

YOU'VE READ HER STORY. NOW REFLECT ON YOURS.

KEEP YOUR COPY OF THE WOMAN WHO FINALLY CHOSE HERSELF CLOSE, REVISIT EACH FIVE-MINUTE SHIFT, AND USE THESE JOURNAL PAGES TO TURN MEANINGFUL QUESTIONS INTO HONEST CONVERSATIONS WITH YOURSELF.

PILLAR BY PILLAR WORK BOOK

A guided reflection journal featuring the Five-Minute Shift questions, with space to explore your thoughts, recognize your patterns, and reflect on your personal growth.



**THE FIVE-MINUTE
REFLECTION JOURNAL**

RESOURCES AND ADD'TL CONTENT



THE WOMAN WHO
FINALLY CHOSE
HERSELF AUDIOBOOK

MORE BOOKS IN THE FIVE PILLAR SERIES

Discipline Over Feelings

by Naomi Elise Bonet

Stop Romanticizing Your Potential

by Naomi Elise Bonet

Becoming Her Costs Something

by Naomi Elise Bonet

*The Art of Starting Over Without Starting
From Scratch*

by Naomi Elise Bonet

YOUTUBE RESOURCES

CG Publishing: Listen to Audiobooks and
Learn More About Our Publishing Process

[!\[\]\(f1c5da15572e3e09d343161be98f508d_img.jpg\) Click Here to Read or Listen!](#)

The Sinherdance: Scripture & Scandal
The Bible in stories that you can relate to!

[!\[\]\(eabd9f9ababee93effadc3b380fe65fd_img.jpg\) Hear the Scandals from the Beginning...](#)

Sublime Subliminals: Audio and Visuals for
the Busy, Cozy Mind. Listen. Relax. Repeat,

[!\[\]\(166772600a13ad0a433053f90fe45649_img.jpg\) Take time to Reset Your Mind](#)

Support@Chastengold.org
Chastengold.org/CGPublish



@CGPublish

STAY CONNECTED

Your journey doesn't end with Book One. Continue exploring The Five Pillars of Becoming series and discover upcoming books, companion resources, and new stories from CG Publish.

Follow @cgpublish for new releases, exclusive updates, and more.
You have spent enough time waiting for someone else to choose you.

This time, choose yourself.

With encouragement,
Naomi Elise Bonet
Author of The Five Pillars of Becoming



WELCOME TO YOUR JOURNEY.

IT'S A PLEASURE TO MEET YOU.



You've read her story. Now it's time to reflect on yours. There is something powerful about recognizing yourself in someone else's story.

Maybe Naomi's experiences reminded you of the times you've put your needs aside to keep someone else comfortable. Perhaps you recognized the guilt that comes with saying no, the exhausting desire to be liked, or the quiet disappointment of realizing how often you've postponed something important to you.

Whatever brought you here, this journal is an invitation to become more curious about yourself. Pillar by Pillar: The Five-Minute Reflection Journal was created as a companion to The Woman Who Finally Chose Herself, the first book in The Five Pillars of Becoming series. Inside, you'll find the Five-Minute Shift reflection questions connected to each of the book's five pillars, along with dedicated journal pages to explore your answers.

You don't need to have everything figured out before you begin. You don't need perfect answers, beautiful handwriting, or an inspiring revelation on every page. Some questions may feel easy to answer, while others might reveal something you've been avoiding. Give yourself permission to be honest, even when your thoughts are unfinished.

This journal isn't about becoming someone entirely different. It's about making room to understand the woman you already are and the choices you want to make moving forward.

Your story deserves your attention, too.

HOW TO USE THIS JOURNAL



This journal is designed to be used alongside *The Woman Who Finally Chose Herself* book, although you can return to its questions whenever you need a moment of reflection.

Read and reflect. As you move through the book, pause when you reach a Five-Minute Shift. Find the corresponding pillar in this journal and consider each question before writing your response.

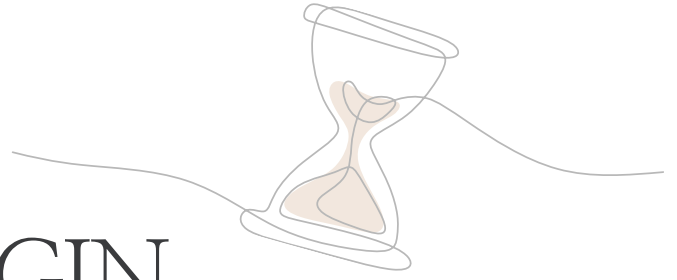
Give yourself five minutes. You don't need an entire afternoon to begin understanding yourself. Set aside a few quiet minutes, put away distractions when possible, and write what comes to mind without worrying about whether it sounds polished.

Use the journal pages freely. Your responses can be a few sentences or several paragraphs. You can write about a recent experience, an old memory, or something you're only beginning to understand.

Return when something changes. A question that feels simple today may have a different meaning six months from now. Revisit your responses and notice how your perspective develops.

Be honest without being harsh. Recognizing your habits doesn't mean blaming yourself for everything that has happened. This is an opportunity to understand your choices while acknowledging the circumstances and relationships that have shaped them.

There is no required pace and no perfect way to complete this journal. Begin with the pillar that speaks to you, or follow the book from beginning to end.



BEFORE WE BEGIN

Personal Self-Assessment

Before you begin answering the Five-Minute Shift questions, take a moment to consider where you are today. This assessment isn't a test, and there are no right or wrong answers. Its purpose is to help you recognize which areas of your life may deserve more attention.

Rate each statement from 1 to 5:

- 1 — Not true for me right now
- 2 — Rarely true
- 3 — Sometimes true
- 4 — Usually true
- 5 — Consistently true

PILLAR ONE: SEEING MYSELF

1. I can recognize and communicate my personal needs.

My Rating: _____ / 5

2. I consider my own preferences when making everyday decisions.

My Rating: _____ / 5

PILLAR TWO: PROTECTING WHAT MATTERS

3. I can decline requests without feeling obligated to provide lengthy explanations.

My Rating: _____ / 5

4. I consider my time, finances, and energy before making commitments.

My Rating: _____ / 5

Personal Self-Assessment – Continued.

PILLAR THREE: VALUING MYSELF

5. I can make thoughtful decisions without constantly seeking reassurance.

My Rating: _____ / 5

6. I feel comfortable expressing my authentic opinions and interests.

My Rating: _____ / 5

PILLAR FOUR: GROWING THROUGH RELATIONSHIPS

7. I can communicate changing needs and expectations in my relationships.

My Rating: _____ / 5

8. I can respect someone else's feelings without automatically abandoning my own needs. My Rating: _____ / 5

PILLAR FIVE: TRUSTING MYSELF

9. I make realistic commitments to myself and follow through.

My Rating: _____ / 5

10. When I experience a setback, I can adjust and continue without giving up entirely. My Rating: _____ / 5

MY STARTING POINT

Which pillar received my lowest ratings? _____

Which statement was the most difficult to answer honestly, and why?

What is one thing I would like to understand about myself through this journal?

One word that describes how I
feel about beginning this journey: _____

**You don't need to change everything today.
Simply give yourself permission to notice.**

FIVE MINUTE SHIFTS OVERVIEW



Each pillar includes five reflection questions designed to help you recognize personal patterns, understand your needs, and consider how you want to move forward. Take five minutes to answer honestly, using the journal pages to explore your thoughts. You don't need perfect answers, only a willingness to understand yourself.

Pillar One: The Day I Realized I Was the Problem, Too

Recognizing Your Needs and Understanding Your Patterns

Before you can begin choosing yourself, you have to recognize the ways you've been overlooking your own needs. These questions encourage you to examine the expectations you've accepted, the feelings you've dismissed, and the choices you have the power to change.

Pillar Two: No Is a Complete Sentence, Even When Your Voice Shakes

Setting Boundaries Without Abandoning Yourself

Learning to say no isn't about caring less for others. It's about understanding your limits and making intentional decisions about your time, energy, and resources. Use these questions to explore where guilt, obligation, or fear of disappointment may be influencing your choices.

Pillar Three: Stop Auditioning for People Who Already Know You

Releasing Approval and Reclaiming Your Authenticity

It's easy to lose sight of who you are when you're constantly considering who others want you to be. These questions invite you to examine the

Five Minute Shifts Overview

approval you've been seeking, the parts of yourself you've minimized, and the freedom that comes with trusting your own judgment.

Pillar Four: The People Who Love You May Not Like Your Boundaries

Allowing Relationships to Grow and Change

As you begin making different choices, the people around you may need time to adjust. Healthy relationships leave room for honest conversations, changing responsibilities, and mutual consideration. These questions will help you recognize where a relationship may need greater balance without assuming every disagreement is a problem.

Pillar Five: Becoming a Woman I Can Trust

Building Self-Trust Through Consistent Action

Self-trust grows when your decisions begin reflecting the promises you make to yourself. Rather than expecting perfection, this pillar encourages realistic commitments, thoughtful adjustments, and the willingness to continue after setbacks.

These five pillars are connected, and the lessons you discover in one may help you understand another. As you complete your journal, return to any question that continues to resonate with you. Your answers may change as your circumstances and perspective evolve.

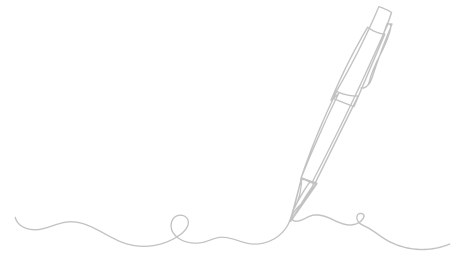
You don't have to change everything today. You only have to begin paying attention to the woman you're becoming.

“ You can spend your entire life becoming the woman everyone needs and still forget to become the woman you deserve. Choosing yourself is how you begin to remember. ”

— Naomi Elise Bonet
The Woman Who Finally Chose Herself

PILLAR ONE

THE FIVE-MINUTE SHIFT



Five Questions I Wish I'd Asked Myself Sooner

1. **Where in my life have I confused being needed with being loved?**

Think about the relationships where you feel most valuable when you're solving problems, providing money, offering advice, or making sacrifices.

Who are you when you're not doing something for those people?

Do you believe you would still matter to them if you became less available? What experiences have shaped that belief?

Write about one relationship where you may be relying on usefulness to feel secure.

Pillar One: The Five Minute Shift

2. What am I secretly resentful about that I have never clearly communicated?

Don't edit your answer to make yourself sound reasonable.

Maybe you're tired of hosting holidays.

Maybe you resent always initiating contact.

Maybe you're angry about carrying most of the household responsibilities.

Maybe you're disappointed that nobody celebrates your accomplishments.

Write down the resentment as honestly as you can.

Then ask yourself whether you've communicated the need beneath it. If you have, how did the other person respond? If you haven't, what has stopped you?

Pillar One: The Five Minute Shift

3. What am I afraid people will think of me if I stop doing so much?

Finish this sentence:

If I stopped being the person who always

people might think I am

Now examine that fear.

Is it based on something somebody has actually said or done?

Is it connected to an earlier experience? Or have you been predicting rejection without giving people an opportunity to respond?

Consider what evidence supports your fear and what evidence might challenge it.

Pillar One: The Five Minute Shift

4. What has my need to be considered cost me because I have not been considering myself?

Look beyond your feelings. Think about your finances, time, physical health, rest, relationships, goals, and commitments.

Where have you overextended yourself?

What have you postponed?

What promises have you made to yourself and repeatedly broken?

Choose one specific cost and describe how it has affected your life. Please be honest without being cruel.

Pillar One: The Five Minute Shift

5. If I genuinely believed my needs mattered, what would I do differently this week?

Don't write an answer designed to impress anybody.
Choose something realistic.

Would you ask for help?

Would you decline an obligation?

Would you tell somebody what you need?

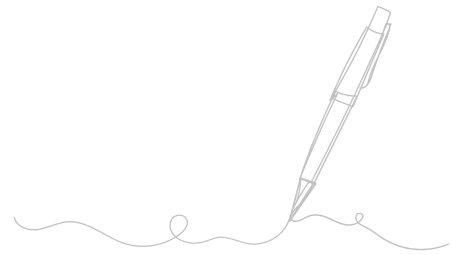
Would you stop spending money to avoid disappointing people?

Would you protect an hour for something important to you?

Write down one change that is within your control and one obstacle that might make it difficult. Then decide how you will respond to that obstacle.

PILLAR TWO

THE FIVE-MINUTE SHIFT



Five Questions for the Woman Who Keeps Saying Yes

1. What am I most afraid will happen if I tell someone no?

Don't stop at the first answer.

If you write, "They'll be upset," ask yourself what their disappointment would mean to you.

- Would you feel selfish?
- Would you worry about losing the relationship?
- Would you feel responsible for their hardship?
- Would you fear conflict, punishment, or rejection?

Describe the consequence you imagine and whether you've experienced it before.

If your fear involves genuine safety concerns, consider what support or preparation would make your situation safer rather than forcing an immediate confrontation.

Pillar Two: The Five Minute Shift

2. Where have I been using explanations as a way to ask permission for my own boundaries?

Think about the last time you declined something.

Did you feel compelled to provide a detailed account of your schedule, finances, health, or personal circumstances? Were those details necessary for understanding, or were you hoping the other person would decide your reason was acceptable?

Write down one boundary you could communicate more simply while still being respectful.

3. Which relationship in my life has become dependent on my availability, money, emotional support, or willingness to accommodate?

What role do you usually play? What happens when you cannot fulfill that role? Have you communicated your limits? Does the other person make room for your needs, or does the relationship consistently return to what you can provide?

Identify one change that might make the relationship **healthier**.

Pillar Two: The Five Minute Shift

4. What have I sacrificed because I was afraid to disappoint someone? Be specific.

Have you spent money you needed?

Canceled plans that mattered?

Neglected your health?

Missed time with people you love?

Delayed an important goal?

Describe one sacrifice and what it cost you. Then ask yourself whether the decision reflected your values or your fear.

Pillar Two: The Five Minute Shift

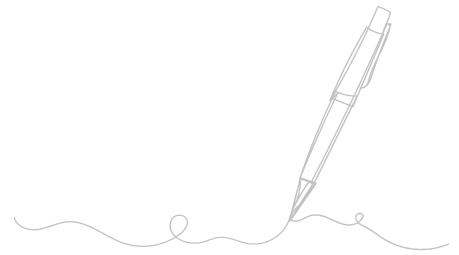
5. What would a compassionate but firm no sound like in my own voice?

Write a response to a real request you're struggling with. Make it honest. Make it respectful. Remove unnecessary apologies, invented excuses, and promises you don't intend to keep. If the relationship deserves a fuller explanation, include one. But don't write a speech designed to eliminate every possibility of disappointment.

Try and write something you can actually say.

PILLAR THREE

THE FIVE-MINUTE SHIFT



Five Questions for the Woman Who Keeps Trying to Be Enough

1. Whose approval am I still trying to earn, and what have I been doing to earn it?

Name the person or group if you feel comfortable.

Maybe it's a parent, partner, an ex, a friend, a supervisor or community. Or people you don't even know personally.

What behaviors have you changed to gain their approval?

Have you minimized your accomplishments, hidden your opinions, altered your appearance, tolerated inconsistency, or ignored your needs?

What do you believe their approval would finally prove about you?

Pillar Three: The Five Minute Shift

2. What parts of myself have I been editing to make other people comfortable?

Think about your personality, interests, ambitions, emotions, preferences, and beliefs.

Where do you become quieter?

Where do you pretend not to care?

Where do you act more confident than you feel?

Where do you hide your accomplishments because you're afraid somebody will think you're showing off?

Write about one part of yourself you've been reluctant to reveal. Then ask whether hiding it has actually protected you or simply made you feel less known.

Pillar Three: The Five Minute Shift

3. Am I pursuing a relationship, opportunity, or goal because I genuinely want it, or because I want to be chosen?

This question may be uncomfortable.

Think about something you've been chasing. A relationship, promotion, social circle, particular lifestyle and, or your version of success.

- If nobody praised you for achieving it, would you still want it?
- If the person you're pursuing finally chose you, would the relationship actually meet your needs?
- If you received the recognition you wanted, would the underlying problem disappear?

Be honest about what you're seeking beneath the surface.

Pillar Three: The Five Minute Shift

4. What have I tolerated because I believed asking for more would make me difficult?

Think about the expectations you've lowered.

The conversations you've avoided.

The disappointments you've minimized.

The situations where you've told yourself you were being patient when you were actually afraid to speak.

- What did you need?
- Did you communicate it?
- How did the other person respond?
- And what would respecting yourself look like in that situation now?

Pillar Three: The Five Minute Shift

5. Who am I when nobody is watching, praising, choosing, or validating me?

This may be the most important question in the chapter.

Describe yourself without mentioning your job title, relationship status, appearance, income, accomplishments, or responsibilities.

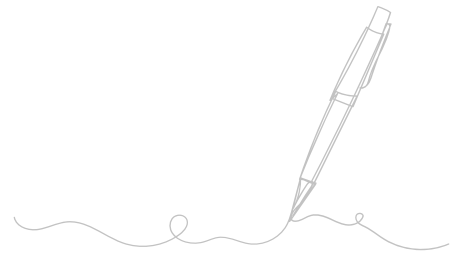
- What do you value?
- What makes you curious?
- What brings you joy?
- What kind of person do you want to be?
- What do you believe matters even when nobody applauds?

Write at least five sentences that begin with: I am a woman who...

Let these sentences describe your character,
not your performance.

PILLAR FOUR

THE FIVE-MINUTE SHIFT



Five Questions for the Woman Who Is Afraid to Disappoint the People She Loves

1. What responsibility have I continued carrying because everybody has become accustomed to me doing it?

Describe the responsibility in detail.

- What does it require from you?
- How much time, money, planning, or emotional energy does it consume?
- Who benefits from the arrangement?
- Who else could reasonably participate?
- And what would happen if the responsibility were shared differently?

Be honest about whether you've communicated your exhaustion or simply hoped somebody would notice.

Pillar Four: The Five Minute Shift

2. Whose disappointment do I treat as an emergency, and why?

Think about the people whose reactions influence your decisions most strongly.

What happens inside you when they're upset?

Do you feel anxious? Guilty? Afraid? Responsible?

Do you immediately try to fix the situation?

What experiences have taught you that their disappointment is something you must prevent?

Write about one recent situation where you changed your decision primarily to avoid an uncomfortable reaction.

Pillar Four: The Five Minute Shift

3. What is the difference between what I am genuinely responsible for and what I have voluntarily taken ownership of?

In the first column, include obligations that genuinely belong to you, such as caring for dependent children, honoring commitments, or meeting essential financial responsibilities.

In the second, include tasks you've assumed because you're capable, available, or afraid someone else won't handle them.

Look at the second column. Which responsibilities could be shared, delegated, renegotiated, or released?

My Responsibilities	Responsibilities I've Taken On

Pillar Four: The Five Minute Shift

4. Have I been communicating my boundaries, or have I been expressing frustration and hoping people will understand?

Think about a situation where you've repeatedly complained that you're tired, overwhelmed, or unhappy.

- Have you clearly explained what needs to change?
- Have you asked for specific support?
- Have you made a decision about what you can reasonably continue doing?
- Or have you been hoping that somebody will interpret your frustration as a request for change?

Write one clear statement that communicates what you need.

Pillar Four: The Five Minute Shift

5. What relationship might become healthier if I stopped trying to manage everybody's comfort?

Choose one relationship.

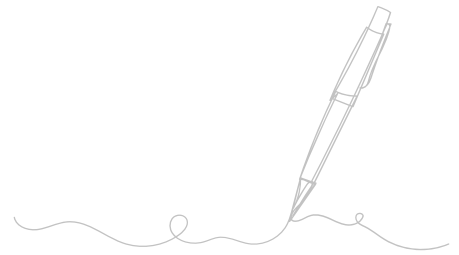
Imagine allowing the other person to experience disappointment, frustration, or inconvenience without immediately fixing it.

- What would that look like?
- What might you fear losing? What might you gain?
- Could the relationship become more balanced?
- Could the other person develop greater independence?
- Or might the change reveal a deeper problem that needs attention?

Write about what you hope could become possible if the relationship made room for both people's needs.

PILLAR FIVE

THE FIVE-MINUTE SHIFT



Five Questions for the Woman Who Wants to Trust Herself Again

1. What promise to myself have I repeatedly broken, and what has that pattern taught me to believe about myself?

Choose one recurring commitment.

Maybe it's saving money, writing, exercising, resting, leaving work on time, making an appointment or setting a boundary.

- What usually happens when you try to follow through?
- What obstacles appear?
- What do you tell yourself when you don't succeed?
- And how might those repeated experiences have affected your confidence in your own decisions?

Write about the pattern without insulting yourself.

Pillar Five: The Five Minute Shift

2. Where have I been treating my own plans as optional while treating everybody else's as mandatory?

Look at your calendar. Think about the past month.

- Which commitments did you protect?
- Which did you cancel?
- Were your own goals consistently the first things you sacrificed? If so, why?
- Were there genuine emergencies?
- Or did you assume your time was less important because nobody else was depending on it?

Identify one personal commitment that deserves a more protected place in your schedule.

Pillar Five: The Five Minute Shift

3. What is the smallest realistic commitment I could make that would move me toward the woman I want to become?

Choose something you can reasonably repeat.

Five minutes of writing. A short walk. Reviewing your finances.

Preparing tomorrow's lunch. Reading a few pages.

Spending ten minutes on a meaningful project.

-
-
-
-
- What action would create useful evidence that you can follow through? When will you do it?
 - What might interfere? And what is your backup plan if the day doesn't go as expected?
-
-
-
-
-
-
-
-
-
-

Pillar Five: The Five Minute Shift

4. How do I speak to myself when I fail to meet my own expectations?

Think about the last time you missed a goal.

- What did you say to yourself?
- Were you patient? Critical? Dismissive?
- Did you treat the mistake as information or as proof that something was wrong with you?
- Would you speak to somebody you love in the same way?

Write a more constructive response that acknowledges responsibility without humiliation.

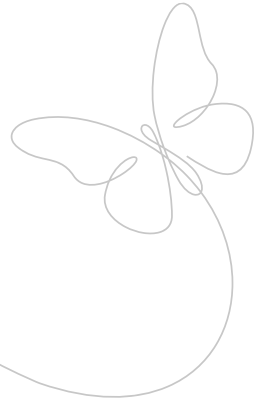
Pillar Five: The Five Minute Shift

5. If I trusted myself to make thoughtful decisions, what would I stop postponing?

Think about something you've delayed because you're afraid you won't follow through. A creative project, financial goal, a difficult conversation, a career change, or personal commitment.

- What would become possible if you believed you could begin imperfectly, learn from mistakes, and continue?
- What is one step you could take this week?
- And what would it mean to honor that step even if nobody else noticed?

THIS ISN'T THE END OF YOUR STORY



It's the beginning of a more intentional one.

You've taken the time to reflect on your needs, question familiar patterns, and consider what choosing yourself might look like in your everyday life. Some answers may have come easily, while others may have revealed things you're still learning to understand. Both are valuable.

But reflection is only the beginning. The real opportunity comes when you take what you've discovered about yourself and begin making choices that reflect it.

You don't have to change everything overnight. Maybe your next step is having a conversation you've been avoiding, setting a boundary you've been afraid to communicate, or finally making time for something you've wanted to pursue. Whatever you choose, let it be something meaningful to you.

You've answered the questions. Now, are you ready to put your answers into action?

Continue your personal growth with the *Pillar by Pillar: Complete Self-Discovery & Transformation Workbook*, the expanded companion to *The Woman Who Finally Chose Herself*.

Go beyond the Five-Minute Shifts with guided self-discovery exercises, practical boundary-setting activities, transformational journaling, a 30-day Becoming Challenge, affirmation cards, printable planners, and creative resources designed to help you turn reflection into intentional action.

[Discover the Complete Workbook](#)



Scan the
QR Code
Today!

The Woman Who FINALLY Chose Herself

THE BOUNDARY BENEATH THE FEAR



Understanding why protecting yourself can feel so uncomfortable

Before you can change a pattern, you have to understand what has been keeping it in place. Maybe you know you need stronger boundaries, but the moment someone asks for something, your carefully planned response disappears. You agree before considering your capacity, explain yourself until you're exhausted, or feel responsible for making sure nobody is disappointed.

Sometimes these reactions come from beliefs you've carried since childhood. Perhaps you learned that being helpful earned praise, that disagreeing created tension, or that being needed made you feel secure in a relationship. This exercise invites you to explore those beliefs without judging yourself for developing them.

PART ONE: RECOGNIZE THE PATTERN

1. When someone asks me for something I don't want to do, my first reaction is usually
2. The people I have the most difficulty saying no to are
3. When someone seems disappointed in me, I tend to
4. A boundary I've wanted to establish but haven't communicated
5. If I communicated that boundary, I worry the other person will

The Boundary Beneath the Fear

PART TWO: EXPLORE THE ROOT

Think about the messages you received growing up or through important relationships. You don't need to remember one specific event to notice a recurring belief. Growing up, what happened when I disagreed, asked for something, or expressed frustration?

Did I learn that being helpful, agreeable, or self-sacrificing made me more lovable or accepted? How?

What do I believe a "good daughter," "good partner," "good mother," or "good friend" is supposed to do?

Which of those expectations still reflect my values, and which ones have become harmful or unrealistic?

PART THREE: IDENTIFY THE HIDDEN BELIEF

Complete these statements as honestly as possible.

- If I say no, people might think I am _____.
- If someone is upset with me, I feel responsible for _____.
- I worry that setting boundaries will cost me _____.
- I often prove my value by _____.
- A belief I am ready to question is _____.

A gentler, more realistic belief I can begin practicing:

The Boundary Beneath the Fear

PART FOUR: SEPARATE FEELINGS FROM RESPONSIBILITY

Consider one recent situation in which you felt pressured to agree. What was requested?

What did I genuinely have the capacity to offer?

What feelings came up when I considered declining?

What was actually my responsibility, and what belonged to the other person?

What could I choose differently next time?

Feeling guilty does not automatically mean you've done something wrong. But boundaries also deserve thoughtful consideration of your responsibilities, agreements, and other people's legitimate needs.

The Boundary Beneath the Fear

THE BOUNDARY I AM READY TO PRACTICE

Turning self-awareness into respectful, intentional action

A boundary is not a punishment. It's a way of communicating what you can reasonably offer, what you need, and how you intend to respond. You don't need to become harsh or distant to establish a boundary. You can remain compassionate while being clear about your capacity.

PART ONE: DEFINE YOUR BOUNDARY

The situation I want to change:

What I need to protect:

- ☐ My time
- ☐ My finances
- ☐ My physical or emotional well-being
- ☐ My personal space
- ☐ My privacy
- ☐ My existing responsibilities
- ☐ My goals and commitments
- ☐ Other: _____

What I am willing to do:

What I am not willing or able to do:

What I will do if the same request or behavior continues:

The Boundary Beneath the Fear

PART TWO: PRACTICE THE WORDS

Choose a response that fits your situation.

When someone asks for your time:

"I appreciate you thinking of me, but I don't have the capacity to take that on right now."

When someone asks to borrow money:

"I care about what you're going through, but I'm not able to lend money."

When someone expects an immediate answer:

"I need to check my existing commitments before I can give you an answer."

When a family responsibility needs to change:

"I've been handling this for a while, but I can't continue managing it alone. I'd like us to discuss a different arrangement."

When someone questions your decision:

"I understand this isn't the answer you were hoping for. I've considered what I can manage, and my decision hasn't changed."

When a conversation becomes disrespectful:

"I want to discuss this, but I'm not willing to continue while we're speaking to each other this way. I'm going to step away and revisit it when we can talk respectfully."

What else can you say?

The Boundary Beneath the Fear

PART THREE: PLAN FOR THE DISCOMFORT

If the other person is disappointed, I can remind myself...

If I feel tempted to reverse my answer, I will...

If I realize my boundary was unclear or unfair, I can...

Someone I can ask for support is...

PART FOUR: YOUR FIRST BOUNDARY PRACTICE

Choose one low-risk boundary to practice this week. It might involve declining an optional commitment, asking for more time to decide, or protecting fifteen minutes you've reserved for yourself.

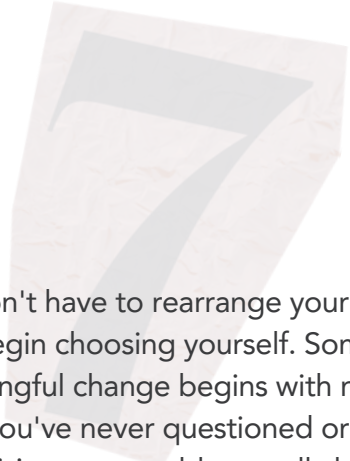
My boundary:

When I will practice it:

The words I plan to use:

What happened?

What did I learn about myself in these exercises?



You don't have to rearrange your entire life to begin choosing yourself. Sometimes meaningful change begins with noticing a habit you've never questioned or making a decision you would normally leave to someone else.

THE 7 DAY “I CHOOSE ME” CHALLENGE

Seven days.
Seven intentional choices.
One woman worth showing up for.

Over the next seven days, you'll explore simple actions inspired by *The Woman Who Finally Chose Herself*. Each challenge should take approximately five to fifteen minutes, although you can spend longer reflecting if you'd like. Complete the days in order, or move at a pace that works for you. If you miss one, return without treating it as failure.

DAY TWO

CHOOSE FOR YOU.

Make one small decision based entirely on your preference. Notice whether you feel compelled to justify your choice.

DAY FOUR

QUESTION THE GUILT.

Think about a recent situation where you felt guilty for prioritizing yourself. Ask whether you'd actually neglected a responsibility or simply made a choice someone else didn't prefer.

DAY SIX

KEEP ONE SMALL PROMISE.

Choose something meaningful that takes no more than fifteen minutes and follow through. Let the action be realistic enough that you can complete it without creating additional stress.

DAY ONE

NOTICE YOURSELF.

Before responding to everyone else's needs, ask yourself what you need today.

DAY THREE

PRACTICE THE PAUSE.

When someone asks for your time, money, or assistance, resist the urge to answer immediately. Give yourself permission to consider your capacity before committing.

DAY FIVE

STOP AUDITIONING.

Notice one moment when you're tempted to change your opinion, appearance, or behavior to gain approval. Practice allowing your authentic preference to remain visible.

DAY SEVEN

CELEBRATE YOUR PROGRESS.

Look back on the week and identify one choice that felt different. Write about what you learned, what challenged you, and which pillar you'd like to practice next.

TIPS:



Remember, consistency is key.

Keep your pen and your body moving and your ideas flowing, practice makes progress! Stick to your boundaries and listen to what makes you happy and helps you succeed.

YOUR SEVEN DAY CHALLENGE REFLECTION

You have completed seven days of showing up for yourself.
You may not feel transformed quite yet, and you don't need to.

What matters is that you've begun paying attention to the choices
that shape your everyday life.

The challenge that felt most meaningful to me was:

One habit I noticed about myself:

One choice I want to continue practicing:

A reminder I want to carry forward:

Keep going. Your next chapter deserves your participation.

AFFIRMATION CARDS

My needs deserve the
same attention I
give to others.

I do not have to
become perfect to
begin becoming
intentional.

I am allowed to know
what I want and
ask for it.

I can love deeply
without
losing myself.

I will no longer
overlook myself
while waiting to be
noticed.

I am allowed to
participate fully in
my own life.

to do:

notes:

note to self:

today i choose me.