



Your
LIBERATION
JOURNAL

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A Guided Companion to
Your Liberation Is an Inside Job



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JOAN M. BROOKS



Your Liberation Journal

A Guided Companion to *Your Liberation Is an Inside Job*

You don't need another notebook filled with perfect answers or polished insights.

You need a place where you can tell the truth, even the hard, painful truth.

That's what **Your Liberation Journal** is for.

These pages are designed to help you slow down, listen inward, and deepen your relationship with yourself.

Write honestly. Cross things out. Change your mind. Ask hard questions. Leave pages blank and come back to them months later.

Most importantly, notice your body as you write. Where do you tighten? Where do you soften? What surprises you? Your body often knows before your mind catches up. Allow your body to inform and guide you.

There are no right answers here. Only invitations to come home to yourself.

Welcome home.

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How to Use This Journal

This journal is a companion to the book, *Your Liberation Is an Inside Job*, which has received rave reviews on Amazon.

There are eleven sections. Each one offers a set of reflection questions related to a single topic from the book, and space to write your thoughts over a series of days.

At the back of this journal are lined Journal Pages where you can reflect further on any topic or answer the questions at the end of each chapter. Print copies of the lined pages as needed or use a separate journal.

- Read a reflection or reflection question from *Your Liberation Is an Inside Job*.
- Pause before writing.
- Take one slow breath.
- Notice what you're feeling in your body.
- Write without editing yourself.
- Return to these pages often and notice what changes over time.

You may find that the same prompt, reflection or question reveals something entirely different six months from now.

Trust the process. Trust yourself.

P.S. I'd love to hear from you. What insights and new understandings have you gained from working in this journal and paying attention to your body? How have they impacted your life?

Please email me at: jmbrooks1953@gmail.com

P.P.S. If you'd like to know about programs, workshops and other events that I offer, please sign up for my "Keep in Touch" email list. Please click on this link, <https://healinghappens.kartra.com/page/keep-in-touch> or scan the QR code below.



I promise I will not sell nor give your email address to anybody else

Daily Check-In (print more pages to repeat as often as you like)

Date:

Today I'm feeling...

Right now, my body is telling me...

One truth I don't want to ignore today is...

One way I can choose myself today is...

One thing I'm grateful for is...

Date:

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One truth I don't want to ignore today is...

One way I can choose myself today is...

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Weekly Reflections (print more pages to repeat as often as you like)

Date:

What gave me energy this week?

What drained me?

Where did I honor my truth?

Where did I abandon myself?

What am I learning about who I am becoming?

Date:

What gave me energy this week?

What drained me?

Where did I honor my truth?

Where did I abandon myself?

What am I learning about who I am becoming?

Date:

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What am I learning about who I am becoming?

Date:

What gave me energy this week?

What drained me?

Where did I honor my truth?

Where did I abandon myself?

What am I learning about who I am becoming?

Body Wisdom Pages (print more pages to repeat as often as you like)

Date:

My body feels safest when...

The physical sensations I notice most often are...

I know I'm saying "yes" when...

I know I'm saying "no" when...

Today my body wants me to know...

Date:

My body feels safest when...

The physical sensations I notice most often are...

I know I'm saying "yes" when...

I know I'm saying "no" when...

Today my body wants me to know...

Date:

My body feels safest when...

The physical sensations I notice most often are...

I know I'm saying "yes" when...

I know I'm saying "no" when...

Today my body wants me to know...

Date:

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The physical sensations I notice most often are...

I know I'm saying "yes" when...

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Today my body wants me to know...

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Today my body wants me to know...

Date:

My body feels safest when...

The physical sensations I notice most often are...

I know I'm saying "yes" when...

I know I'm saying "no" when...

Today my body wants me to know...

Date:

My body feels safest when...

The physical sensations I notice most often are...

I know I'm saying "yes" when...

I know I'm saying "no" when...

Today my body wants me to know...

Rewriting the Story (print more pages to repeat as often as you like)

Date:

An old belief I'm ready to release:

Where I learned it:

How it has limited me:

The truth I'm choosing instead:

One action that reflects this new truth:

Date:

An old belief I'm ready to release:

Where I learned it:

How it has limited me:

The truth I'm choosing instead:

One action that reflects this new truth:

Date:

An old belief I'm ready to release:

Where I learned it:

How it has limited me:

The truth I'm choosing instead:

One action that reflects this new truth:

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Where I learned it:

How it has limited me:

The truth I'm choosing instead:

One action that reflects this new truth:

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An old belief I'm ready to release:

Where I learned it:

How it has limited me:

The truth I'm choosing instead:

One action that reflects this new truth:

Date:

An old belief I'm ready to release:

Where I learned it:

How it has limited me:

The truth I'm choosing instead:

One action that reflects this new truth:

Permission Slips

Today I give myself permission to:

- Take up space
- Change my mind
- Rest
- Say no
- Ask for help
- Feel my feelings
- Trust my body
- Trust my intuition
- Speak honestly
- Be imperfect
- Disappoint someone else instead of abandoning myself
- Choose myself

Other:

Note: I invite you to write yourself a permission slip that you can post where you will see it, or that you can take with you into a challenging conversation. This note can be general: “I give myself permission to say no when my body says no.” Or it can be specific: “I give myself permission to take up space in team meetings where I usually stay quiet.”

Boundary Builder

A situation that needs a boundary:

The boundary I want to set:

The fear that comes up:

What protecting myself makes possible:

Boundary Builder

A situation that needs a boundary:

The boundary I want to set:

The fear that comes up:

What protecting myself makes possible:

Boundary Builder

A situation that needs a boundary:

The boundary I want to set:

The fear that comes up:

What protecting myself makes possible:

Truth Telling

The conversation I need to have:

The truth I need to say:

The truth I need to hear:

What I'm afraid will happen:

What might become possible instead:

Truth Telling

The conversation I need to have:

The truth I need to say:

The truth I need to hear:

What I'm afraid will happen:

What might become possible instead:

Truth Telling

The conversation I need to have:

The truth I need to say:

The truth I need to hear:

What I'm afraid will happen:

What might become possible instead:

Remembering My Power

A time I was braver than I realized:

Something I survived that proves my strength:

A quality I underestimate in myself:

Someone I no longer need permission from:

Today I reclaim...

Remembering My Power

A time I was braver than I realized:

Something I survived that proves my strength:

A quality I underestimate in myself:

Someone I no longer need permission from:

Today I reclaim...

Remembering My Power

A time I was braver than I realized:

Something I survived that proves my strength:

A quality I underestimate in myself:

Someone I no longer need permission from:

Today I reclaim...

Letter to Myself

Dear Me,

Love,
Me

One Year from Now

If I trusted myself more deeply...

If I stopped shrinking...

If I spoke my truth...

If I honored my body...

If I chose authenticity every day...

Final Reflections

Liberation isn't something you earn. It's something you remember.

As you close this journal, carry these questions with you:

- What truth am I ready to live?
- What part of myself is asking to be welcomed home?
- What would change if I trusted myself completely?
- Where am I still waiting for permission?
- What one courageous choice can I make today?

And never forget:

Your body is wise.

Your voice matters.

Your truth belongs.

Your liberation is an inside job.

Journal Pages (print extra pages to repeat as often as you like)

Date: Reflection/Question:

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