

# E009 Permission to Grow — Journal Pages

## E009 Journal Pages

**Episode:** E009 — Permission to Grow

**Type:** Printable journal prompts

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### Brewmaster Journal

#### Prompt 1

What belief have you carried your whole life that you've never really examined? Where did it come from?

*[Space for writing]*

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#### Prompt 2

Is there something you believe simply because it's familiar, not because it still fits?

*[Space for writing]*

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#### Prompt 3

Karen says the return for goodness might be "becoming someone capable of walking difficult roads without losing themselves." Does that reframe change how you see your own difficult seasons?

*[Space for writing]*

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#### Prompt 4

Where does your faith (in anything: God, people, yourself, the process) actually live? Is it in a place, or is it something you carry?

*[Space for writing]*

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#### Prompt 5

What would it feel like to give yourself permission to change your mind about something significant?

*[Space for writing]*

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# Bonus: The Belief Audit

Choose one belief you've held for a long time and ask:

| Question                                                           | Your Answer |
|--------------------------------------------------------------------|-------------|
| Where did this belief come from? (Did I choose it, or inherit it?) |             |
| Does it still fit the person I'm becoming?                         |             |
| If I loosened my grip on it, what might I be able to hold instead? |             |

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**Airtable Table:** Assets  
**Asset Type:** Journal Pages  
**Linked Episode:** E009  
**Status:** Complete