is not asking you to abandon your responsibilities.

It is asking you to notice where responsibility has become self-abandonment.

Where do I feel most driven by "I should" or "I have to"?

What do I feel responsible for?

What part of this is genuinely mine to carry?

What part may not be mine?

Obligation often sounds like:

If I included myself in this situation, I would notice:

Hear

What Do Other People's Expectations Say?

Sometimes the loudest voice in your head is not yours.

It may be a parent's voice.

A partner's voice.

A family expectation.

A cultural expectation.

A version of you that learned what was acceptable.

A fear of being judged, misunderstood, or seen differently.

This page is about noticing what you have been carrying.

Whose opinion or reaction am I imagining?

What do I think they expect from me?

What am I afraid they would think, say or feel?

How does this affect what I allow myself to know?

If I was not trying to manage their response, I might admit:

Hear

What Did I Know First?

Your first knowing moments are often simple.

Then the mind arrives with arguments.

Reasons.

Doubts.

Consequences.

Explanations.

Ways to make it smaller.

This page is about noticing what you knew before you started talking yourself out of it.

Your first knowing does not have to be perfect before it deserves your attention.

Think of one situation where you felt something before you explained it away.

What did I know first?

What did I feel first?

What did I tell myself afterwards?

What did I ask other people to confirm?

What part of me did I stop listening to?

If I trusted my first knowing enough to write it down, I would say:

Hear

Worksheet: My Voice / Other Voices

Use this page to separate your own voice from the voices around it.

You do not need to silence every other voice.

You are simply learning to tell the difference.

The situation I am reflecting on is:

Fear says:

Guilt says:

Obligation says:

Other people's expectations say:

The part of me that wants to keep the peace says:

My own voice says:

What I knew before I talked myself out of it was:

The voice I want to practise listening to is:

The way I can choose myself here is:

Hear

Practice: Write What You Know First

This week, before you ask someone else what they think, pause.

Write down what you already know.

You do not need to act on it immediately.

You do not need to be certain.

You do not need to prove it.

Just write it down before other voices get louder.

This week, I noticed:

The situation was:

What I knew first:

What fear, guilt or obligation said afterwards:

What I did with my own knowing:

What I am learning about my own voice:

Hear End-of-Chapter Reflection

Before you move into the next chapter, pause.

This chapter was not about getting rid of fear, guilt or obligation.

It was about not letting them be the only voices that decide for you.

It was about hearing yourself alongside them.

What did I hear more clearly in this chapter?

Where did I notice fear speaking?

Where did I notice guilt speaking?

Where did I notice obligation speaking?

Where did I still outsource my judgement?

What did I know before I talked myself out of it?

My hearing statement:

When I listen beneath the noise, what I hear is:

As I move into the next chapter, I want to remember:

Chapter Three

Observe

*Notice the patterns that pull you away
from yourself.*

*The pattern is not here to shame you.
It is here to show you what you
learned to do.*



Observe

What It Means to Observe

Observing is different from judging.

Judging says, "Why do I keep doing this?"

Observing says, "What happens here?"

This chapter is about noticing the pattern.

Not fixing it immediately.

Not criticising yourself for it.

Not turning it into another reason to feel like you are getting it wrong.

Some of the patterns that pull you away from yourself may have had a protective function or helped you manage particular circumstances.

Saying yes may have helped you avoid conflict.

Keeping the peace may have helped you feel safe.

Overthinking may have helped you feel prepared.

Being useful may have helped you feel needed.

Waiting for certainty may have helped you avoid making the wrong choice.

The pattern may have made sense once.

But what once protected you may now be costing you.

This chapter is an invitation to see the pattern clearly enough that you can begin to choose differently.

Seeing the pattern gives you a pause. In that pause, choosing yourself becomes possible.

Not with force.

With awareness.

Observe

What Do I Do After I Know Something?

There are often moments where you have a clear sense of what is right for you.

Then something happens.

You explain it away.

Ask someone else.

Delay.

Overthink.

Doubt yourself about what feels right for you.

Move back into the familiar response.

This page is about noticing what happens after your own knowing appears.

That moment matters. It is often where the old pattern begins, but it is also where a new choice can begin.

Think of one recent situation where you had a sense of what you knew, wanted, needed, or felt.

What did I know?

What happened immediately after I knew it?

What did I tell myself?

What did I do next?

Did I move towards myself or away from myself?

What I am beginning to notice is:

Observe

What Do I Tell Myself?

The pattern often has a script.

It may sound familiar.

"It is not worth it."

"I am probably overreacting."

"I should just leave it."

"I do not want to upset anyone."

"I can manage."

"It is easier if I just do it."

These thoughts may feel automatic because you have practised them for a long time.

This page is about hearing the script clearly.

What do I tell myself when I start to move away from what I know?

What sentence do I use to talk myself out of my own knowing?

What do I say to make my needs smaller?

What do I say to avoid the discomfort of choosing differently?

The script I am beginning to notice is:

Observe

What Am I Trying to Avoid?

Patterns may develop in response to something that feels difficult, risky or uncomfortable.

They may protect you from conflict.

Disappointment.

Judgement.

Rejection.

Guilt.

Uncertainty.

The fear of getting it wrong.

When you understand what the pattern is trying to avoid, you can meet it with more compassion.

You can also begin to see whether the protection is still worth the cost.

When this pattern shows up, what am I trying to avoid?

What feels risky about choosing from what I know?

What reaction, feeling or consequence am I afraid of?

What does it cost me afterwards?

What I can see more clearly now is:

Observe

Whose Comfort Am I Managing?

Sometimes moving away from yourself is really an attempt to manage someone else's comfort.

You may soften the truth.

Say yes.

Over-explain.

Stay silent.

Delay a decision.

Choose what keeps things calm.

This may not be because you do not know what you want.

It may be because you are trying to avoid what might happen if you choose it.

Whose comfort, approval or reaction am I managing?

What do I imagine they might think, feel, or say?

How does this affect what I allow myself to choose?

What am I not giving to myself in order to manage this?

If I included myself here, how would I feel?

Observe

What Has This Pattern Protected Me From?

Before you try to change a pattern, it helps to understand why it exists.

There may be a reason this became familiar.

There may be a reason you learned to respond this way.

There may be a reason it once felt safer to adapt than to be honest.

This does not mean the pattern still needs to lead.

It means you can see it without attacking yourself.

The pattern I am noticing is:

This pattern may have protected me from:

It may have helped me feel:

It may have helped me avoid:

It may have helped me belong, cope, or keep going by:

What I can appreciate about why this pattern developed is:

What I can also see about the cost is:

Observe

Worksheet: My Pattern Map

*Use this page to map one pattern clearly.
You do not need to fix it today.
Just notice the sequence.*

The situation:

What I knew, felt, needed, or wanted:

What happened next:

What I told myself:

The old pattern that showed up:

What the pattern was trying to protect me from:

What the pattern cost me:

What I could pause before doing next time:

The part of me I want to listen to more carefully is:

Observe

Practice: Track the Pattern Without Fixing It

This week, practise noticing the pattern without rushing to change it.

This may sound simple, but it matters.

Awareness gives you space.

Space gives you choice.

When you notice yourself overthinking, pleasing, avoiding, softening, delaying, over-explaining, or asking someone else to decide for you, pause.

Ask: What is happening here?

What am I trying to avoid?

What do I already know?

This week, I noticed:

The situation was:

The pattern that showed up was:

What it was trying to protect me from:

What it cost me:

What I want to pause before doing next time:

Observe

End-of-Chapter Reflection

Before you move into the next chapter, pause.

You are not trying to become perfect at choosing yourself.

You are learning to see the pattern sooner.

And seeing it sooner gives you more space to choose yourself before the old response takes over.

That is progress.

What pattern became clearer in this chapter?

Where did I notice myself moving away from what I knew?

What did the pattern protect me from?

What did the pattern cost me?

Where did I catch it sooner than usual?

What do I want to practise pausing before?

My observing statement:

The pattern I am beginning to see is:

As I move into the next chapter, I want to remember:

Chapter Four

Own

*Stop apologising for what you know,
need, and want.*

*Your knowing does not need everyone
else's approval before it is allowed to
matter.*



Own

What It Means to Own What You Know

Owning what you know does not mean you have to act immediately.

It does not mean you have to explain everything perfectly.

It does not mean you have to convince anyone else.

It means you stop abandoning the truth of what you know, need or want because it feels inconvenient, uncomfortable or hard for someone else to understand.

This chapter is about allowing your own knowing to matter.

Before it is approved.

Before it is agreed with.

Before it is easy to explain.

Before you feel completely certain.

You may have spent years making things acceptable before you allowed yourself to want them.

You may have softened your needs, so they sounded easier to receive.

You may have over-explained your boundaries because simply having them felt uncomfortable.

You may have waited for someone else to understand before you trusted yourself.

Owning begins when you stop treating your truth as something that has to pass through everyone else first.

You are allowed to know what you know.

You are allowed to need what you need.

You are allowed to want something different.

Your truth is allowed to matter before everyone else approves, understands, or agrees.

Own

What Do I Keep Trying to Make Acceptable?

Sometimes, when you know something, instead of letting it stand, you begin editing it.

You make it softer.

Smaller.

More reasonable.

Less inconvenient.

Easier for other people to understand.

This page is about noticing where you have been trying to make what you know acceptable before allowing it to be true.

This is not about proving that what you know is right, or beyond question. It is about noticing where you already have a sense of truth, a preference, a need, or a limit, but keep adjusting it so it feels easier for others to hear or agree with.

What do I know that I keep trying to make acceptable?

How do I edit this truth before I let myself say it?

Who am I trying to make it acceptable to?

What am I afraid would happen if I let the truth stand, even if it is incomplete, evolving, or open to change?

The truth, as I know it right now, is:

One way I can stop editing myself here is:

Own

What Need Have I Treated as Inconvenient?

Needs can feel uncomfortable when you are used to being the one who copes, carries, manages, or adapts.

You may notice a need and immediately tell yourself it is too much.

Bad timing.

Unreasonable.

Selfish.

Not possible.

Not important enough.

But a need does not disappear because you dismiss it.

It usually returns in another form.

Tiredness.

Resentment.

Withdrawal.

Irritation.

Sadness.

Numbness.

This page is about naming the need before you minimise it.

What need have I treated as inconvenient?

Where have I told myself I should not need this?

What happens when I keep dismissing this need?

What would change if I allowed this need to matter?

The need I am willing to acknowledge is:

Own

What Boundary Keeps Asking for My Attention?

A boundary is often something you already know before you are ready to say it.

You feel the tension.

The resentment.

The dread.

The tiredness.

The sense of "I cannot keep doing this."

The boundary may not be fully formed yet.

That is okay.

This page is not asking you to deliver the boundary immediately.

It is asking you to listen to the place where one may be needed.

What boundary keeps asking for my attention?

Where do I keep feeling stretched, resentful, or overextended?

Where am I saying yes when something in me knows it is no?

What am I afraid might happen if I had this boundary?

What might this boundary protect, restore, or make possible?

The boundary I may need to honour is:

Own

What Am I Waiting for Permission to Choose?

Permission can be subtle.

You may not call it permission.

It may feel like waiting until someone understands.

Waiting until nobody is disappointed.

Waiting until you have a perfect reason.

Waiting until you feel certain.

Waiting until the timing is easier.

Waiting until wanting it feels acceptable.

But while you wait for permission, your life stays shaped by something outside of you.

This page is about noticing where you have been waiting.

What am I waiting for permission to say, want or choose?

Who or what have I been waiting to give me permission?

What do I think I need before I am allowed to want this?

What would I stop waiting for if I trusted myself?

What would choosing myself allow me to stop waiting for?

What am I waiting for before I take action:

Own

What Truth Would I Own if I Stopped Needing Everyone to Understand?

Being understood can feel good.

But you do not need it to make honest choices.

Some people may not understand.

Some may understand later.

Some may never understand.

And some people may understand perfectly but still not like your choice.

This page is about separating your truth from other people's approval of it.

What truth would I own if I stopped needing everyone to understand?

What do I keep over-explaining?

What do I keep softening so it feels easier for others?

What would still feel important for me to acknowledge or consider, even if other people disagreed?

What would I let myself know if I didn't need understanding?

The truth I am owning is:

Own

Worksheet: Permission I Keep Waiting For

Use this page to notice where you have been waiting to be allowed.

You do not need to act on all of this today.

You are simply naming where your own knowing has been paused.

I have been waiting for permission to:

I have been afraid this makes me:

The truth is:

What I know is:

What I need is:

What I want is:

What I no longer need to apologise for is:

One honest sentence I can practise is:

Own

Practice: Name One Truth Without Softening It

This week, practise naming one truth, need or boundary without immediately softening, apologising, or over-explaining.

You do not have to say it to another person yet.

You can begin by saying it to yourself.

Notice what you want to add.

Notice where you want to make it smaller.

Notice where you want to explain why you are allowed to feel this way.

Then practise letting the sentence stand.

This week, I noticed:

The truth, need or boundary was:

What I wanted to add, soften, or apologise for was:

The cleanest honest sentence was:

What it felt like to let that sentence stand:

What I am learning is:

Own End-of-Chapter Reflection

Before you move into the next chapter, pause.

Owning what you know is not always comfortable.

It may bring up guilt.

It may bring up fear.

It may bring up the old habit of making yourself easier for other people.

That does not mean you are doing it wrong.

It may mean you are beginning to stop abandoning yourself.

And that is part of choosing yourself.

What did I own in this chapter?

Where did I still seek permission?

Where did I over-explain?

What need, want or boundary did I allow myself to name?

What felt uncomfortable but honest?

What do I want to keep respecting?

My ownership statement:

What I know is:

What I no longer need to do is:

As I move into the next chapter, I want to remember:

Chapter Five

Start

Take the next honest step.

Self-trust is built through evidence.



Start

What It Means to Start

Starting does not mean changing everything at once.

It does not mean forcing yourself into a decision before you are ready.

It does not mean proving you are brave, certain, or completely healed.

It means taking one small step that reflects what you now know.

By this point in the journal, you may have clarified something.

You may have heard your own voice more clearly.

You may have noticed a pattern.

You may have owned a truth, need, want or boundary.

Now the question becomes:

What is the next honest step?

Not the perfect step. Not the biggest step.

Not the step that makes everyone comfortable.

The next honest one.

That step may involve action, waiting, seeking support, gathering information, having a conversation, setting a boundary or deciding that it is not yet safe or practical to act.

Choosing yourself often begins there.

Self-Trust may be strengthened as your choices increasingly reflect what you know, feel and value.

Each time you listen and respond honestly, you create evidence.

Evidence that you can hear yourself.

Evidence that you can choose differently.

Evidence that you can stay with yourself, even when it feels uncomfortable.

This chapter is about beginning there.

Start

What Do I Now Know?

Before you take a step, pause, and gather what has become clear.

You do not need a full life plan.

You do not need to know exactly where everything is going.

You only need to name what you know now.

What do I now know?

What has become harder to ignore?

What truth, need, want or boundary keeps asking for my attention?

What am I no longer able to fully explain away?

What feels more honest than the old version of the story?

What I know now is:

Start

What Action Is This Asking of Me?

Sometimes knowing asks for action.

Not always immediately.

Not always publicly.

Not always dramatically.

But at some point, what you know may ask you to respond.

That response might be a conversation. A pause. A boundary. A decision. A request.

A change in how you show up. A change in what you stop carrying.

This page is about listening for the action your knowing may be asking of you.

Not every action has to be big. It only has to move you one step closer to yourself.

What action might this knowing be asking of me?

What have I been avoiding, delaying, or postponing?

What conversation, boundary, decision, or practical step feels most present?

What would be one honest response to what I now know?

The action this may be asking of me is:

Start

What Have I Been Delaying?

Delaying can look sensible.

"I need more time."

"I need to think about it."

"I need to wait until things calm down."

"I need to be completely sure."

"I need the right moment."

Sometimes waiting is wise.

Sometimes waiting is another version of staying in the old pattern. *This page is about noticing the difference.*

What have I been delaying?

Why have I been delaying it?

What am I waiting to feel before I act?

What do I hope will happen if I do nothing?

What might continuing to delay cost me?

One thing I may be ready to stop delaying is:

Start

What Would Be the Old Response?

Before you choose differently, it helps to recognise the familiar response.

The old response may be the thing you usually do when fear, guilt, obligation, or uncertainty shows up.

You might say yes.

Stay silent. Over-explain. Ask everyone else.

Go numb. Keep the peace. Avoid the conversation.

Tell yourself it does not matter.

This page is about seeing the old response clearly.

In this situation, the old response would be:

The old response tries to protect me from:

The old response usually costs me:

If I followed the old response again, I might feel:

What I can see now is:

Start

What Would a Self-Trust Response Look Like?

A self-trust response is not always easy.

It may feel uncomfortable. It may not remove all doubt.

But it will feel more honest.

It will respect what you know.

It will include your needs, not ignore them.

This does not mean dismissing other people.

It means not leaving yourself out.

That is what choosing yourself looks like in real life.

What does this response honour for me?

What does it protect?

What does it ask me to stop doing?

What support do I need to take this step?

In this situation, the response I can make from self-trust might be:

The self-trust response I am considering is:

Start

Worksheet: The Next Honest Step

Use this page to make the next step clear and manageable.

Keep it small enough to take.

Keep it honest enough to matter.

What I now know is:

The old pattern may try to:

The next honest step is:

The smallest version of this step is:

What I am afraid might happen is:

What I can remind myself is:

The support I may need is:

When I will take this step:

How I will support myself afterwards:

Start

Practice: Take One Small Self-Trusting Action

This week, take one small self-trusting action.

Small counts.

Choosing yourself can be this small.

A pause counts.

A clearer answer counts.

A boundary counts.

A conversation counts.

Noticing before you say yes counts.

Writing down what you know before asking someone else counts.

Choosing not to explain more than you need to counts.

Is this choice keeping me in the old pattern, or helping me practise self-trust?

Before you act, ask:

This week, I noticed:

The action I took was:

The old pattern I interrupted was:

What felt uncomfortable was:

How I supported myself afterwards:

What this gave me evidence of:

Start

End-of-Chapter Reflection

Before you move into the final chapter, pause.

Starting does not mean everything is resolved.

It means you have chosen not to abandon what you now know.

It means you have begun responding differently.

That matters.

What next honest step did I identify?

What action did I take, or begin preparing to take?

What old pattern did I notice?

What felt uncomfortable?

What felt honest?

What evidence of self-trust did I create?

What do I need to keep practising?

My starting statement:

The next honest step I am choosing is:

As I move into the next chapter, I want to remember:

Chapter Six

Embodiment

Continue choosing yourself.

*Choosing yourself is not a one-time
decision. It is a practice.*



Embodiment

What It Means to Embody Self-Trust

Embodying self-trust does not mean you never doubt yourself again.

It does not mean the old pattern disappears.

It does not mean guilt, fear or overthinking never return.

It means you begin relating to those things differently.

You notice them sooner.

You pause before letting them lead.

You come back to what you know.

You choose from self-trust more often than before.

That is how this work becomes part of your life.

Not as a performance. As a practice.

Not through one perfect decision.

Not through never doubting.

Not through always feeling certain.

But through continuing to stay with yourself after you acknowledge what you know.

This chapter is about noticing what has shifted, what still needs practice, and how you want to continue choosing yourself beyond this journal.

You are not trying to become someone who never has old patterns.

You are becoming someone who can recognise them, meet them, and choose yourself again.

Embody

What Have I Stopped Minimising?

At the beginning of this journal, you may have been making something smaller than it really was.

You may have been explaining it away.

Calling it fine.

Calling yourself dramatic.

Telling yourself it did not matter.

This page is about noticing what you are no longer willing to dismiss.

What have I stopped minimising?

What have I admitted to myself?

What have I stopped calling "fine"?

What now feels important enough to keep listening to?

What I am no longer willing to minimise is:

Embody

Where Have I Heard Myself More Clearly?

Self-trust begins with listening.

You may not have heard yourself perfectly.

You may still hear fear, guilt, obligation, or other people's expectations.

But perhaps your own voice is easier to recognise now.

Perhaps you caught it before you dismissed it.

Perhaps you wrote down what you knew before asking someone else.

Perhaps you noticed the difference between truth and uncertainty.

Where have I heard myself more clearly?

What did I know before I talked myself out of it?

Where did I listen instead of dismissing myself?

What helped me hear my own voice?

One thing I heard more clearly was:

Embody

What Pattern Can I Now Recognise Sooner?

A pattern does not have to disappear for progress to be real.

Recognising it sooner matters.

You may have noticed when you were overthinking.

When you were about to say yes.

When you were managing someone else's comfort.

When you were delaying.

When you were waiting for certainty.

When you were about to make your own needs smaller.

That is not failure. That is awareness.

What pattern can I now recognise sooner?

How does this pattern usually show up?

What does it try to protect me from?

What does it cost me?

What helps me pause before I follow it?

The pattern I can now see sooner is:

Embody

What Have I Owned That I Used to Explain Away?

Owning what you know, need, and want may have felt uncomfortable.

You may have noticed where you wanted to soften, apologise, over-explain, or wait for permission.

But perhaps something has started to change.

Perhaps you named a need.

Perhaps you admitted a truth.

Perhaps you recognised a boundary.

Perhaps you allowed yourself to want something different.

What have I owned that I used to explain away?

What truth, need, want or boundary have I allowed myself to name?

What did I stop apologising for, even slightly?

What felt uncomfortable but honest?

What I am practising owning is:

Embody

Where Have I Created Evidence of Self-Trust?

Self-trust grows through evidence.

Not just big evidence. Small evidence counts.

Every time you paused before responding from an old pattern.

Every time you listened to what you knew.

Every time you named something honestly.

Every time you chose not to over-explain.

Every time you took one small honest step.

Every time you came back to yourself after wobbling.

That is evidence.

And every piece of evidence makes choosing yourself feel less unfamiliar.

Where have I created evidence of self-trust?

What did I do differently?

What old pattern did I interrupt?

What honest step did I take?

What does this show me about myself?

The evidence I am taking with me is:

Embody

Worksheet: Self-Trust Continuation Plan

Use this page to gather what you want to keep practising.

This is not a pressure plan.

It is a support plan.

What I now know is:

What I am no longer available for is:

What I am choosing now is:

The pattern I need to keep watching is:

When I wobble, I need to remember:

The support I may need is:

The next honest step is:

How I will continue choosing myself is:

The smallest way I can practise this this week is:

Embody

Practice: Stay with Yourself After the Choice

This week, practise staying with yourself after you make a choice.

The moment after a choice can bring up doubt.

You may wonder if you were too much.

Too direct.

Too selfish.

Too late.

Too unclear.

Too honest.

That is often where the old pattern tries to pull you back.

What did this choice honour?

What old pattern did I not follow?

What feeling has shown up afterwards?

How can I stay with myself here?

This week, after you make a choice from self-trust, pause and ask:

This week, I noticed:

The choice I made was:

What it honoured was:

What showed up afterwards was:

How I stayed with myself was:

What I am learning is:

End-of-Chapter Reflection

You have reached the end of the CHOOSE framework.

Before you move into the final integration pages, pause.

This is not about having everything figured out.

It is about knowing how to keep returning to yourself.

It is about seeing yourself more clearly than you did before.

What do I understand about myself more clearly now?

Where do I trust myself more than I did at the beginning?

What am I proud of noticing, naming, or choosing?

What still needs practice?

What support would help me continue?

What do I want to remember from this journal?

My embodiment statement:

I am continuing to choose myself by:

As I move forward, I want to remember:

Self-Trust Check-In Tool

Use this tool when you feel yourself overthinking, doubting, pleasing, avoiding, or talking yourself out of what you know.

You can return to it whenever you need to pause before responding from an old pattern.

The situation is:

What am I thinking right now?

Is this fact, fear, guilt, or an old pattern?

What do I already know?

What would I choose if I trusted myself?

What is one small honest response I can take now?

The pattern showing up is:

What I know is:

The self-trusting response available to me is:

The next honest step is:

Choosing myself here could look like:

How to Use the Self-Trust Check-In Tool

The Self-Trust Check-In Tool is not here to force an instant answer.

It is here to help you pause.

When you are used to moving away from yourself, even a short pause can interrupt the old pattern.

You might use this tool before:

Saying yes.

Sending a message.

Avoiding a conversation.

Making a decision.

Explaining yourself again.

Asking someone else what they think.

Dismissing what you know.

The point is not to get it perfect.

The point is to create enough space to hear yourself.

When you use this tool, ask slowly.

Let the answers be simple.

You do not need to write a full page every time.

A few honest words are enough.

The pause matters because it gives you a choice.

And choice is where choosing yourself begins.

One situation where this tool may help me is:

The old pattern I want to pause before is:

The question I most need to remember is:

Tracking Self-Trust Evidence

Self-trust grows when you can see evidence that you are listening to yourself and choosing differently.

This is not only about big decisions.

Small moments count.

Use this page to track the evidence you are creating.

This week I:

Heard myself when:

Paused before:

Told the truth about:

Set or strengthened a boundary by:

Made a decision about:

Did not shrink when:

Took action by:

Came back to myself after:

The evidence this gives me is:

One way I chose myself this week was:

More Evidence of Self-Trust

Return to this page whenever you need to remind yourself that change is happening.

You may still wobble.

You may still overthink.

You may still feel uncertainty or doubt.

That does not erase the evidence.

Date:

What happened:

What I noticed:

What I knew:

What old pattern showed up:

What I chose instead:

How I supported myself afterwards:

What this shows me:

Date:

What happened:

What I noticed:

What I knew:

What old pattern showed up:

What I chose instead:

How I supported myself afterwards:

What this shows me:

When Guilt Shows up Again

Guilt may still show up.

That does not mean you have done something wrong.

Sometimes guilt appears because you are beginning to choose in a way that old patterns do not recognise yet.

You may feel guilty for needing space.

For wanting something different.

For setting a boundary.

For disappointing someone.

For no longer being available in the same way.

Pause before you let guilt decide for you.

Is this guilt showing me that I have harmed someone?

Or is this guilt showing me that I am stepping out of an old role?

What has guilt shown up around?

What is guilt telling me?

What is guilt trying to protect?

What do I know beneath the guilt?

What would choosing myself look like here?

One thing I want to remember when guilt shows up is:

When Doubt Shows up Again

Doubt may still show up.

You may question yourself after you make a choice.

You may wonder if you were too much, too direct, too late, too honest, or too unclear.

Doubt often arrives after you have done something different.

It tries to pull you back into what is familiar.

You do not need to treat doubt as proof that you were wrong.

You can listen to it without handing it the decision.

What choice did I make?

What did that choice honour?

What is doubt saying?

Is doubt giving me useful information, or is it pulling me back to the old pattern?

What do I still know?

How can I stay with myself here?

When doubt shows up, pause, and ask:

One thing I want to remember when doubt shows up is:

When the Old Pattern Returns

The old pattern may return.

This is not failure.

It is practice.

You may notice yourself overthinking again.

Pleasing again.

Explaining again.

Waiting again.

Making yourself smaller again.

Asking everyone else again.

The work is not to never have an old pattern.

The work is to recognise it sooner and come back to yourself with more honesty.

What pattern is showing up?

What triggered it?

What is it trying to protect me from?

What is it costing me?

What do I know now?

What small choice is available?

What would help me choose myself again?

When the old pattern returns, ask:

The pattern I want to keep watching is:

When it returns, I will remind myself:

My 30-Day Choosing Myself Practice

The next 30 days are not about doing this perfectly.

They are about continuing.

Choose one simple practice that helps you stay connected to yourself.

Keep it small enough to repeat.

Writing down what you know before asking someone else.

Pausing before saying yes.

Checking whether guilt is leading.

Naming one need honestly.

Taking one small self-trusting action each week.

Using the Self-Trust Check-In Tool when you feel pulled into an old pattern.

For the next 30 days, I am practising:

I am choosing this practice because:

The old pattern that may interrupt me is:

When that happens, I will:

The support I need is:

At the end of 30 days, I want to be able to say:

What I Know Now

You may not have every answer.

You may not know exactly what comes next.

But you may know more than you did when you began. Let this page gather what is true now.

What I know now is:

What I understand about myself more clearly is:

What I understand about my patterns is:

What I understand about my needs is:

What I understand about my own voice is:

What I understand about choosing myself is:

One truth I want to keep listening to is:

What I Am No Longer Available For

This page is not about becoming hard or closed.

It is about being honest about what you no longer want to keep repeating.

You may be no longer available for making yourself smaller.

For calling something fine when it is not.

For dismissing what you know.

For needing everyone else to understand before you trust yourself.

For choosing from guilt instead of honesty.

For abandoning yourself to keep the peace.

What am I no longer available for?

What old pattern am I ready to stop feeding?

What am I no longer willing to keep explaining away?

What am I no longer willing to carry alone?

What am I no longer willing to abandon in myself?

I am no longer available for:

What I Am Choosing Next

Choosing yourself does not always begin with a dramatic decision.

Sometimes it begins with a clearer conversation.

A boundary.

A pause.

A request.

A small act of honesty.

A new way of responding.

A decision to stop dismissing what you know.

This page is about naming what comes next.

What am I choosing next?

What is the next honest step?

What do I want to practise choosing from self-trust?

What support would help me continue?

What choice would include me too?

What I am choosing next is:

The smallest honest version of this choice is:

I will support myself by:

Letter to the Woman Who Began This Journal

Take a moment to think about the version of you who began this journal.

What was she carrying?

What was she unsure about?

What was she hoping to understand?

What was she tired of pretending?

What did she know, sense or still need time to understand?

Write to her from where you are now.

You do not need to be finished.

You do not need to have everything sorted.

Just speak to her with honesty.

Dear me,

When you began this journal, you were:

What I want you to know now is:

What I understand more clearly now is:

What I am proud of you for is:

What I want you to keep remembering is:

You are allowed to:

You are choosing yourself by:

Love ME x

Final Reminder and Next Steps

You do not need to have everything figured out.

You do not need perfect certainty.

You do not need everyone else to understand before your own knowing is allowed to matter.

You are allowed to pause.

You are allowed to listen.

You are allowed to want something different.

You are allowed to tell the truth to yourself.

You are allowed to choose from what you know.

The work is not about becoming someone else.

It is about hearing yourself more clearly, trusting what you know, and continuing to choose from that place.

Know yourself. Trust yourself. Choose for yourself.

Where you go next is allowed to be simple.

You can continue using this journal on your own.

You can return to the audios when you need recognition, permission, or possibility.

You can join Choose Yourself™ if you want to move through this journey with live coaching, personal support, and group accountability.

You can explore Reset & Rise™ if you feel ready for deeper 1:1 therapeutic-coaching support.

There is no wrong place to begin.

For now, take one honest step.

That is where choosing yourself continues

KNOW YOURSELF. TRUST YOURSELF. CHOOSE FOR YOURSELF.