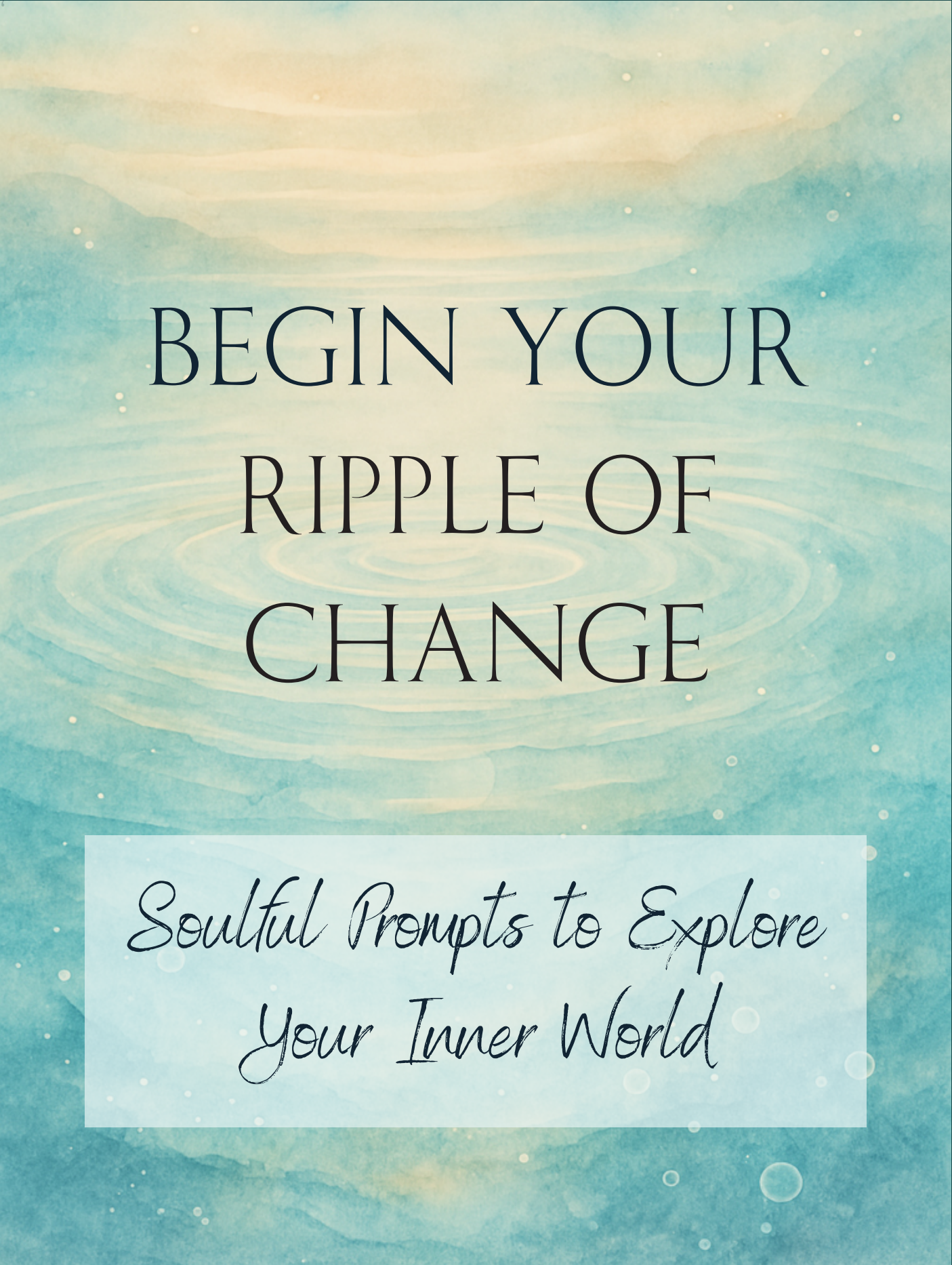




BEGIN YOUR RIPPLE OF CHANGE

*Soulful Prompts to Explore
Your Inner World*

EMBRACE YOUR FREAKDOM

WELCOME BEAUTIFUL SOUL



If you're holding this journaling pack in your hands, it's not by accident. Something within you, quiet but wise, has nudged you to pause, reflect, and listen a little more closely to your own truth.

These prompts are simple invitations. Each one is a ripple. A gentle question sent across the surface of your life, meant to awaken what already lives within you.

You might find yourself smiling.

You might cry.

You might meet a part of yourself you haven't visited in a long time.

All of it is welcome here.

If anything here feels heavy, go gently, pause whenever you need to, and reach out for support if it would help.

Write as much or as little as you like. There's no right way. Just write freely. You're not being tested, you're being remembered.

This is your space. Your voice. Your timing.

I'm so honored to walk beside you in this little exploration of you. May these prompts help you understand yourself a little more deeply, get curious about what you discover, and trust yourself a little more because of it.

Kylie

WHERE THE DOUBT BEGAN

WHEN DID I FIRST LEARN TO DOUBT MYSELF, &
WHAT WOULD I SAY TO THAT VERSION OF ME
NOW?

- ✦ *What is the first clear memory I have of doubting myself?*
- ✦ *Who was there? What was said or implied?*
- ✦ *Was the doubt mine, or did it come from someone else's expectation, teasing, or disapproval?*
- ✦ *Is there an earlier memory hiding beneath that one?*
- ✦ *What would I say to that younger version of me, knowing what I know now?*
- ✦ *What did I need in that moment that I didn't receive?*
- ✦ *If I still need it now, how can I nourish that need?*
- ✦ *So... am I ready to turn down everyone else's noise and turn me all the way up?*
(Answer: Hell yes.)

I hold space for my younger self with love, compassion, and deep respect. I trust my past self, my current self, and my future self.



WHAT YOU'RE READY TO BELIEVE

WHAT DO I WANT TO BELIEVE ABOUT MYSELF,
EVEN IF I DON'T FULLY BELIEVE IT YET?

Let yourself answer without judgment or logic. Just feel into it.

- ✦ *What or who has made me believe this isn't true?*
- ✦ *Why don't I fully believe it yet?*
- ✦ *Is there any real evidence that it's not true?*
- ✦ *What evidence already exists that it is true?*
- ✦ *What stops me from embracing it right now?*
- ✦ *What small shift in how I speak, act, or choose could reflect this belief today?*
- ✦ *What is one small, loving thing I can do today to honor that belief, even if it still feels far away?*
- ✦ *And seriously... when am I going to start playing with the part of me that wants to come alive? (Answer: Right now.)*

It is safe to believe in the version of me I long to become. She already lives within me. I am she.



THE PARTS YOU HIDE

WHAT AM I AFRAID PEOPLE WILL SEE IN ME?

- ✦ *What parts of myself do I try to hide, soften, or explain away?*
- ✦ *Where did I first learn that this part of me was "too much" or "not enough"?*
- ✦ *Whose judgment shaped that belief, and what were they afraid of?*
- ✦ *What am I really afraid people will think, say, or do if they see this part of me clearly?*
- ✦ *Wait... who gave them the authority to define me anyway? (Answer: Not me!)*
- ✦ *What might this part of me be trying to protect, express, or offer?*
- ✦ *If I could see this part through the eyes of love, how might it be a gift?*
- ✦ *What does this reveal about my strength, sensitivity, depth, or uniqueness?*

*I release the need to hide.
What I feared was too much may be the most beautiful part of me.*

THE MAGIC IN YOUR DIFFERENCE

WHAT'S SOMETHING I'VE CALLED A WEAKNESS THAT MIGHT ACTUALLY BE PART OF MY MAGIC?

- ✦ *What's a trait or quality I've often judged, criticized, or tried to "fix" in myself?*
- ✦ *Who told me it was a flaw, and were they speaking from love, fear, or their own discomfort?*
- ✦ *How has this "weakness" actually helped me, protected me, or connected me to others?*
- ✦ *Have I ever seen someone else act this way, and thought it was beautiful or brave?*
- ✦ *If I saw this part of me as purposeful, how could I let it help me in my life today?*
- ✦ *Hang on... who decided it was a flaw in the first place? Me, or someone who couldn't see the magic? (Answer: Obviously someone with zero sparkle radar.)*

*I honor all of who I am.
Each part of me holds value, wisdom, and strength.*

TRUSTING YOUR BODY

WHAT DOES IT FEEL LIKE IN MY BODY WHEN I'M
LIVING IN SELF-TRUST?

- ✦ *Where in my body do I feel calm, open, or strong when I know I'm making the right decision for me?*
- ✦ *How do I breathe, move, and speak when I trust myself?*
- ✦ *What sensations do I notice when a choice feels like mine?*
- ✦ *In the moments when I don't feel doubt in my body, what do I feel instead?*
- ✦ *My body is mine to listen to, honor, and trust, so what's it trying to tell me right now?*
- ✦ *And let's be honest... who gets to decide what's right for me if not my own body and soul? (Answer: No one.)*

*I listen to my body.
It knows when I'm living in truth, and I trust its wisdom.*

WHAT MAKES YOU, YOU

WHAT MAKES ME FEEL MOST LIKE ME?

- ✦ *When do I feel most like myself - free, light, and true?*
- ✦ *What am I doing, saying, or creating when I forget to filter or perform?*
- ✦ *Are there places, people, or passions that unlock something real in me, and can I invite more moments like that into my daily life?*
- ✦ *What qualities shine through when I allow myself to be fully me?*
- ✦ *Isn't being fully myself the only way I truly come alive? And isn't that the purpose of life... to live?*
- ✦ *And really... who benefits when I dim down who I truly am? (Answer: Definitely not me.)*

*Being who I am is my greatest power.
my deepest freedom. and my truest joy.*

LISTEN TO YOUR SOUL



IF MY SOUL COULD WHISPER ONE THING TO ME
TODAY, WHAT WOULD IT BE?

- ✦ *What does my heart long to hear right now?*
- ✦ *If I paused and listened, not with my ears, but with my higher self, what would it say?*
- ✦ *What message have I been quietly suppressing or just not listening to?*
- ✦ *What do I wish someone else would say to me... and could that be my soul speaking through my desire?*
- ✦ *If my soul has always known the way, what might it remind me of today?*
- ✦ *Am I ready to slow down and really listen to what my soul is whispering?*
(Answer: Yes, I am!)

*There is always a whisper within me.
When I choose to listen,
I hear the truth that's been mine all along.*

YOU ARE THE MAGIC

TAKE THE SPARK AND RUN WITH IT.

You've just completed something powerful.

Not because you finished a set of prompts, but because you paused, listened, and gave yourself the gift of presence. Every time you choose to explore what's inside you - your doubts, your dreams, your truth - you grow stronger in your own self-trust.

There is nothing more important, more real, or more liberating than being fully you.

So let this be your reminder:

You're not here to get it all right. You're here to ripple outward with your own wisdom, in your own timing, and in your own way.

The world doesn't need a perfect you. It needs the real you.

Because the real you is pretty bloody amazing.

With all my heart,

Kylie

WHERE TO FROM HERE

Because exploring your self-doubt is only the beginning.

Imagine knowing yourself well enough that your choices start to feel more like yours. Your boundaries become clearer. You stop needing to explain yourself quite so much.

Not because self-doubt disappeared, but because you discovered you could doubt yourself **and still trust yourself.**

Little by little, self-trust becomes less something you practice and more simply the way you live... A little steadier... A little freer... More naturally confident.

Until perhaps the biggest change is simply: I feel more like me.

That's the journey the full RIPPLE Course will take you on so you can land exactly where you want to be, being you.

Want to help me shape the course?

I'll soon be inviting a small group of women to experience the RIPPLE Course as beta participants. If you'd like to be one of them, I'd love to hear from you.

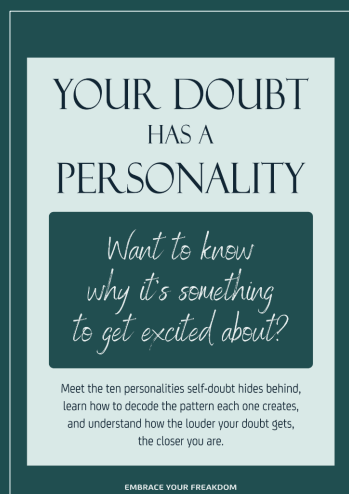
Just click below and send me a quick "I'm interested."

[I'M INTERESTED](#)



EXPLORE MORE

If all this poking around in your own head has made you curious about how your self-doubt actually works, come meet yours properly.



Your Doubt Has A Personality: want to know why it's something to get excited about?

Almost no one escapes self-doubt. But most people have never been properly introduced to theirs. This guide changes that... with warmth, a little humor, and a few home truths that might just change everything.

GRAB YOUR COPY HERE

And come find me on Instagram and in the Facebook community. That's where we'll be talking self-doubt, personalities, patterns and all those delicious little "Ohhh... THAT'S what I'm doing!" discoveries.

We're only just getting started. ❤️



@embrace_your_freakdom



self-Doubt to Self-Trust: For women who want More





Know yourself.
Trust yourself.
Live as yourself.