

PREVIEW OF WRITING TO COME BACK TO YOURSELF

[Get Your Copy HERE](#)

Writing to “Come Back to Yourself”

A Journal-Based Guide for Quiet Women Reconnecting With Their Voice

What’s Inside:

PART 1: Starting to Hear Yourself Again **7**

- Quiet prompts for self-awareness
- How journaling builds confidence
- Grounding exercises and morning pages

PART 2: Building Self-Trust Through Writing **12**

- Prompts for self-trust and resilience
- Reflection page: “When I trust myself, I...”
- Letter to the version of you who doubts herself

PART 3: Writing with Purpose & Clarity **19**

- Life purpose and self-reliance journal prompts
- “What feels meaningful right now?” activity
- Optional purpose map exercise

PART 4: Writing Your Story **25**

- Memoir prompts for healing and reflection
- What writing your story can teach you
- Reflection: “If I could say one thing to my younger self...”

PART 5: Staying Close to Yourself **31**

- End-of-year and transition prompts
- 7-day journal tracker
- “Coming Back to Me Means...” closing page

BONUS (see separate files for permission slips)

- “Permission to Write” slips (affirmation + declaration)
- Future self letter
- Optional prompt challenge

A Guided Journal for Self-Trust, Reflection & Rediscovery

There comes a moment — not loud, but unmistakable — when you realise you are tired of trying to “find yourself.”

Maybe you have tried the courses, the routines, the to-do lists.

Maybe you have spent years pushing, proving, striving.

And still... something feels missing.

That *something* isn't out there.

It's not in a planner or a productivity system.

It's not in becoming someone new.

It's in remembering who you have always been.

This guide is not about performance.

It's not about journaling the “right” way.

It's about presence.

About showing up, softly and honestly, to your own voice.

You don't need to start from scratch. You are starting from *self*.

You are already here — beneath the noise, the roles, the expectations.

Let this be your gentle return.

A way to meet yourself again.

On the page. In your own words. At your own pace.

Inside, you will find:

- Thoughtfully curated prompts to help you reflect, reconnect, and rebuild trust in yourself
- Gentle encouragement — not pressure
- A place to notice your truth, even if it's messy, quiet, or still unfolding

There is no way to do this wrong.

You don't need perfect handwriting.

You don't need to fill every page.

You don't even need to finish.

This journal is not a task, it's a homecoming.

How to Use This guide

- Pick it up when you need a moment of clarity, quiet, or care
- Write as little or as much as you like
- Skip around or go in order
- Pause when you need to, return when you are ready

And most importantly: **give yourself permission to write.**

Included is a printable *"Permission to Write"* slip just in case you ever need the reminder.

Permission to Write

You have full permission to show up exactly as you are.

You don't need to write perfectly.

You don't need to know what you are going to say.

You don't need to be wise, articulate, or profound.

You are allowed to ramble.

You are allowed to contradict yourself.

You are allowed to feel unsure, blank, or overwhelmed.

This is your space.

Your voice matters — even if it's quiet.

Your words belong — even if they're messy.

You belong — even if you are still figuring it out.

You don't need to earn clarity.

You just need to begin.

Write honestly.

Write gently.

Write anyway.

You have permission.

— *Diana Morgan,*

Editor at inspirationalguidance.com

PART 1: Starting to Hear Yourself Again

Quiet Prompts for Self-Awareness

When you have spent years staying busy, being useful, and holding it all together, your inner voice can feel... distant. That doesn't mean you are broken. It just means you have been drowning in noise that was never yours.

You have likely worn a dozen hats — carer, listener, planner, peacekeeper — and somewhere in the rush of responsibility, your needs got quieter. Your thoughts became something you filtered before speaking. And your feelings? Often set aside for later, when things weren't so hectic. But “later” never came.

This section is about listening again. Not to fix anything, but to feel your way back to yourself. Not through pressure or performance, but through gentle awareness.

Journaling is one of the simplest but most powerful tools we have for that return. It asks nothing of you except honesty. There are no right answers, no perfect paragraphs. Just space. Space to remember what you feel, what you long for, what matters to *you*.

You don't need a breakthrough. You just need a moment of stillness. To sit with your truth without needing to explain it.

These quiet prompts are a doorway. They're not here to demand a transformation, but to remind you:

You are still here. You have always been here.

And it's safe to come back to yourself now.

What Journaling Taught Me About Myself

At first, I thought journaling was just for people who were poetic or wise, the ones who could fill a page with insights. I was wrong. I started small. Some days I wrote a sentence. Some days, nothing at all. But the more I showed up, the more I saw patterns:

- I realised how often I filtered myself
- I caught the quiet ways I abandoned what I needed
- I began noticing when I was performing instead of being honest

Journaling became a mirror I didn't know I needed.

Not a space to write the “right” thing but a space to be real.

Over time, it helped me stop managing how I appeared and start listening to how I actually felt. That was the beginning of self-trust.

Why Journaling Helps Build Confidence

Most women are taught to earn approval. To look for external signs that they're doing okay. Journaling interrupts that habit. When you journal regularly, you:

- Practise making space for your own thoughts
- Witness yourself without judgment
- Hear your own truth without needing anyone else to agree with it

Confidence isn't just about being louder. It's about being rooted.

The more you trust your voice on the page, the less you need to shape yourself for someone else's comfort. That's the quiet power of journaling: it reminds you that your experience is valid with or without applause.

How to Start Journaling When You are Out of Practice

Starting again can feel awkward, especially if you have been taught that journaling has to be beautiful or deep.

It doesn't.

It just has to be yours.

Here's a simple way to begin:

1. Set a timer for 5–10 minutes.
2. Pick a question (from the prompts below or simply: "How am I, really?")
3. Write without stopping. No editing, no overthinking.
4. When you pause, ask again: "And what else?"

You can write bullet points.

You can curse.

You can scribble one word over and over again. It *still counts*.

Every time you show up honestly even if it's just a scribble, you reclaim a little piece of your voice.

It's not the volume that matters. It's the fact that you are listening again.

**PREVIEW OF WRITING TO
COME BACK TO YOURSELF**

[Get Your Copy HERE](#)