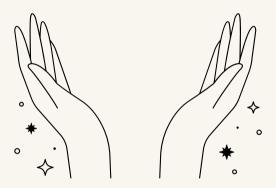
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FREEDOM JOURNAL



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



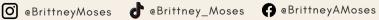
MEET THE AUTHOR

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!







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.

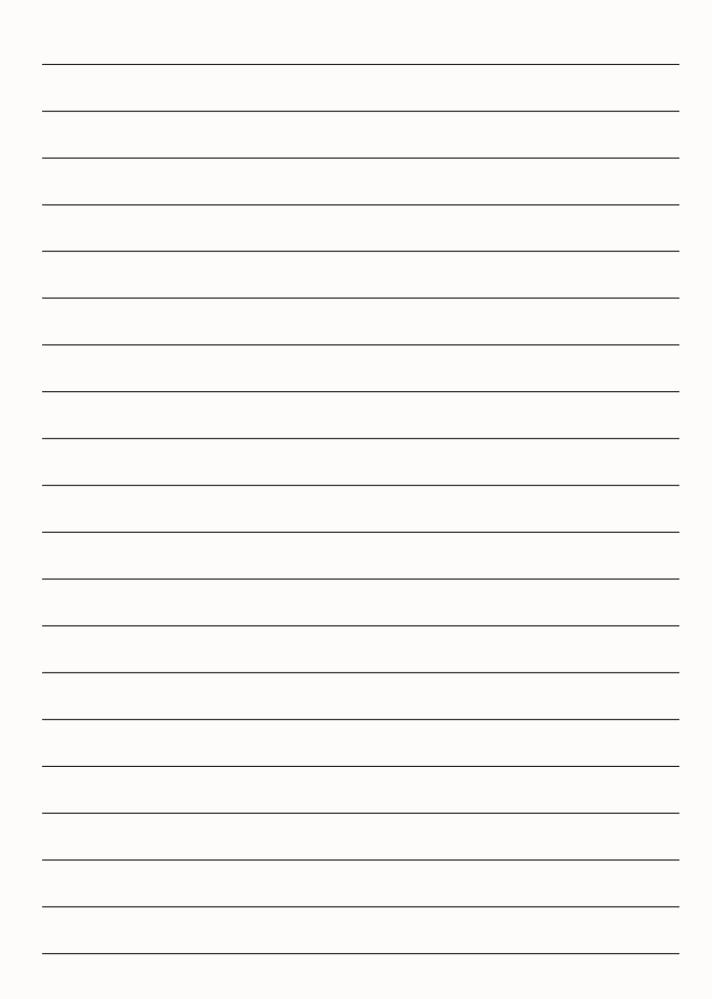
WEEK 1

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

∂ay#1 DAILY FREEDOM

TODAY'S JOURNAL PROMPT

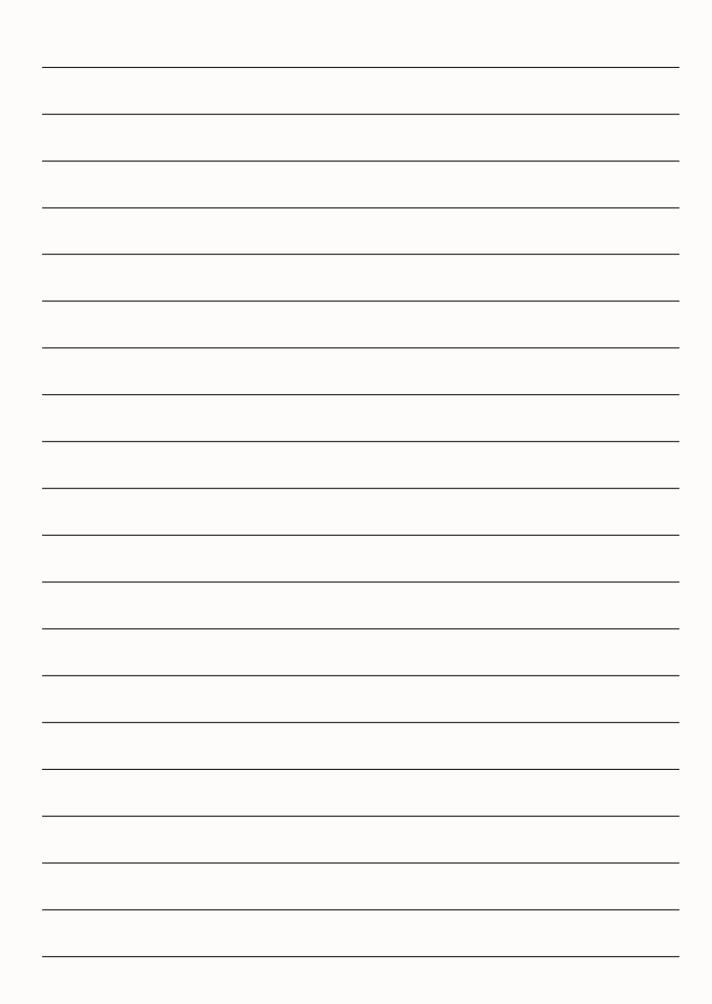
What's not working in my life right now? Where do I need to adjust an what does that look like?



∂ay#2 DAILY FREEDOM

TODAY'S JOURNAL PROMPT

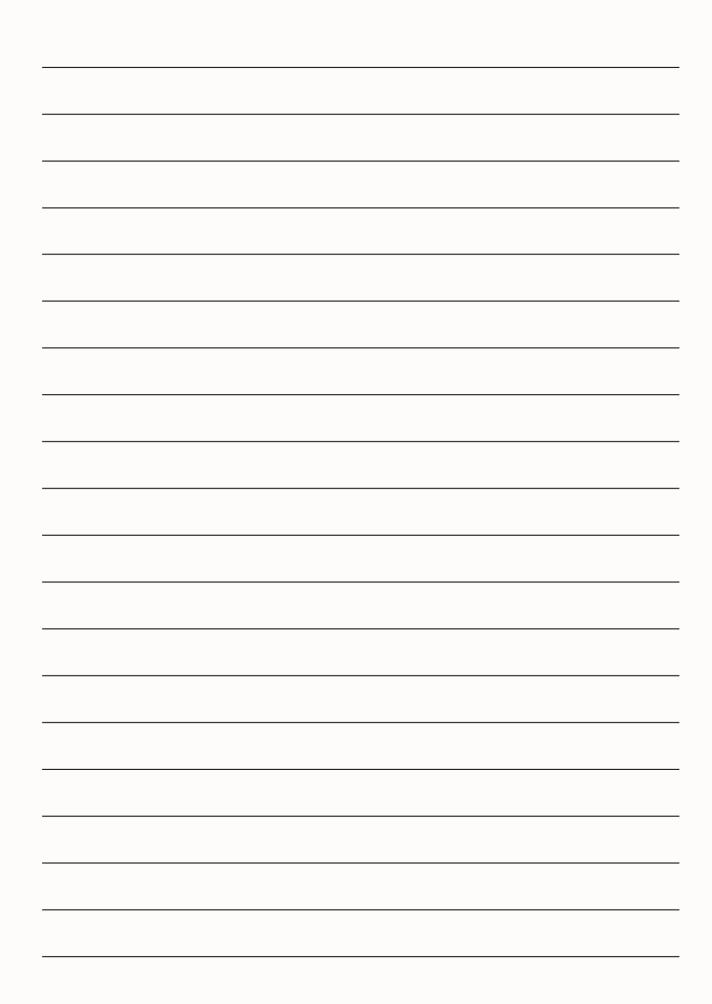
TODAT S JOURNAL PROMPT			
When do I feel most like myself? What's different about me?			



∂ay#3 DAILY FREEDOM

TODAY'S JOURNAL PROMPT

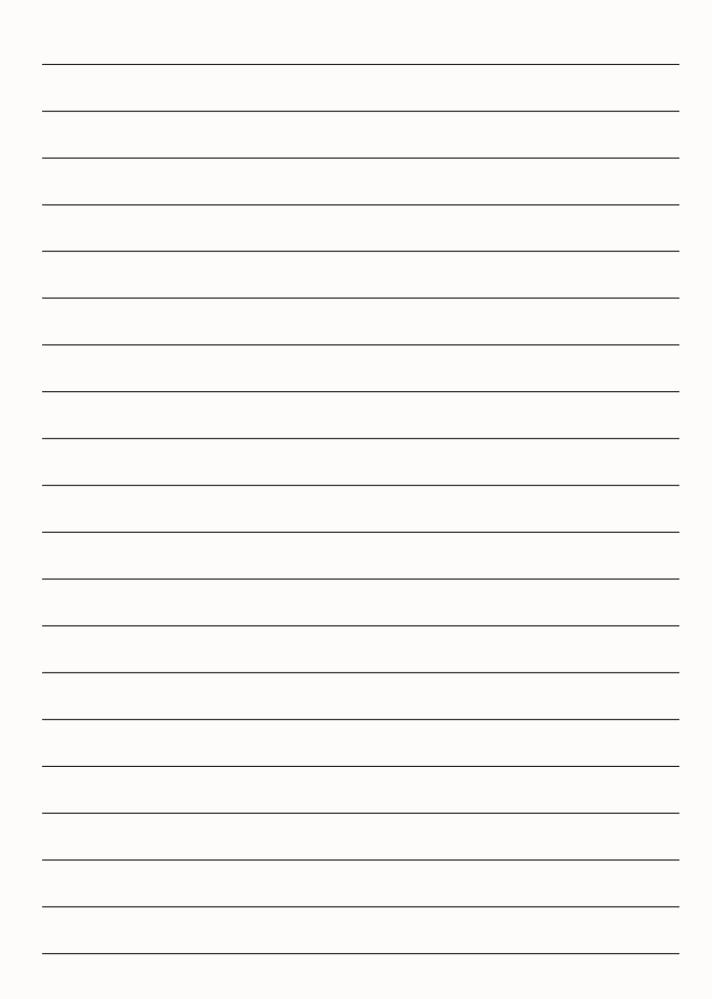
How is perfectionism	about	how people	see me holding me
back? What would	it look	like to show	up autentically?



∂ay#4 DAILY FREEDOM

TODAY'S JOURNAL PROMPT

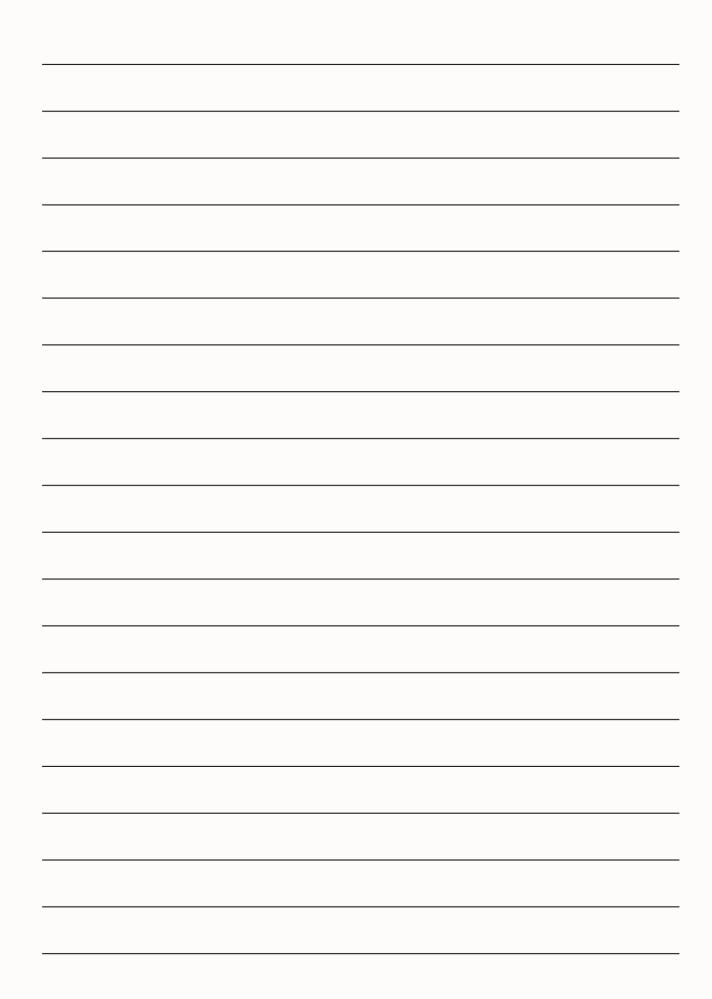
The magical question: If overnight my fear of people's opinions completely went away, how would I feel? How would I act differently? What actions would I take that I've been too afraid to?



∂ay #5 DAILY FREEDOM

TODAY'S JOURNAL PROMPT

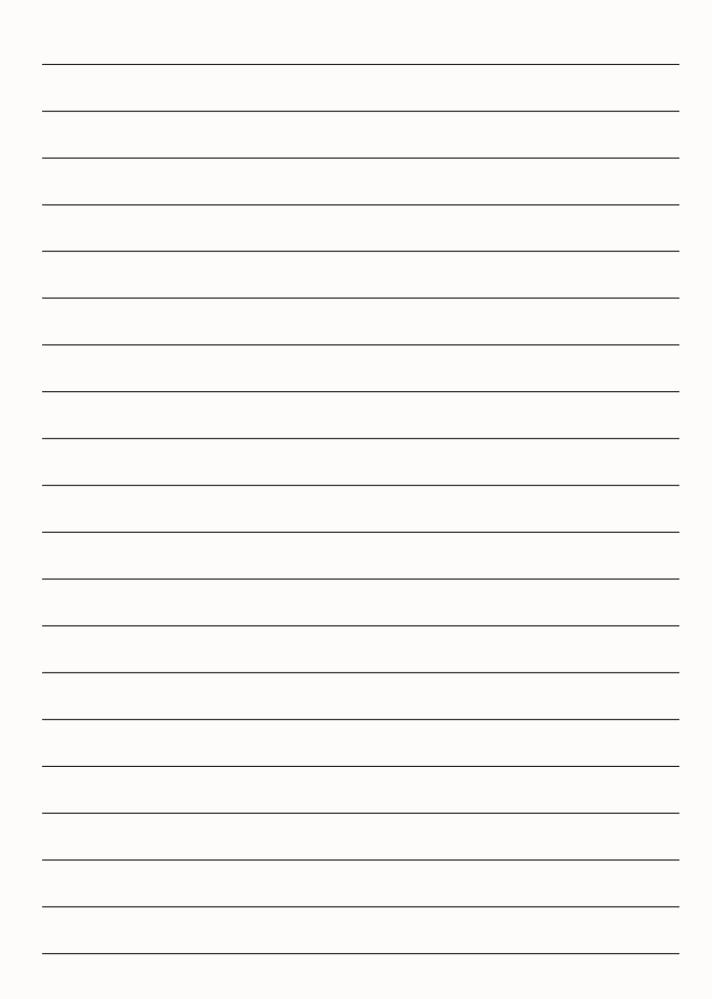
10DATO JOURNAL I ROLLI
What are 5 qualities that I admire about myself and why?



∂ay#6 DAILY FREEDOM

TODAY'S JOURNAL PROMPT

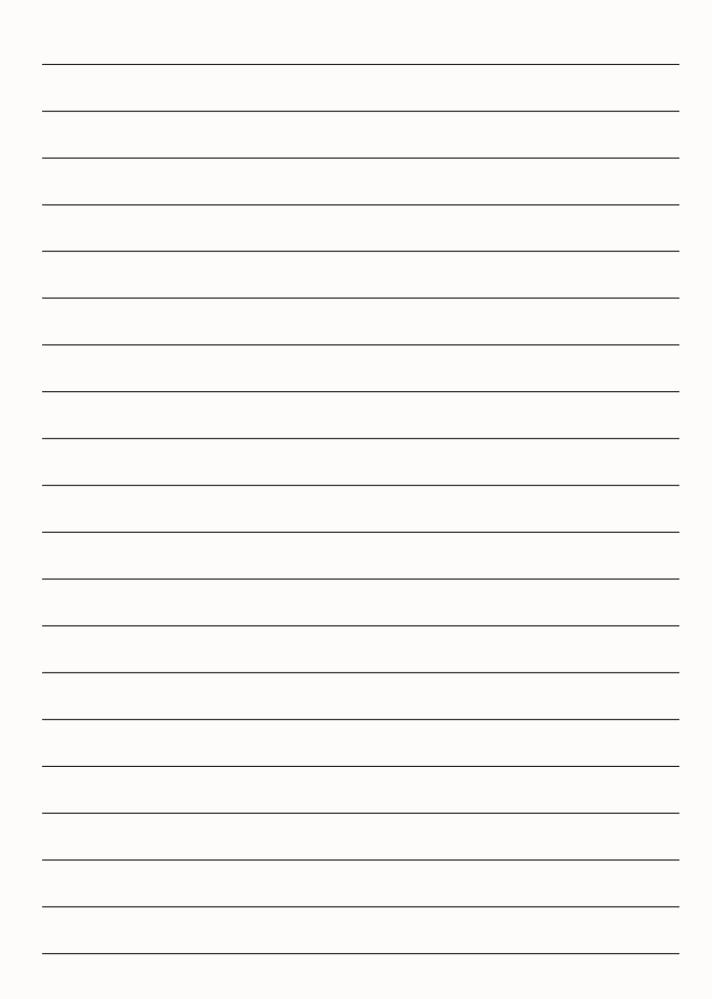
What are the parts of me that I need to practice more acceptance with? What will I choose to accept about myself?



∂ay#7 DAILY FREEDOM

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?



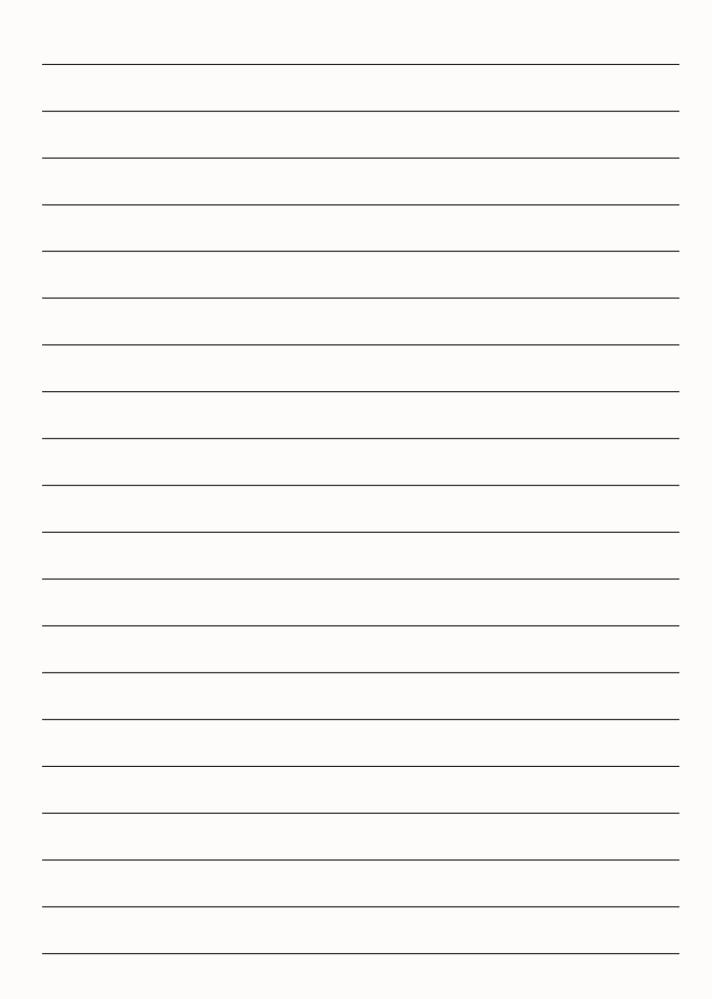
WEEK 2

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.

∂ay#8 DAILY FREEDOM

TODAY'S GRATITUDE JOURNAL PROMPT

Where do I need to	give myself	permission	to think,	feel,	and
expr	ess differen	tly than othe	ers?		

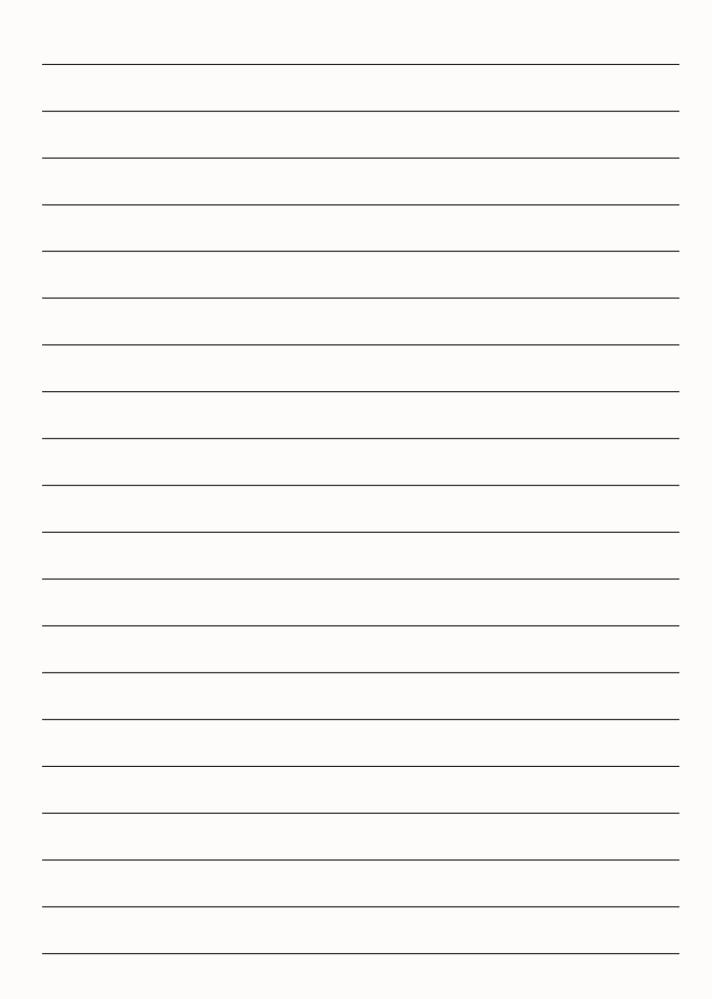


∂ay#9 DAILY FREEDOM

TODAY'S JOURNAL PROMPT

What are parts of my life that I used to love doing but stopped?

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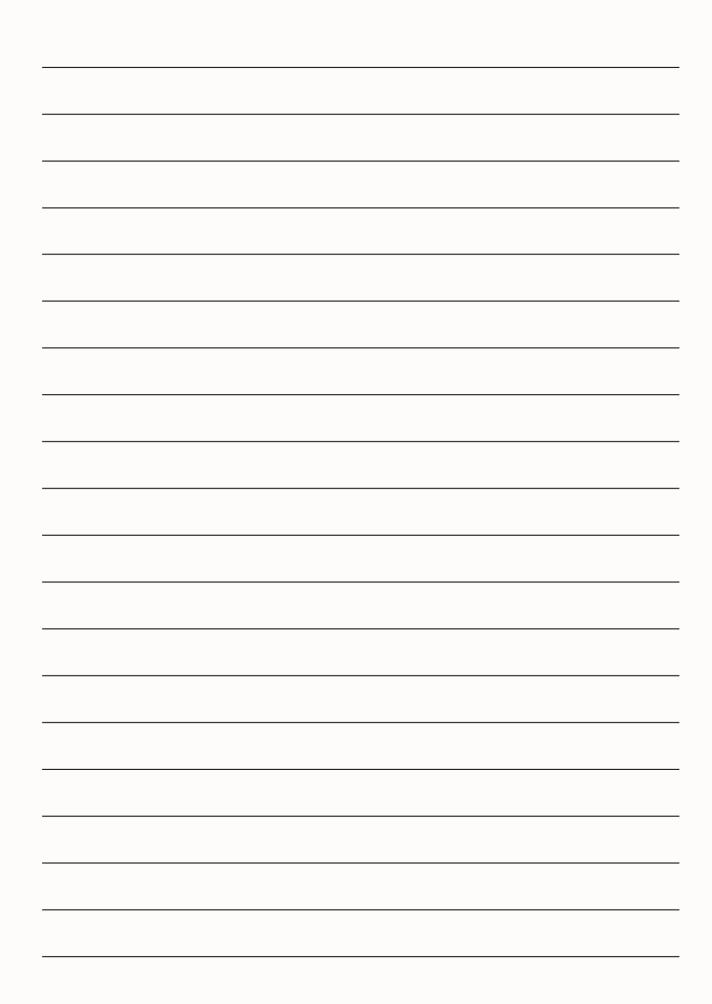


∂ay #10 DAILY FREEDOM

TODAY'S JOURNAL PROMPT

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?

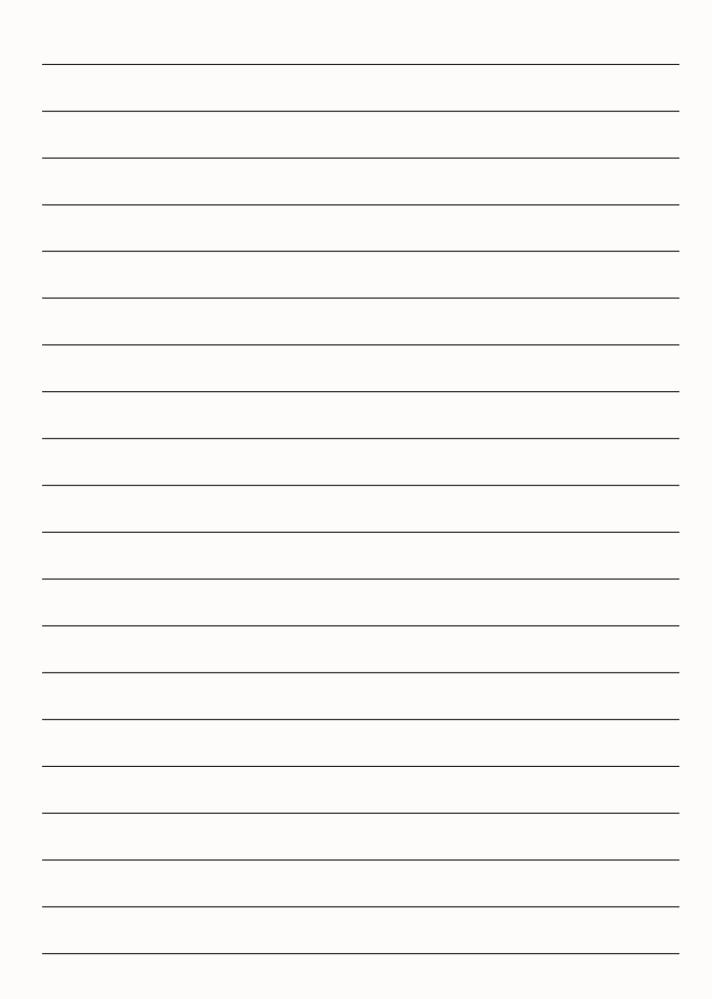


*∂ay #11*DAILY FREEDOM

TODAY'S JOURNAL PROMPT

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

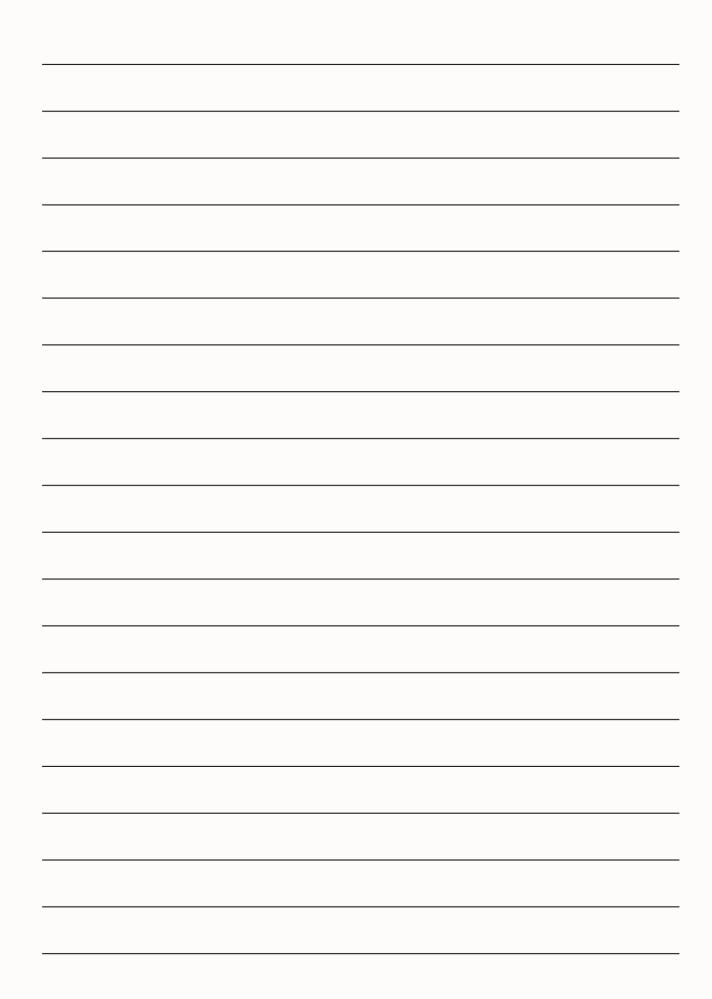
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∂ay #12 DAILY FREEDOM

TODAY'S JOURNAL PROMPT

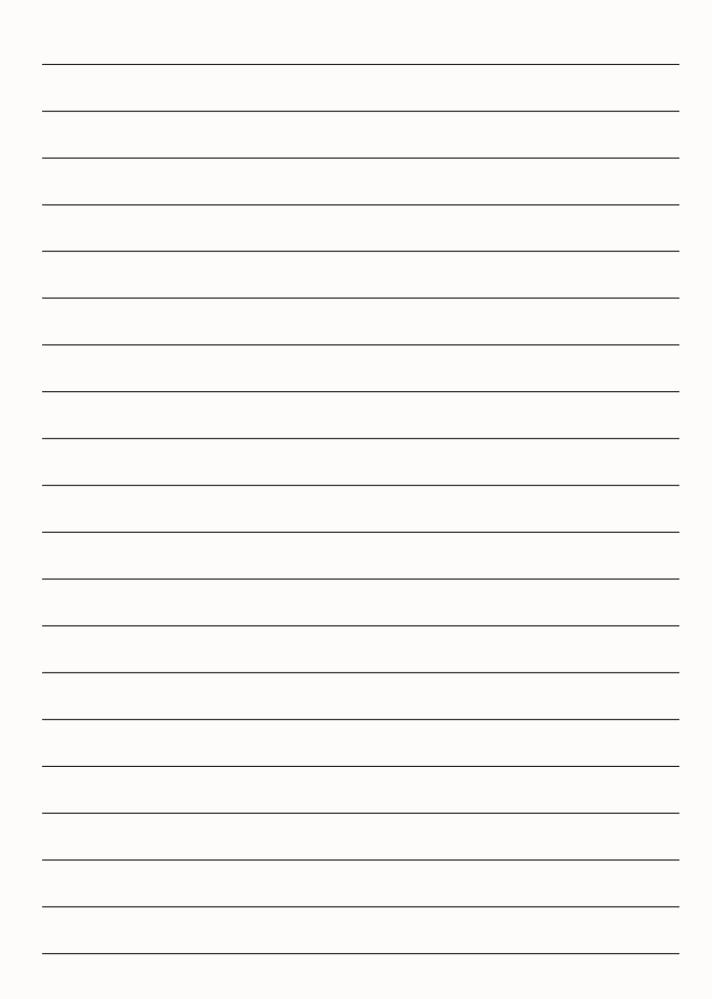
What	will have	mattered	most to	me to	ward the	end of	my
	life and h	ow can I j	prioritiz	e those	e things n	ow?	



∂ay #13 DAILY FREEDOM

TODAY'S JOURNAL PROMPT

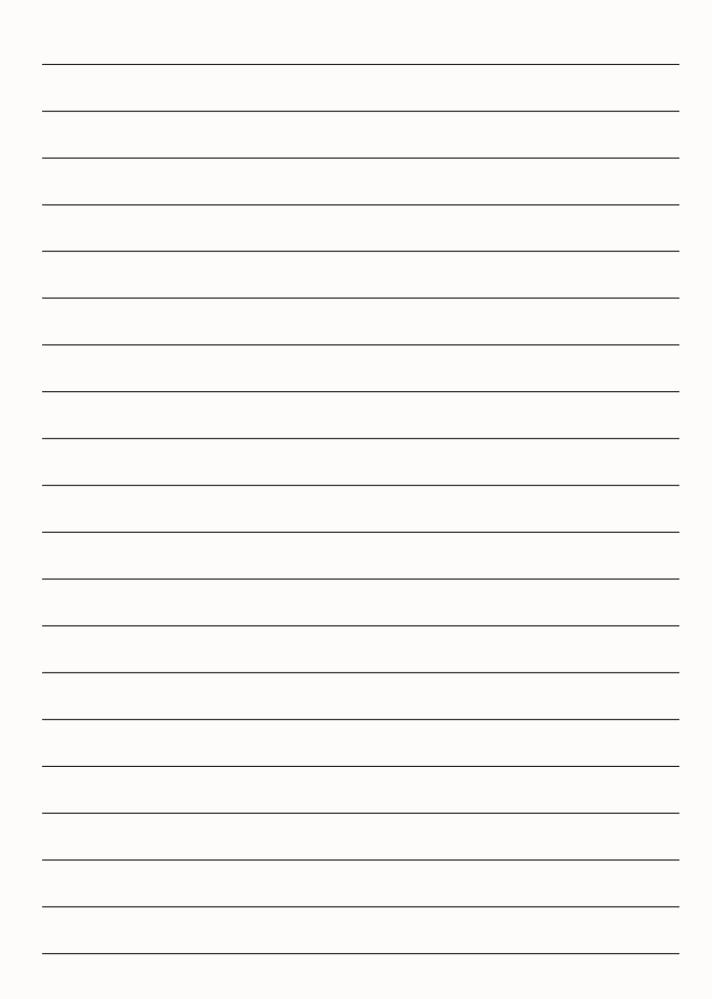
What is my conviction for today (something I know deep down to be true) and how will I act on it?



∂ay #14 DAILY FREEDOM

TODAY'S JOURNAL PROMPT

Where can I let go of trying to be perfect? What does that look like?



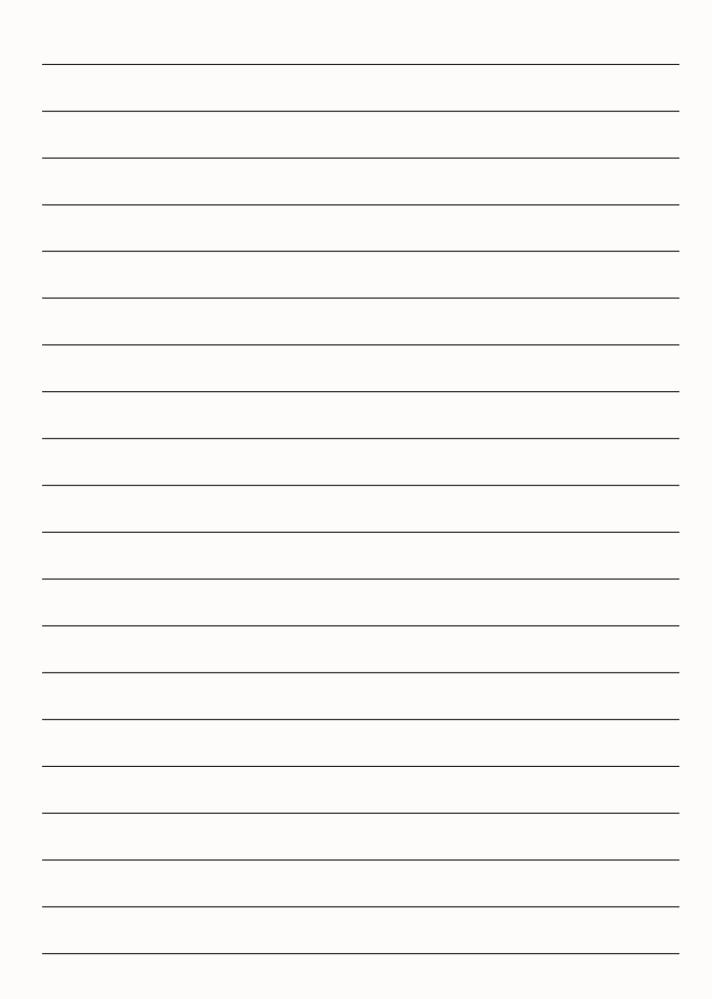
WEEK 3

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.

∂ay #15 DAILY FREEDOM

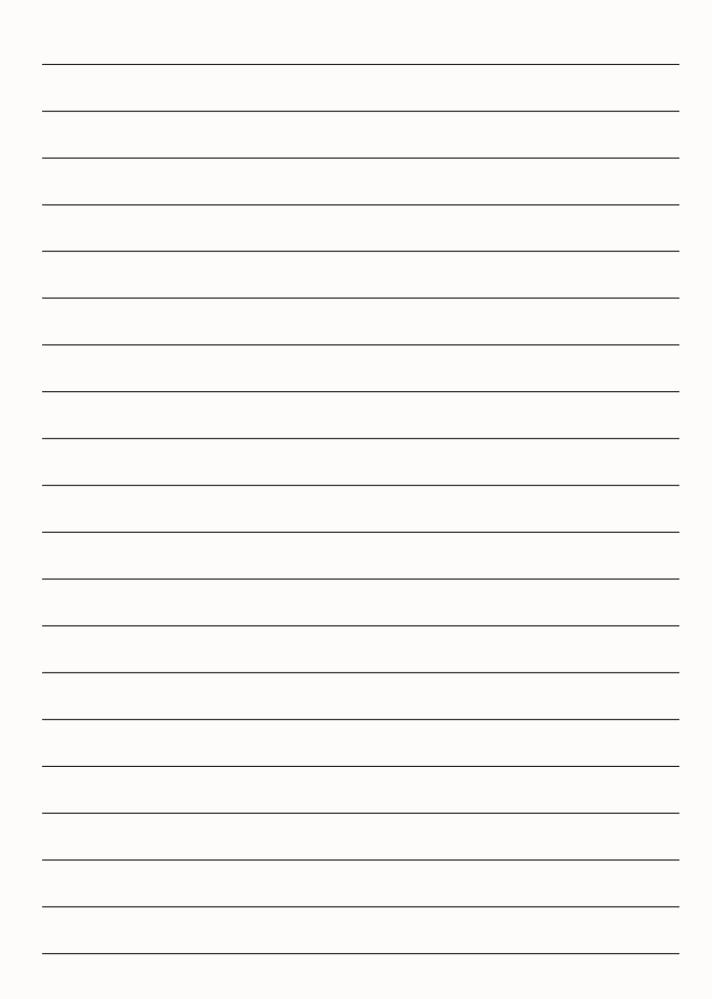
TODAY'S JOURNAL PROMPT

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?



∂ay #16 DAILY FREEDOM

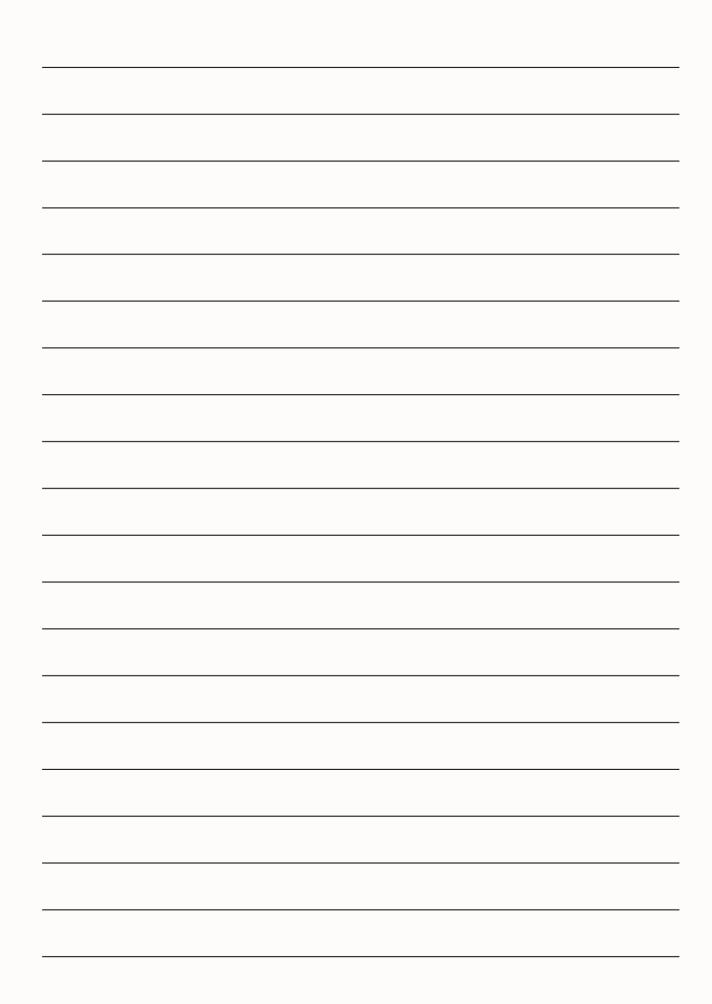
TODAY'S JOURNAL PROMPT
What makes me come to life? What makes me feel most alive?



∂ay #17 DAILY FREEDOM

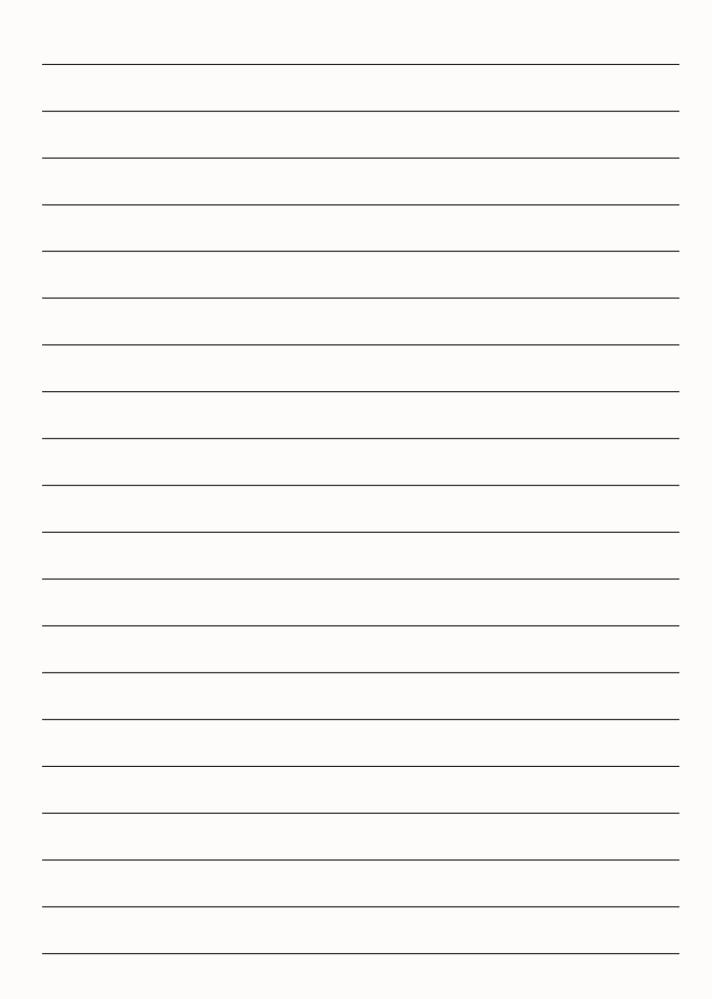
TODAY'S JOURNAL PROMPT

Who have I been trying to model my life/actions after?
Is this realistically working for my life? What would it look like to build a life around who I really am?



∂ay #18 DAILY FREEDOM

Am I highly judgemental of myself? How might this be projecting into how I think others are seeing me?	
	-

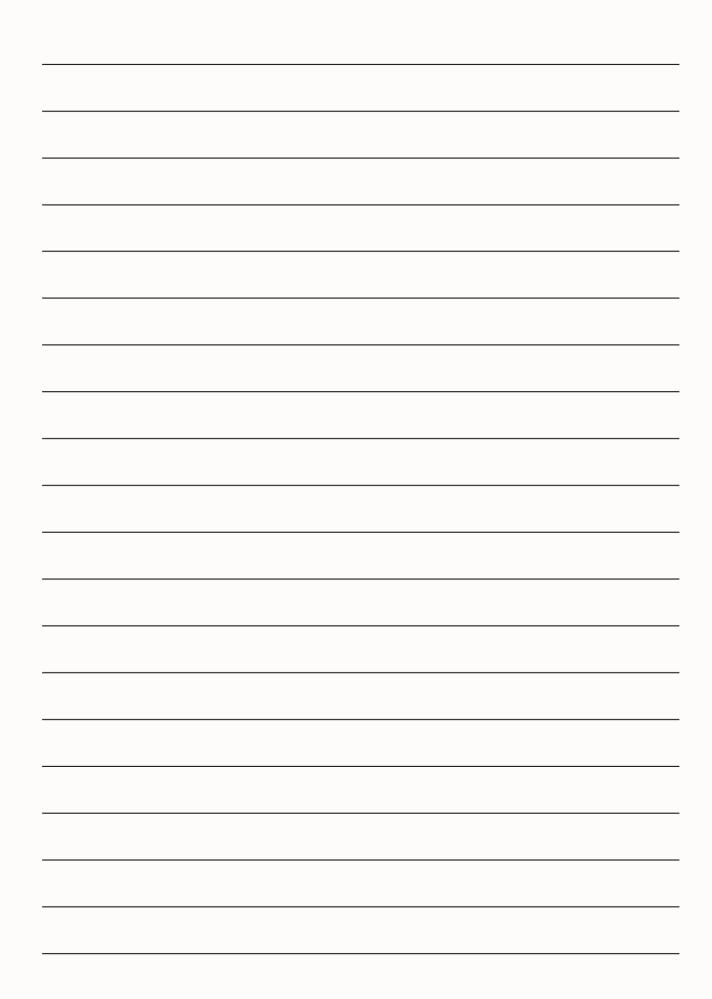


∂ay #19 DAILY FREEDOM

TODAY'S JOURNAL PROMPT

What are the things that I don't like or aren't really me that I've been trying to force or make happen?

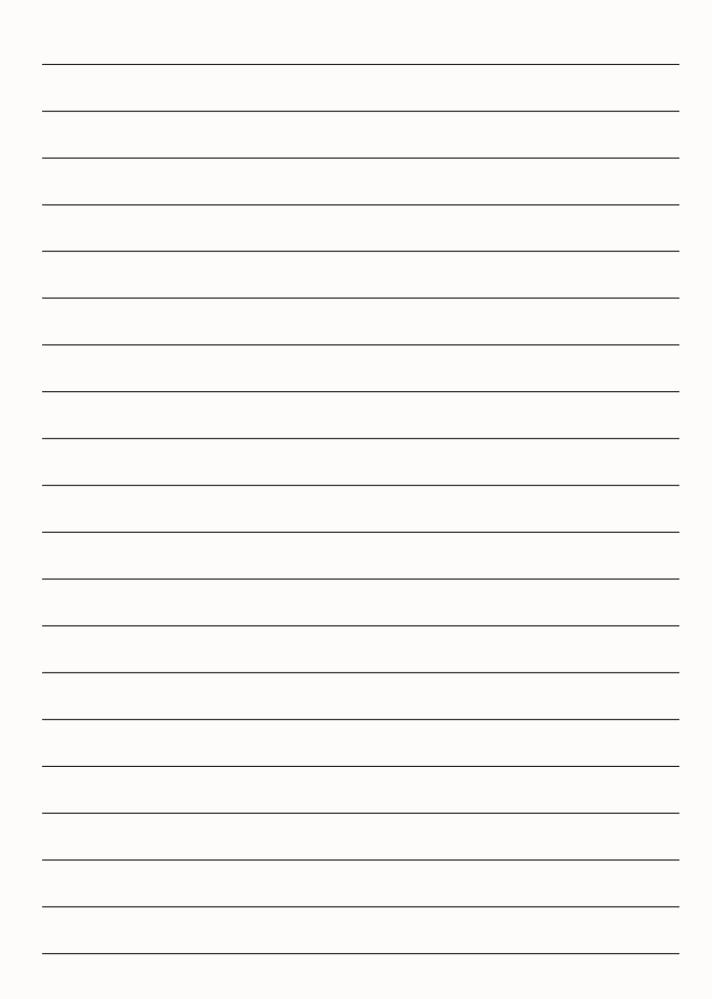
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∂ay #20 DAILY FREEDOM

TODAY'S JOURNAL PROMPT

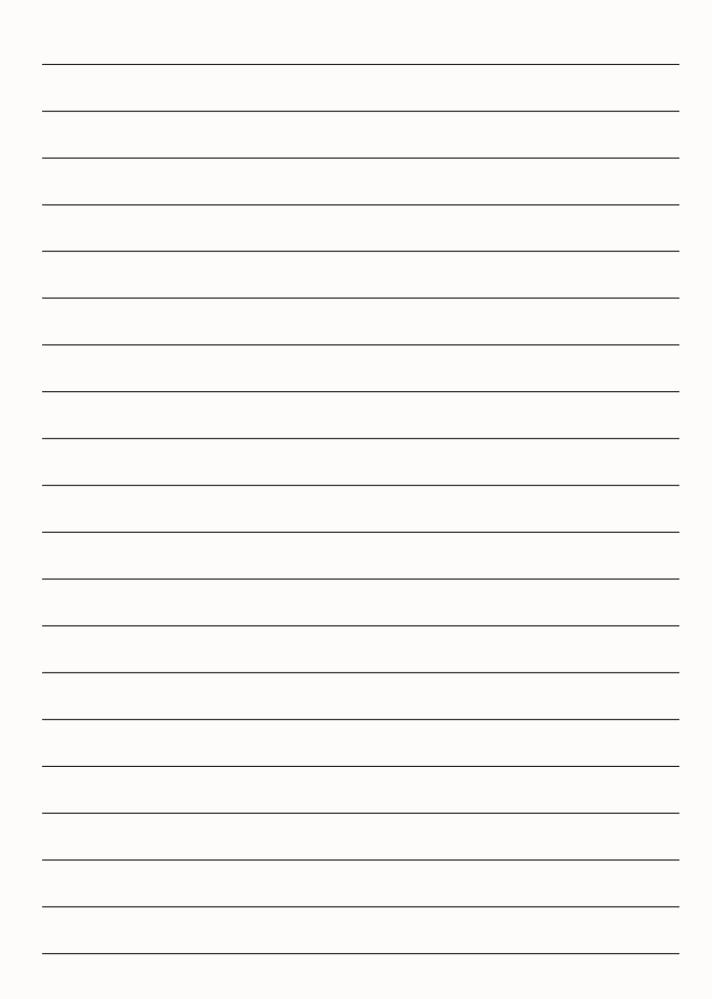
How would I show up in the world differently if I didn't fear rejection or disapproval?



∂ay #21 DAILY FREEDOM

TODAY'S JOURNAL PROMPT

How will I respond the next time I'm asked to do something that's outside of my capacity?

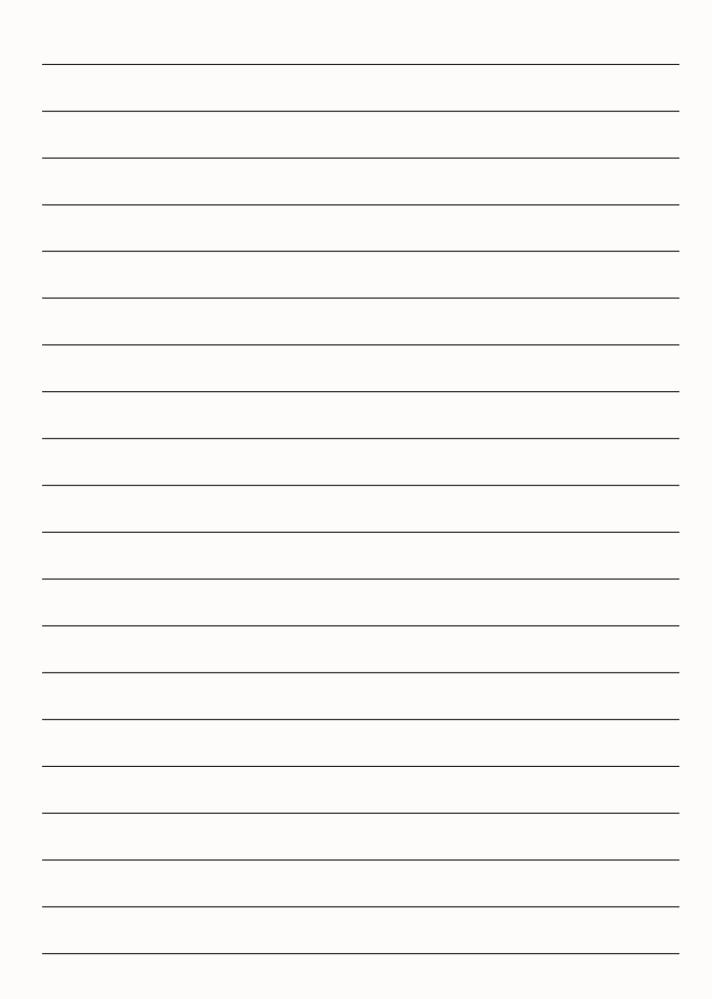


WEEK 4

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

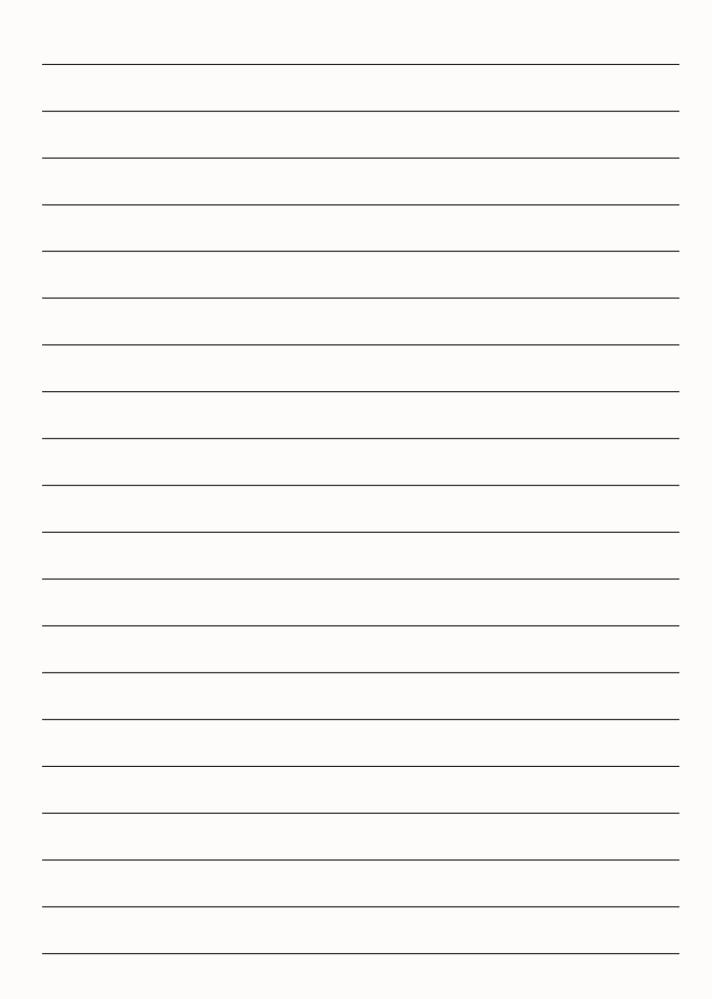
∂ay #22 DAILY FREEDOM

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



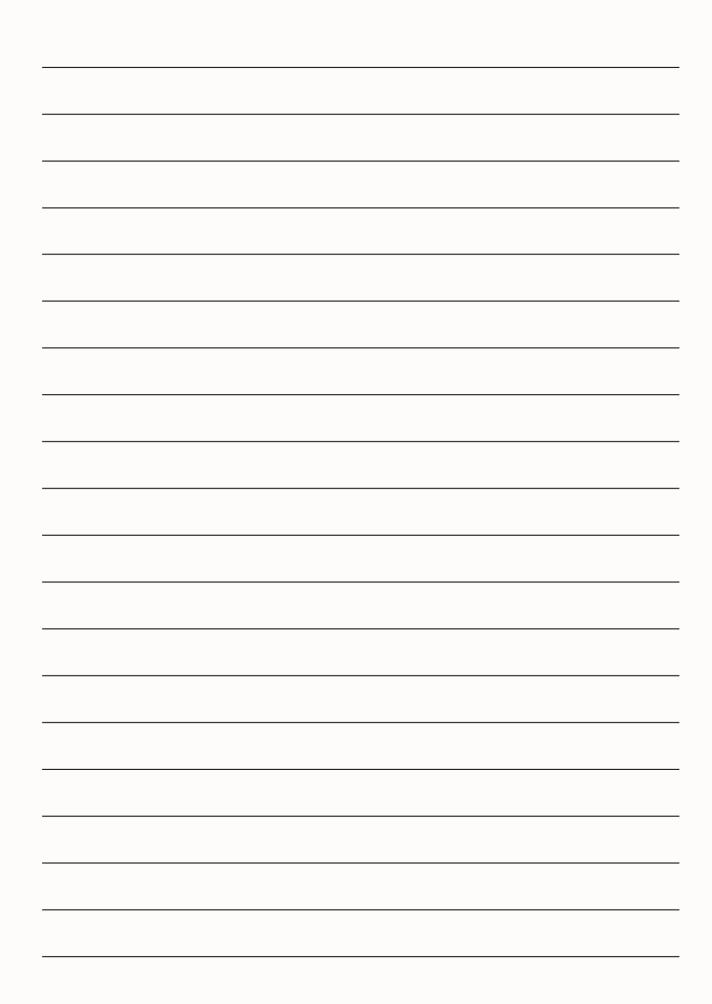
∂ay #23 DAILY FREEDOM

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



∂ay #24 DAILY FREEDOM

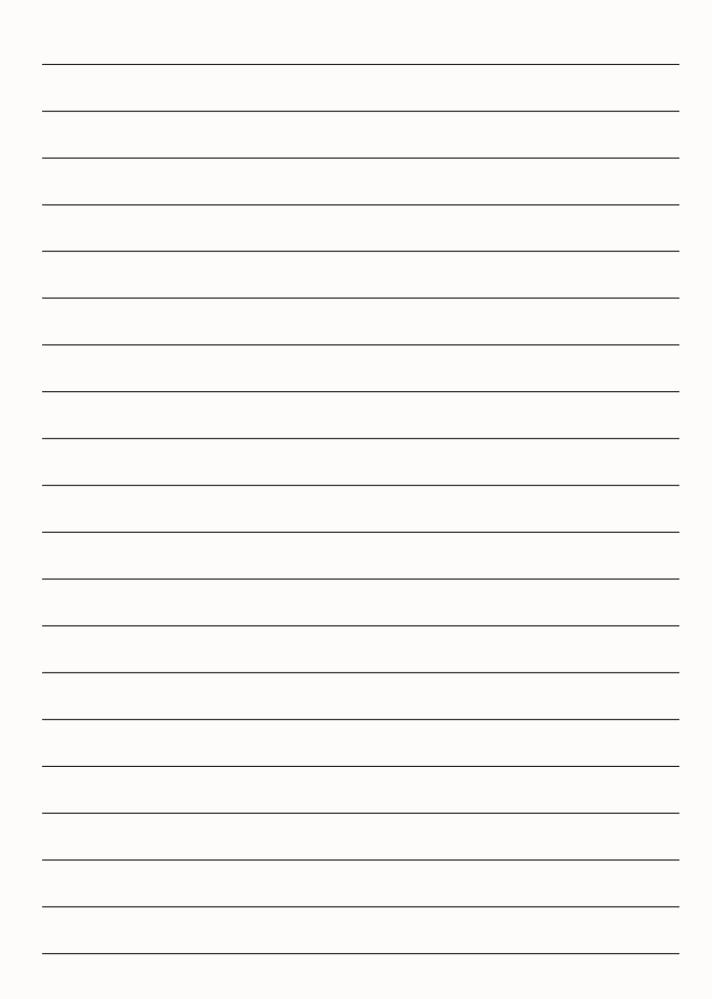
What are some things that I've always loved or believed bu
let go of in fear of disapproval or judgment?



∂ay #25 DAILY FREEDOM

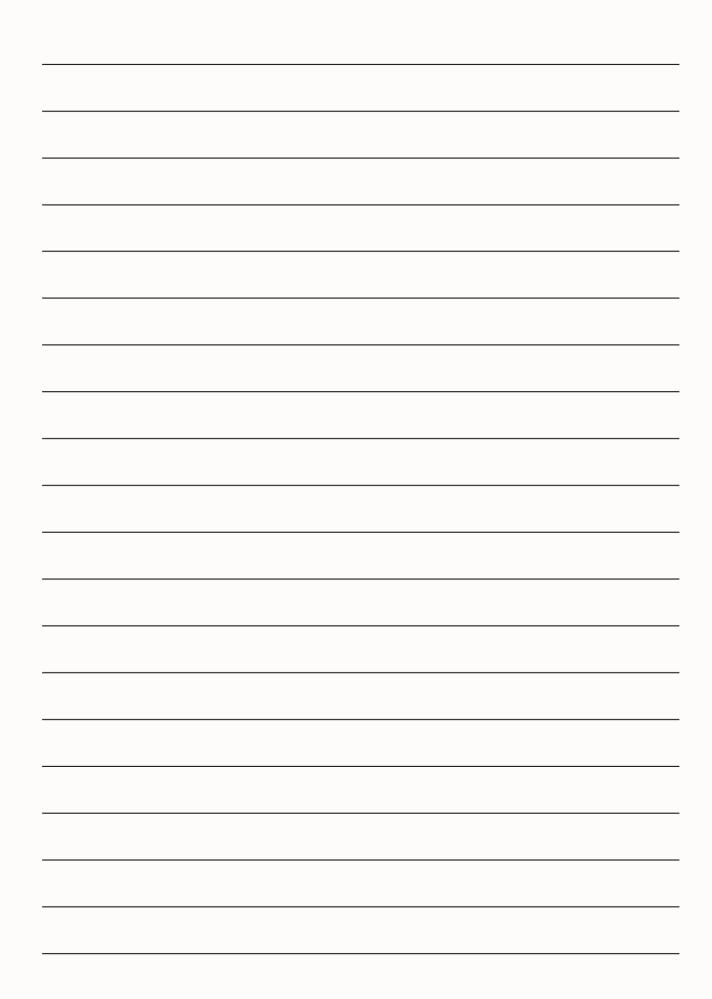
TODAY'S JOURNAL PROMPT

What are some affirmations or reminders I can use to help reground myself when I'm falling into people-pleasing behaviors?



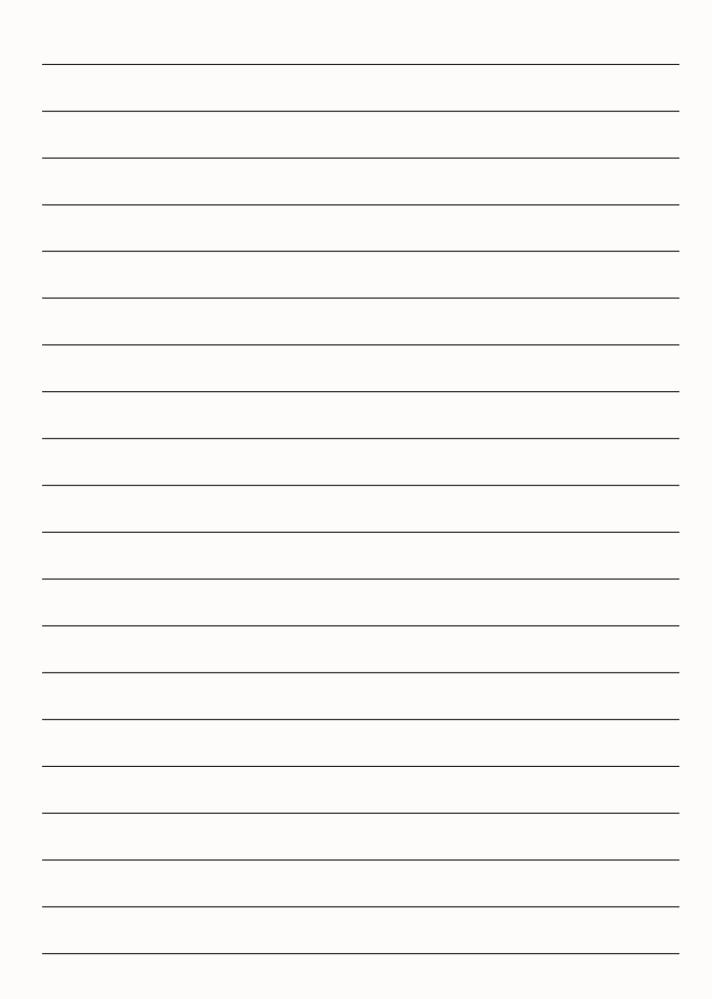
∂ay#26 DAILY FREEDOM

TODAY'S JOURNAL PROMPT How does people pleasing typically serve me?



∂ay #27 DAILY FREEDOM

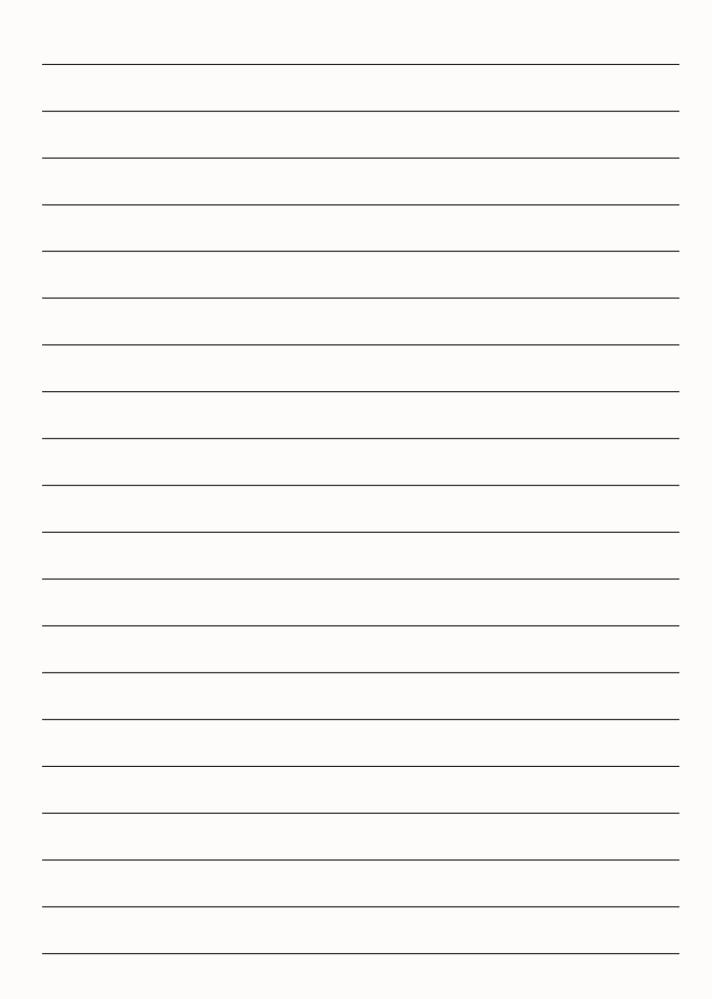
TODAY 3 JOURNAL TROPH I
What is the hard but honest thing I need to do today?



дау #28 DAILY FREEDOM

TODAY'S JOURNAL PROMPT

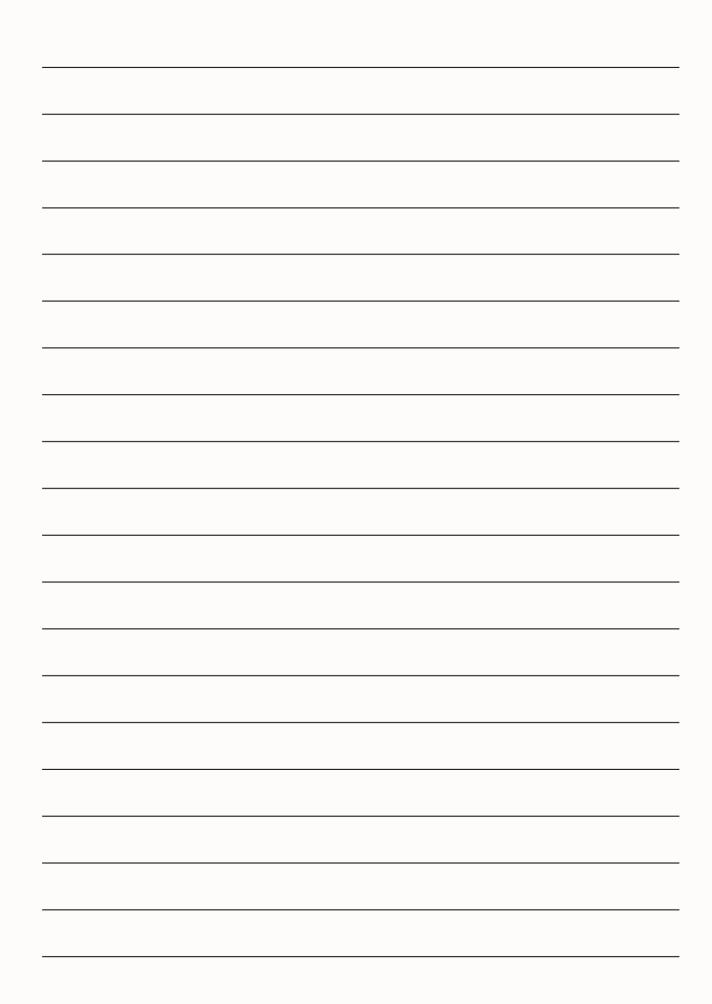
Why do I feel the need to rely on external approval to validate my worth? What experiences or beliefs have contributed to this?



∂ay #29 DAILY FREEDOM

TODAY'S JOURNAL PROMPT

What will a healthy balance look like between considering others needs and my own?



∂ay#30 DAILY FREEDOM

TODAT S JOURNAL PROMPT
How does people pleasing affect my life and view of myself?

