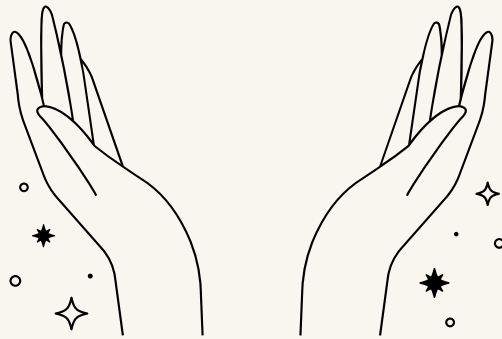


*the*  
FREEDOM  
JOURNAL



A DAILY REFLECTIVE JOURNAL  
TO LET GO OF PEOPLE  
PLEASING

# IF ANY OF THIS SOUNDS LIKE YOU...

- You tend to always say yes without thinking about it, even when you're overextended for fear of being disliked.
- You often rely on external validation for approval instead of checking in with your own needs and convictions.
- You find yourself agreeing with things you're not sure you agree with in order to be accepted in the moment.
- Your choices seem to be based on what others want to see rather than your true wants and needs.
- You feel the pressure of maintaining a perfect image instead of being your authentic self in fear of judgment.
- You want to be free of the fear of people's opinions so you can live a life that's fulfilling, honest, and confident!

This journal is right for you- from someone who's been there!

The long-term accumulative outcomes of people-pleasing can be detrimental. It can cause us to become more and more disconnected from ourselves, lead to overwhelm and anxiety, a lack of motivation, and a lost sense of self due to self-suppression, and create an unending need for validation that's never enough no matter how much we accomplish. At its worst, people pleasing can cause us to build an entire life around someone who's not us, doing things we don't really want to be doing. The good news is it's never too late to break free from this cycle and come back home to our true selves when we begin to recognize our patterns and why they exist, learned behaviors can be unlearned, and we can build something new in its place.

I CAREFULLY DESIGNED THIS JOURNAL TO HELP YOU  
INCORPORATE MORE REFLECTIVE AWARENESS INTO YOUR  
DAILY LIFE SO THAT YOU CAN:

- Get re-aligned with your own needs, conditions and boundaries
- Become more self-aware of where your people-pleasing patterns may have originated from
- Get honest about what is and isn't working in your life right now
- Break free from the constant need for approval to show up for your life in freedom and authenticity
- Envision and practicing building a life around what matters most to live with a deeper sense of fulfillment



## MEET THE AUTHOR

### Brittney Moses

Hi friend, I'm Brittney, and I'm so glad you're here! I'm a Los Angeles-based author, content creator, podcast host, wife and mama. Through my academic studies and research in Clinical Psychology, I help assist with helpful information at the intersection of psychology, mental health and relationships!



@BrittneyMoses



@Brittney\_Moses



@BrittneyAMoses

# AFFIRMATIONS

## WEEKLY AFFIRMATIONS

### AFFIRMATION WEEK 1

*My needs, convictions, and boundaries are  
valid and I have the right to express them.*

### AFFIRMATION WEEK 2

*I choose to live in honesty with who I really am, what I really  
need and value myself regardless of the approval of others.*

### AFFIRMATION WEEK 3

*I release the need to be perfect and over-commit.  
I am worthy in my being, no matter what  
I choose to do or not do.*

### AFFIRMATION WEEK 4

*I am a separate individual allowed to develop my own  
thoughts, feelings and convictions from those around me.*

# WEEK 1

*My needs, convictions and  
boundaries are valid and I  
have the right to express them.*

# DAILY FREEDOM

*What's not working in my life right now?*  
*Where do I need to adjust an what does that look like?*

[illegible]

[illegible]

day #2

# DAILY FREEDOM

## TODAY'S JOURNAL PROMPT

*When do I feel most like myself? What's different about me?*

[illegible]

[illegible]





[illegible]



[illegible]

*day #5*

## TODAY'S JOURNAL PROMPT

[illegible]

[illegible]

day #6

## TODAY'S JOURNAL PROMPT

*What are the parts of me that I need to practice more acceptance with? What will I choose to accept about myself?*

[illegible]

[illegible]



*day #7*

## TODAY'S JOURNAL PROMPT

*Do I tend to live with the belief that I need to make sure that everyone likes me? Is this realistic? And where might this belief come from?*

[illegible]

[illegible]

# WEEK 2

*I choose to live in honesty  
with who I really am, and  
what I really need and value  
myself regardless of the  
approval of others.*

day #8

## TODAY'S GRATITUDE JOURNAL PROMPT

*Where do I need to give myself permission to think, feel, and express differently than others?*

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

[illegible]



[illegible]

# DAILY FREEDOM

*What parts of myself or my choices have been constructed  
around what I think other people want to see?  
How am I rewarded when I do these things?*

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



[illegible]

# DAILY FREEDOM

*Who's approval have I been seeking the most lately?  
How has this been affecting my life?*

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[illegible]

# DAILY FREEDOM

*What will have mattered most to me toward the end of my life and how can I prioritize those things now?*

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[illegible]



[illegible]





[illegible]

# WEEK 3

*I release the need to be  
perfect and overcommit. I am  
worthy in my being, no matter  
what I choose to do or not do.*

*day #15*

*What are experiences I've had or messages I've received about the need to conform to be more like others in order to be shown love , belonging and acceptance?*

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[illegible]



[illegible]



[illegible]





[illegible]



[illegible]

day #20

## TODAY'S JOURNAL PROMPT

*How would I show up in the world differently if I didn't fear rejection or disapproval?*

[illegible]

[illegible]



[illegible]



# WEEK 4

*I am a separate individual  
allowed to develop my own  
thoughts, feelings and convictions  
from those around me.*

day #22

## TODAY'S JOURNAL PROMPT

*Today, what is in my control that I can take ownership of?*  
*What is out of my control that I accept and release?*

[illegible]

[illegible]

# DAILY FREEDOM

*What are qualities or characteristics of my personality that I've always had? What has always been "me"?*

[illegible]

[illegible]



[illegible]





[illegible]

day #26

## TODAY'S JOURNAL PROMPT

*How does people pleasing typically serve me?*

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

[illegible]

day #27

## TODAY'S JOURNAL PROMPT

*What is the hard but honest thing I need to do today?*

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

[illegible]



[illegible]





[illegible]

# DAILY FREEDOM

*How does people pleasing affect my life and view of myself?*

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

[illegible]