

E011 The Weight We Choose to Carry — Journal Pages

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Episode: E011 — The Weight We Choose to Carry

Type: Printable journal prompts

Brewmaster Journal

Prompt 1

What guilt are you still carrying long after the lesson has been learned? Write it down. All of it. Name it without defending it or minimizing it.

[Space for writing]

Prompt 2

If you could separate "I made a mistake" from "I am a mistake," what would change about the way you treat yourself today?

[Space for writing]

Prompt 3

Write about a time you felt clarity instead of anger. What did that stillness ask of you?

[Space for writing]

Prompt 4

"Have I not paid enough?" Sit with that question. What comes up? Write without editing.

[Space for writing]

Prompt 5

If guilt were a physical object you've been carrying, what does it look like? How heavy is it? Where in your body do you hold it? Now describe what it would feel like to set it on the ground and walk forward.

[Space for writing]

Bonus: The Receipt

Write yourself a "PAID IN FULL" receipt. List what you've done since that mistake: the years of trying, the growth, the tears, the showing up.

PAID IN FULL

Since then, I have:

- 1.
- 2.
- 3.
- 4.
- 5.

The debt is paid. I am free to carry the wisdom without the weight.

Airtable Table: Assets
Asset Type: Journal Pages
Linked Episode: E011
Status: Complete