



# Letting Go Journal



Hi, I'm Jeanine. This journal is designed to help healers, lightworkers, empaths and starseeds identify what they need to let go of this fall. use the first 2 pages to jot down the things you say about yourself. "I've never been good at math," etc. and the rest of the pages to answer the questions, one day at a time.

# What Stories Do I Tell about Myself?

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Reflect on a time when you conformed to societal expectations but felt disconnected from your true self. Describe that time here...

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Describe a childhood memory where you were encouraged to be something you weren't or scolded for being yourself.

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List some societal norms that you followed but never truly embraced. Do you remember how that felt?

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Think about a role or identity you’ve been playing in your life. How does it differ from your authentic self?

20 horizontal lines for writing



Think about the values & beliefs your parents taught you. Which ones align with your true self & which do not?

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Write about an experience where you felt immense pressure to be someone you're not. How did that affect you emotionally?

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**Are there some hobbies or activities you have given up because they didn't fit the image you were portraying?**

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Describe your ideal, authentic self. What values & qualities do you want to embody?

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Imagine a world with no external expectations. How would your life be different?

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List five traits that you love about yourself. Are they aligned with your true self or influenced by external validation?

Handwriting practice lines consisting of 20 horizontal lines.

**Think about a person whose authenticity you admire. What are the lessons you can take from that person's journey?**

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**How does the concept of fitting in  
different from belonging? Have you ever  
confused the two?**

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Describe a time when you felt the most yourself. What allowed you to be authentic?

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Write a letter to your younger self,  
offering her advice about how to avoid or  
shed societal conditioning.

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What cultural or societal stereotypes have affected your self-image? How can you redefine your identity now?

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Describe a moment of clarity when you recognized the importance of seeking what makes you happy as opposed to seeking external approval.

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**What role does fear play in holding you back from being your authentic self?  
What are those fears?**

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**Write down 3 values that are non-negotiable for your authentic self. How can you honor them in your daily life?**

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List five things you can do to reconnect with your hobbies, passions or interests, especially those that were discouraged by external influences.

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How has social media affected your sense of self? How is your online persona different from your true self?

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Who are the people who have shaped your identity? How have they influenced your sense of self, for better or worse?

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Write about an experience where you felt vulnerable, exposed and truly authentic. How did you grow from that experience?

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**What is the most empowering lesson you've learned about embracing your true self?**

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Has there ever been a time when you felt liberated from societal expectations? What did you learn about yourself during that time?

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Write a letter of commitment to your authentic self. What steps will you take to nurture your true identity?

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