

Guided Journaling Exercise



Letting Go of Labels

Releasing Labels Exercise

Step 1- On a separate piece of paper, write down everything you were told about who you should be, how you should be acting, and what was expected of you while growing up.

Step 2- When finished, cross out everything that doesn't feel right or sit well with you.

Step 3- Rip up the paper and imagine releasing all of those old ideas about you

Step 4- Take a new piece of paper or a journal and write down:
Who am I?
Who do I want to be?
Write down everything you know to be true about who you are.

Am I truly happy with where I am in life?