

# Inspirational Guidance



We have created a space to support women looking to live with purpose, build self-confidence, and feel more in control of the choices they make — one grounded step at a time.

[www.inspirationalguidance.com](http://www.inspirationalguidance.com)

## Getting Started With Inspirational Guidance

Welcome — and thank you for joining.

This space was created as a quiet landing place for women navigating change. Whether you're in a season of transition, tired of the noise, or just feeling the tug to learn how to live with purpose... you're in the right place.

As a free member, you already have access to a growing library of tools, reflections, and downloads designed to support your journey — gently, at your own pace.

You can also explore the workbooks and guides available in our shop.

**Start  
Something  
New Today**



*Explore What's Waiting for You. Find guides, workbooks, and tools to support your personal growth*

**SHOP HERE**

Here's what's waiting for you inside your member dashboard:




## What You Can Access Right Now


Your **dashboard** is your personal space — a place to land, reflect, and track your progress.

Inside, you'll find:


### ✓ Access to all your digital downloads

Any free or paid resources you've claimed will appear in your dashboard, ready to use.

 Inspirational Guidance

Shop 

Dashboard

M manager 

**Welcome back, Diane**

This is your personal space for tracking progress, downloading content, and staying on track.

**Your Stats**

Purchased Products  
3

Saved Prompts  
6

Goals Set  
1

Account Status  
Active

**Quick Actions**

 **My Orders**  
Download Orders

 **Update Profile**  
Edit your info

 **Get Support**  
Help & FAQs

 **Browse Shop**  
Explore our store

 **Order History**  
Past Orders

 **Tracker**  
Set Your Goals



## Saved journal prompts

You can favourite and return to any prompt that resonates with you.

### Journal & Affirmation Prompt Generator

Generate focused prompts for journaling — tailored by category, time, and style.  
There is an option to **save prompts when logged in**. Perfect for days when your brain is too full to think but too busy to rest.

Category

Challenges

Time Required

Medium (15-20 minutes)

GENERATE PROMPT

Success! Prompt added to your profile!

Use the dropdowns to customise your prompt — or click 'Generate' for a surprise. Save the prompts you love in your account. [Login Here](#)

Your Writing Prompt

*How do you typically respond to obstacles? Reflect on your patterns and whether they serve you.*

Category: Challenges

Time Required: Medium (15-20 mins)

Get Another Prompt

### Your Prompts

Saved Prompts

What small gesture from someone else made you feel appreciated recently?

Category: Relationships

Time: Quick (5-10 minutes)

Describe a relationship that didn't work out but taught you something valuable about yourself.

Category: Relationships

Time: Medium (15-20 minutes)

What small win did you experience today that deserves recognition? Why did it matter to you?

Category: Achievements

Time: Quick (5-10 minutes)

Write down three words that describe who you are when no one is watching. Do these surprise you?

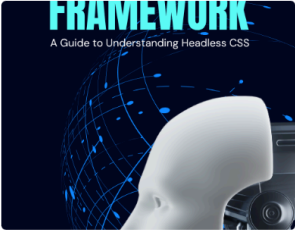
Category: Self Discovery

Time: Quick (5-10 minutes)


## 💡 Your own personal wish list

Like something but not ready to commit? Add it to your list to revisit later.


### Your Wish List



**Building Self-Confidence**  
\$19.97  
[View Product](#)



**Design Your Life With APIs**  
\$37.99  
[View Product](#)




**Unleash Your Inner Girl Boss**  
\$7.99  
[View Product](#)

## 📦 View your orders

Keep track of your purchases, and download them.

IG Inspirational Guidance

Shop 

Dashboard

### My Purchases

**Order #15**  
Purchased on July 21, 2025

Completed

Digital Marketing Blueprint: SEO Mastery  
Quantity: 1

£7.99  
[Download](#)  
Downloads left: 5 / 5

Total £7.99

**Order #8**  
Purchased on July 20, 2025

Completed

Design Your Life With APIs  
Quantity: 1

£14.78  
[Download](#)  
Downloads left: 4 / 5

Total £14.78

## Your Goal Tracker

This powerful tool lets you create goals, track your progress, and celebrate your wins. Whether you're setting daily intentions or working towards long-term shifts, your tracker is your steady companion.

### Goal Progress Tracker

Track your progress by setting clear goals and logging your activity. You can record how often you want to complete a task and reflect on what you accomplished each time. Whether it's writing, exercise, or daily habits — measure your effort and see your progress grow.

#### Create New Goal

**Custom Goal**  
E.g. "Visit gym 4 times per week"

**Writing Goal Type**  
Minutes per session

**How many times per selected period?**  
E.g. To visit the gym 4 times per week select 4 here, then frequency is weekly.  
e.g., 30 minutes, 500 words, etc.

**Frequency**  
Daily

**Start Date**  
30/07/2025

**End Date (Optional)**  
dd/mm/yyyy

Leave blank for ongoing goals

**Notes (Optional)**  
Why did you set this goal? What are you working towards?

#### Record Progress Session

**Date**  
30/07/2025

**Minutes Spent**  
e.g., 30

**Word Count (Optional)**  
0

**How do you feel about what you accomplished?**  
Neutral

**Notes on what you accomplished.**  
What did you accomplish during this session?

### Tracker

#### Goal Summary

##### Active Writing Goals

Number of sessions: 5 per Daily

Progress: 40%

1 days remaining

+

New Goal

#### Recent Writing Sessions

Thu, 24 Jul 2025 - 5 minutes

200 words

making this up

Session mood: Enjoyable

Thu, 24 Jul 2025 - 5 minutes

54 words







Session mood: Very Enjoyable

Prompt used: \*\*

## Update your profile

Add your name, email preferences, and any other info to personalise your journey.


**Quick Actions**

 <b>My Orders</b> Download Orders	 <b>Update Profile</b> Edit your info	 <b>Get Support</b> Help & FAQs
 <b>Browse Shop</b> Explore our store	 <b>Order History</b> Past Orders	 <b>Tracker</b> Set Your Goals

## Support if you need it


If something doesn't work or you have a question, we're here. You don't have to figure it all out alone.

**Confidence  
For Women**  
Ready to feel stronger



**A 14-Day Reboot To  
build self-confidence**

One small step  
at a time!



**SHOP HERE**

## Free Member Resources

Browse and download our collection of no-cost journals, checklists, and calming tools — new ones are added regularly.

### Free Member Resources



#### A Story About Being Stuck

Rita has the power to get unstuck but will she press the bu...

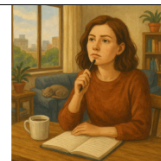
[Download PDF](#)



#### Small Steps To Realignment

Self-guided worksheet for those tired of hustle culture and...

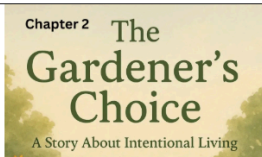
[Download PDF](#)



#### Gardener's Choice Worksheet

Use these questions to explore The Gardener's Choice parabl...

[Download PDF](#)



#### The Gardeners Choice

The complete story. A parable about living with intention. ...

[Download PDF](#)



#### Know Your WHY

A worksheet to help you know why you are doing what you are...

[Download PDF](#)



#### Mental Fitness Starter Kit

Designed for women who are tired of being the strong one.

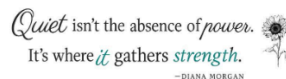
[Download PDF](#)



#### Tiny Truths In Six Words

We don't always have time for long reads or deep dives.

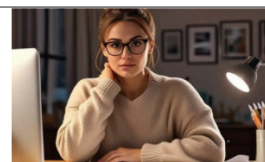
[Download PDF](#)



#### 101 Things to Know About Being an Introvert

Being an introvert in an extroverted world isn't a flaw — i...

[Download PDF](#)



#### The Quiet Strength Map For Introverts

Reflective worksheet for identity clarity To be used in co...

[Download PDF](#)

# Inspirational Guidance Tools

## Journal Prompt Access

The journal prompt generator is available to you on the homepage. You can also use the journal prompt generator on the [dedicated prompt page](#).

If you want to go deeper, consider starting with one of our free guides. Many of them contain journal prompts, reflective questions and/or affirmations.



## Reflection Questions

Use these questions in your journal or share them in a group session or discussion:

1. What train station am I standing in right now?
2. What does my “button” look like, the action I keep avoiding?

The station where no one leaves

<https://www.inspirationalguidance.com>

3. What stories am I telling myself about why I can’t move yet?
4. Who or what around me is keeping me stuck and am I choosing to stay there with them?
5. If I pressed the button today, what would be my very first step?

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## Affirmations for Purpose and Action

Repeat or adapt these to suit your voice:

- I don’t need perfect clarity to take my next step.
- My power lives in my choices, not in waiting for permission.

## Goal Tracker Tool

I already talked about this amazing tool earlier but it’s definitely worth a second mention. Our tracker helps you set intentions, log your progress, and stay grounded in what really matters to you.

## Calming Games

Need a pause? Pop calming bubbles or chase floating circles — two mindful tools designed to help regulate your nervous system in just a few minutes.

[Try them here](#)



## A Few Ways to Use Your Membership

- Use the **goal tracker** to stay committed to your own pace — not someone else's timeline
- Check the homepage journal prompt for a new reflection each visit
- Download a free PDF and begin with 10 quiet minutes of writing
- Add a product to your wishlist and revisit when it feels right
- Use the calming tools as a 2-minute breather between tasks

- Save prompts and resources to return to later — this is a space that evolves with you



## Final Thoughts

Inspirational Guidance was created to offer something different. A personal development hub that promotes the power of transformation.

This isn't about fixing or proving.

It's about returning — to your voice and your priorities.

And this is just the beginning.

We'll continue adding new resources and tools over time. You'll be the first to hear when they go live. If you are interested in what guides us you will find that next.

— Diana Morgan

Editor, Inspirational Guidance

# Inspirational Guidance Mission and Vision

## Our Mission

*(The “What + How”)*

*We show women how to stop going through the motions and build a life that feels like theirs by equipping them with practical tools, digital printables, and daily practices. Through small steps, journaling, and the MORE framework - Momentum, Ownership, Resilience, Empowerment - we make intentional living achievable in real life.*

## Our Vision

*(The “Why”)*

A world where more **women live a life that feels like theirs**, not on default or by coasting, but **by choice**. A world where they claim MORE: Momentum in small steps, Ownership of their choices, Resilience when life shifts, and Empowerment to say, “This is who I am.”

## Five Pillars + Supporting Frameworks of *Inspirational Guidance*

**This is what we believe in and what we teach.**

### 1. Live With and On Purpose

Purpose is not something you find. It is something you choose.

- Living *with* purpose means aligning your choices with what matters most to you. It is your guiding North Star — a sense of meaning that shapes your direction.

- Living *on* purpose means acting deliberately, not drifting or defaulting to autopilot. It is about showing up with intention in the everyday moments that add up to a life that feels like yours.

Together, living *with* and *on* purpose is not abstract. It is practical. It is the daily decision to live in alignment and by design, instead of by default.

## 2. Self-Authorship: Design Your Life

Whose life are you living, if not your own?

Self-authorship is about reclaiming your role as the author of your story. It means questioning the scripts you were handed, rewriting the rules, and making choices rooted in your own values. This is about designing a life that feels like yours, not one borrowed from expectations.

## 3. PAUSE for Emotional Resilience

Life will wobble. Resilience is how you steady yourself again.

The PAUSE method helps you pause, process, and respond with clarity — instead of reacting from overwhelm. Emotional resilience is not about toughness; it is about flexibility, recovery, and grounded self-trust.

## 4. Build Self-Confidence

Confidence comes from doing — not waiting to feel ready.

Confidence is a skill you build through repetition, micro-wins, and reclaiming trust in your own judgment. This pillar is about action, voice, and backing yourself again.

## 5. Empowered Living

Feeling in control starts with knowing you have a say.

Empowered living means you are not running on autopilot — you are making conscious choices. Not always easy, but yours.

## Supporting Frameworks

### The MORE Framework

Stop going through the motions. Build a life that feels like yours with MORE — Momentum, Ownership, Resilience, Empowerment.

- **Momentum** comes from small steps that create real shifts.
- **Ownership** comes from designing your life through values and self-authorship.
- **Resilience** comes from PAUSE and the ability to steady yourself when life shifts.
- **Empowerment** comes from conscious living and building confidence through action.

MORE is how the pillars and practices come alive — it's the method that moves you from default mode to intentional living.

### Small Steps, Real Shifts

Progress is not dramatic. It is practical.

Lasting change comes through consistent, doable steps. Small shifts build trust in yourself and create momentum. No breakthroughs required — just evidence you can repeat.

### Journaling for Growth

Writing is how reflection turns into clarity.

Journaling anchors the other pillars, giving you space to process thoughts, track progress, and hear your own voice. It is the practice that connects intention with action.

**The 5 Pillars set the direction.** The Supporting Framework (Small Steps + Journaling) are the repeatable habits that make it real.

**Your Next Step Awaits**



*Browse our shop for workbooks and guides that turn insight into action. Designed to Help You Move Forward*

**SHOP HERE**

# Core Values of *Inspirational Guidance*

## 1. Intentionality

We believe in living on purpose — not on autopilot.

Every product, prompt, or guide we offer helps women pause, reflect, and make meaningful choices. This isn't about chasing productivity or perfection. It's about choosing what matters and acting with clarity.

## 2. Honesty

No fluff, no hype — just real guidance that respects where you're at.

No hype. No false promises. We tell the truth about what personal development actually looks like: slow, steady, often quiet. Real guidance.

## 3. Ownership

We believe in choice — and the power of small decisions.

We believe change begins when you take ownership of your choices. Even the smallest decision can shift the direction of your life.

## 4. Momentum Over Motivation

You don't need to feel ready. You just need to start — and keep going.

We believe that **action creates clarity**. We are not focused on needing motivation to take action. Instead we teach women how to move anyway — with or without the spark.

Inspirational Guidance

<https://www.inspirationalguidance.com>