

BECOMING YOUR



A journal for the woman who's done with playing small.

By: Keelie Louise



Welcome legend,

This journal isn't about perfection, it's about alignment.

It's for the woman who's ready to wake up to her own potential, one intentional choice at a time. Whether you're in the middle of a glow-up, a breakdown, or just craving something more, this is your space to reflect, reset, and rise.

No fluff. No filters. Just you, showing up as the main character.

Keefie Louise

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How to Use This Journal

- Ideal as a 4-week reset or morning ritual.
- Use the daily pages to connect with yourself, your habits, and your future.
- Return to the reflection prompts when you feel stuck or off track.
- There's no right way to "do" this, just keep going.

WEEKLY POWER PROMPTS

WEEK ONE: FOUNDATION

- Who am I becoming?
- What values do I want to live by?
- What boundaries do I need to honour?
- Where have I been holding back (and why)?

WEEK TWO: ENERGY

- What drains me?
- What lights me up?
- How can I protect my peace this week?
- What would the energised version of me do differently?

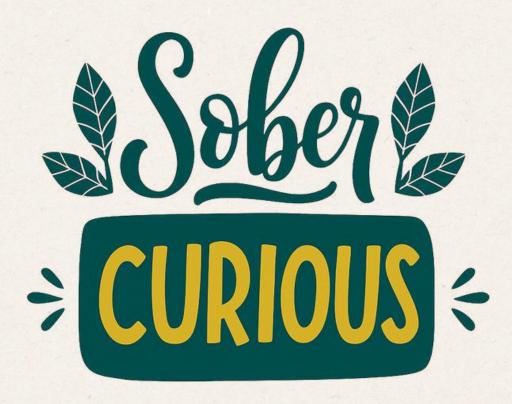
WEEK THREE: IDENTITY

- What limiting beliefs am I ready to rewrite?
- Who do I admire and what qualities do they embody?
- What does "thriving" mean to me now?
- If I trusted myself completely, I would...

WEEK FOUR: EXPANSION

- What's one brave thing I can do this week?
- · Where can I lean into growth over comfort?
- · What am I calling in?
- How will I celebrate my evolution?





This journal belongs to



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You don't need to do more. You just need to do you, more powerfully.

Remember: Your best self isn't out there, she's already inside you.

You're not becoming someone else.

You're finally returning to who you've always been.



15 Days Challenge

AFFIRMATION: I WILL FOLLOW THIS ROUTINE EVERYDAY FOR THE NEXT 15 DAYS AND BECOME A BETTER VERSION OF MYSELF

DAY 1

Put your phone down. Stretch.
Say: "I get to be her today."

DAY 4

Drink 2L water + add something fancy (cucumber? queen vibes?).

DAY 7

Dump every thought that's cluttering your brain onto paper. Rip it up.

DAY 10

Turn off screens. Light a candle. Breathe. Journal: "What do I need to release?"

DAY 13

Ask: "Who/what gives to me? Who/what drains me?" Adjust accordingly.

DAY 2

Do ONE thing today just because it feels good

DAY 5

Say "no" once today. No guilt. No overexplaining. Period.

DAY 8

Do one kind act for someone and one for YOU.

DAY 11

Message, post, wear or say that one thing you've been holding back.

DAY 14

Close your eyes. Picture 6months-from-now YOU. How does she feel? Dress? Speak?

DAY 3

Clear your socials. If it drains you, it goes.

DAY 6

Tell yourself 3 things you adore about YOU. Out loud.

DAY 9

Write down 3 bold things you're calling in (even if they scare you).

DAY 12

Do one thing that makes you feel magnetic: red lips, bold playlist, strut.

DAY 15

Write down 5 things you've done differently these 15 days. Toast yourself.



Notes

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		My sleep last night was			
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How am I feeling this morning?		Approx. hours			
Great Good Chay	Not good 💢 Awful	Get up time			
Day to do list					
Today I intend	Eye exercises	Cups of water			
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Evening to do list					
How am I feeling this evening?		Am I satisfied with this day?			
Great Good Chay No	ot good Awful				
I am grateful today for	What I like ab	pout myself today			
What I managed to do today	What I would	hat I would like to tell myself for tomorrow			

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How and what would I like to feel tomorrow

joy appreciation empowered enthusiasm fun proud strong active love passion freedom happiness optimism belief hope inspired courage interest amusement gratitude delight relaxed calm confident curious focused worthy thrilled self-respecting kind



What I'm grateful for:	How I want to feel:
Something I'm letting go of:	Something I'm calling in:
Notes:	



Keeping track of your habits can help you stay on track and achieve your goals. Fill out your top 12 goals and mark them off each day you successfully complete them.

WEEK OF:							
HABIT / SELF-CARE STEP	S	M	Т	W	т	F	S
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"I don't need to play small to be loved.

I am already enough, already powerful, already becoming her.

Every choice I make today is shaping the future I deserve."



Still feeling the fire?

Dive into <u>The Mirror Ball Files</u>: your backstage pass to all things bold, bright, and beautifully sober.

Let's stay connected:

Follow me on IG: @thesoberhypegirl

Join the waitlist

Sign up for my newsletter

Ready for real-time support? Let's work together 1:1

Be the woman you promised yourself you'd become