

E012 The Strength of Starting Over — Journal Pages

E012 Journal Pages

Episode: E012 — The Strength of Starting Over

Type: Printable journal prompts

Brewmaster Journal

Prompt 1

Is there a place in your life right now where staying has become harder than leaving? What's keeping you there: love, or fear?

[Space for writing]

Prompt 2

Write a letter to your younger self at a moment when you took a leap. What would you tell her now that she couldn't see then?

[Space for writing]

Prompt 3

Who has appeared in your life because you had the courage to knock on a door? What were you looking for, and what did you actually find?

[Space for writing]

Prompt 4

"Dreams don't pay the mortgage on the first day." Write about a time your practical fears almost stopped you from doing something important. What happened?

[Space for writing]

Prompt 5

If you could send a two-word email to someone who doubted you, what would it say?

[Space for writing]

Bonus: Name It

Write down one thing in your life that no longer aligns with who you're becoming. You don't have to leave it today. Just name it.

The thing that no longer fits: _____

What my heart already knows: _____

Airtable Table: Assets
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Linked Episode: E012
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