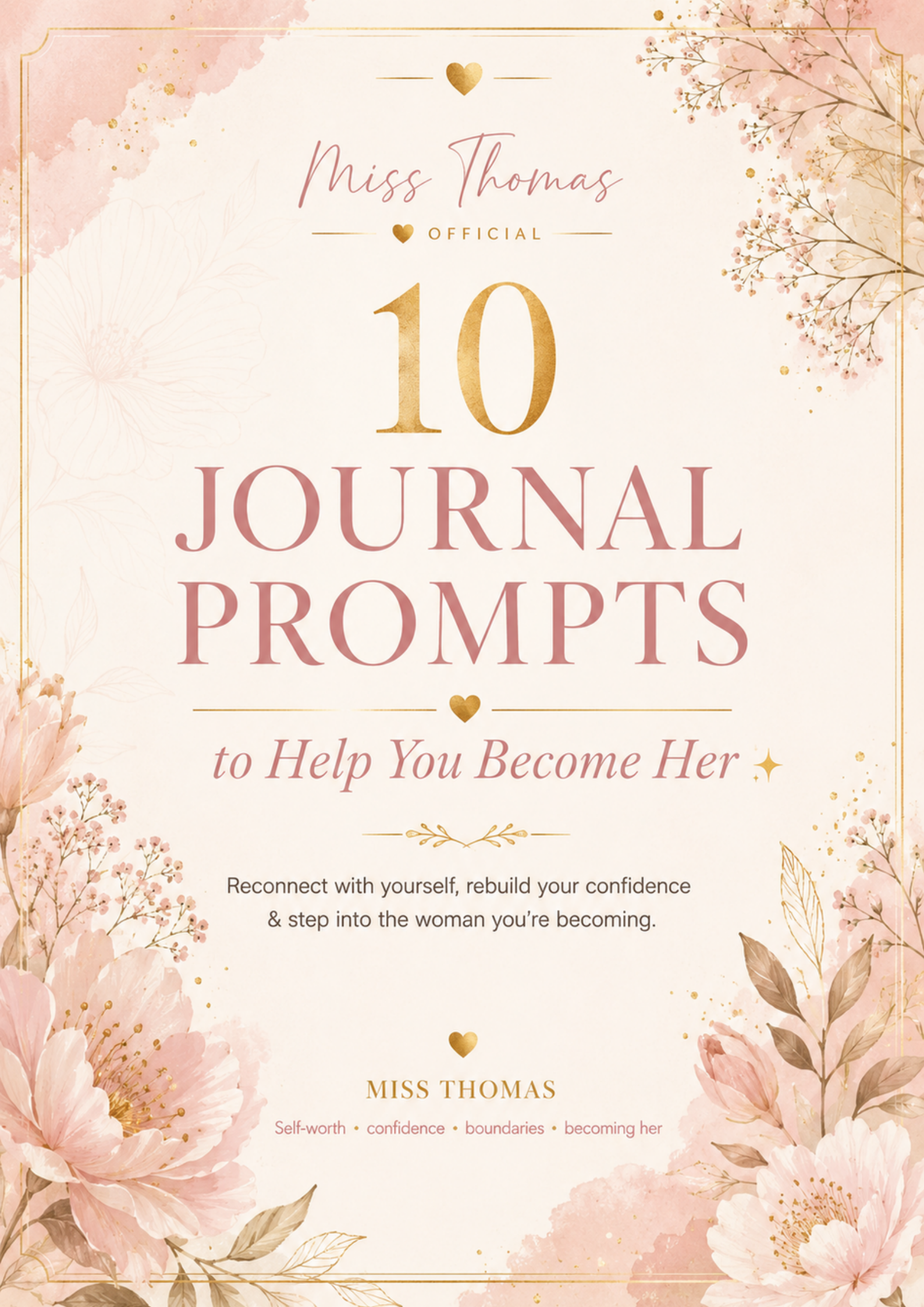




— — — — —
Miss Thomas

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♥ OFFICIAL — — — — —

10 JOURNAL PROMPTS

— — — — —
to Help You Become Her ✨

— — — — —
Reconnect with yourself, rebuild your confidence
& step into the woman you're becoming.

— — — — —
♥
MISS THOMAS

Self-worth • confidence • boundaries • becoming her



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A Note From *Miss Thomas*

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Becoming Her isn't about becoming somebody else. It's about reconnecting with the parts of you that may have been lost, quietened or pushed aside while life was happening.

— — — — —  — — — — —

These prompts are an invitation to come back to yourself – to think about what you want, what you deserve, what you're ready to release and the woman you're choosing to become.

— — — — —  — — — — —

There are no right or wrong answers – just give yourself permission to be honest, reflect and write what you need.

This is just the beginning. ✨

— — — — —  — — — — —

With love,
Miss Thomas x

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Your Becoming Her *Prompts*



01

Who am I when I'm not trying to meet everyone else's expectations?



02

What parts of myself have I lost, ignored or made smaller - and which one am I ready to reclaim?



03

What would change if I truly believed I was worthy of the life I want?



04

Where in my life do I need stronger boundaries to protect my peace?



05

What am I still holding onto that the woman I'm becoming would finally release?







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Your Becoming Her Prompts

— — — — —

06

How do I want to feel when I wake up and move through my everyday life?



07

What does confidence look like for me - not how it looks on somebody else?



08

What standards am I no longer willing to lower in love, friendships, work or the way I treat myself?



09

If I stopped waiting to feel completely ready, what would I start doing now?



10

Describe the woman you are becoming. How does she think, speak, choose, love herself and live her life?







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♥ — — — — —

This is only the beginning.

— — — — —
♥ — — — — —

Becoming Her isn't about creating a perfect version of yourself. It's about choosing yourself again and again - through your boundaries, your standards, your confidence and the life you create.



Keep becoming her.

— — — — —
♥ — — — — —

With love,
Miss Thomas x

— — — — —
✿ — — — — —

MISS THOMAS

Self-worth • confidence • boundaries • becoming her

