UNSHAKEABLE TO UNBREAKABLE JOURNAL





"For anyone who's ever doubted their worth!"

THE COMPANION JOURNAL
A 99-DAY PRACTICE FOR COURAGE, CONFIDENCE, AND CONVICTION

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DAY 1

KNOW THYSELF. DO IT GOOD.

Your Move

Set a reminder on your phone three times today with one question: “What’s true for me right now?”

When it goes off, pause for a full minute. Name one feeling, one need, and one honest thought.

Write it down if you can. Let yourself answer without editing.

The path back to yourself is built one honest moment at a time.

DAY 2

OWN YOUR STORY. TELLING TRUTHS.

Your Move

Write down one sentence you repeat about yourself often — something like, “I always mess things up,” “I’m not enough,” “I’m too much,” or “I never follow through.”
Under it, write: “A fuller truth might be...” and finish the sentence without rushing.
Then write one choice you’d make this week if you believed that fuller truth instead.
You’re allowed to tell the story in a way that honors your healing, your growth, and your power.

DAY 3

KNOW YOUR STRENGTHS. NAME THEM.

Your Move

Create your own Confidence Resume.

- Take one page and number it 1–10.
- Set a one-minute timer.
- Write down ten strengths, skills, or qualities you bring to the world. No editing. No erasing. Just write.

Then, if you can, show it to one trusted person and ask, “What did I miss?” Let them add at least three more.

You can still be humble and tell the truth about your strengths. In fact, that honesty might be one of your greatest strengths of all.

DAY 4

NAME WHAT HOLDS YOU BACK.

Your Move

Write down three things you tell yourself when you feel insecure, afraid, or small.
Then ask, “Where did I first learn this?”
Under each belief, write one more honest possibility — something that opens the window a little wider.

You can’t change a belief you refuse to name.

DAY 5

CHALLENGE NEGATIVE BELIEFS EVERY DAY

Your Move

Choose one negative belief that shows up a lot.
Write it down. Then make two columns: “Evidence for it” and “Evidence against it.”
Finish by writing one new sentence that feels honest, grounded, and strong enough to practice this week.
You don’t have to believe every thought that knocks on your door. And you definitely don’t have to answer it every time either.

DAY 6

NAME AND FACE YOUR FEARS

Your Move

Finish this sentence three times: “If I were completely honest, I’m afraid that...”
Don’t censor yourself.
Then ask, “What does this fear seem to be protecting?” and “What would one brave, gentle step look like anyway?”
Fear gets quieter when it’s named and smaller when it’s faced.
And make a note to remind you on your mirror, your phone, or your car console. YOU are driving.

DAY 7

OWN YOUR CHOICES. FULLY. DAILY.

Your Move

Think about one area of your life where you feel stuck, frustrated, or powerless.
Write two columns: “What’s outside my control” and “What’s mine to own.”
Circle one thing in the second column and decide what action you’ll take in the next twenty-four hours.
Owning your choices is one of the fastest ways to return to your strength.

DAY 8

KEEP A JOURNAL. STAY HONEST.

Your Move

Choose one notebook or document to be your place. Label it however you want. (You can even use the downloadable PDF companion journal that has each day's prompts and action items in it.)

For the next seven days, take five minutes at the end of the day and answer three questions:

1. What happened today that stayed with me?
2. How did I really feel?
3. What did I learn about myself?

Don't worry about doing it "right." Just show up and tell the truth.

Little by little, you're giving your inner world a home.

DAY 9

TRACK YOUR CONFIDENCE. KEEP SCORE.

Your Move

Create a simple daily practice:

- At the end of each day, write down three things you did that you're proud of.
- It can be tiny: "I took a walk," "I didn't overexplain," "I sent the text," "I chose water," "I spoke up once."
- Don't judge the size. The only rule is that it's honest.

If it helps, think of it as writing one line on your Confidence Resume every single day.

Let these pages remind you of who you are when your memory gets foggy.

DAY 10

TRACK PROGRESS. WATCH YOURSELF CHANGE.

Your Move

Once a week, choose a time to reflect.

Answer these three questions in your journal:

1. Where did I show up this week in a way I wouldn’t have last year?
2. What patterns am I beginning to see more clearly?
3. What’s one small way I want to move differently next week?

Let your life show you that you are, in fact, changing.

DAY 11

TAKE TIME. NOTICE YOUR GROWTH.

Your Move

Take ten minutes and write a letter to a previous version of yourself from three or five years ago.
Tell them what you've lived through since then, what you've learned, and how you see them now.
When you're done, read it back slowly and remember: you're the person they became.
Let that sink in before you rush to the next goal.

DAY 12

WRITE WHAT MATTERS MOST. CLEARLY.

Your Move

Set a timer for ten minutes.

Answer these questions in your journal:

1. What do I want my life to stand for today?
2. What legacy am I leaving tomorrow?
3. How do I most naturally help, love, or contribute?
4. When do I feel most like myself?

Then write a rough draft of a mission statement in one or two sentences. It doesn't have to be pretty. It just has to be honest.

You can refine the words over time. For now, let it give your roots a direction.

DAY 13

SET BOUNDARIES. PROTECT YOUR PEACE.

Your Move

Think about one place in your life where you feel drained, resentful, or stretched too thin.
Finish this sentence: “The boundary I need most right now is...”
Then write one simple sentence you could actually say out loud to honor it.
You don’t need to defend every boundary you set.
Just know, when you do, some of them will quietly save your life.

DAY 14

TAKE THE ACTION. KEEP GOING.

Your Move

Pick one thing you've been postponing that you know matters.
Make it smaller if you need to, but make it real.
Then answer this: "What's the next visible step I can take in the next twenty-four hours?"
Take that step before your brain has time to build a case against it.
Confidence likes motion. Give it somewhere to grow.

DAY 15



SEE IT CLEARLY. THEN MOVE.

Your Move

Choose one situation that matters to you right now.
Close your eyes for two minutes and picture yourself moving through it with clarity, steadiness, and courage.
See the room. Hear your voice. Notice your posture. Picture yourself following through.
Then ask, “If I believed this version of me was possible, what would I do next?”
Give your mind a better picture to practice.

DAY 16

CATCH THE STORY BEFORE IT RUNS

Your Move

Think of a recent moment that has been taking up more space in your mind than it deserves.
Write two sentences:
“What happened was…”
“The story I started telling myself was…”
Then write one more:
“What else could be true?”
Stay with that question long enough to let your nervous system catch up with reality.

DAY 17



STAY TEACHABLE, GROWING AND CURIOUS.

Your Move

Think about one area of your life where you feel stuck.
Ask yourself, “What am I assuming I already know here?”
Then ask, “What would change if I approached this with curiosity instead of judgment?”
Growth begins again the moment you stay teachable.

DAY 18

SHOW UP LIKE YOU BELONG.

Your Move

Choose one place this week where you usually make yourself smaller.
Before you enter, pause and ask, “What would it look like to show up like I belong here?”
Then let your body answer first.
Stand taller. Breathe deeper. Speak sooner. Stay longer.
Don’t wait for the room to hand you a permission that is already yours.

DAY 19



CARE FOR YOURSELF LIKE TRUTH.

Your Move

Ask yourself one honest question: “What do I need more of right now from myself to feel supported?”
Pick one answer and make it concrete today.
Not someday. Not when things calm down. Today.
Caring for yourself is one way you stop abandoning yourself.

DAY 20



LEARN FROM THOSE AHEAD WISELY.

Your Move

Think of one person whose presence, character, or way of living you deeply respect.
Write down three qualities they embody that you admire.
Then choose one and ask, “What would it look like to practice this in my own life this week?”
Let other people’s strength point you back to your own.

DAY 21



FOCUS WHERE YOUR POWER LIVES.

Your Move

Go back to the two columns you made on Day 7, or draw them again: “What’s outside my control” and “What’s mine to own.”
This time, focus on one situation that keeps pulling at your attention.
Write freely for three minutes.
Then put all your energy today into one thing from the second column.
Put your attention where your power can breathe and confidence can thrive. Control the controllables. Life is so much easier that way.

DAY 22



SPEAK UP. LET YOURSELF MATTER.

Your Move

Choose one space this week where you usually stay quiet.
Decide in advance that you'll speak once.
Ask the question. Share the thought. Name the need. Offer the idea.
Do not wait for perfect confidence. Practice visible courage.
This can be life-changing.

DAY 23



BUILD SKILLS. BUILD SELF-TRUST.

Your Move

Choose one skill that would make your current life feel stronger, calmer, or more capable.
Then ask, “What’s one way I can practice this for twenty minutes this week?”
Put it on the calendar.
Confidence often follows the things you’re willing to train.

DAY 24



CELEBRATE WINS. MAKE THEM COUNT.

Your Move

At the end of this week, write down five things you handled well.
Nothing needs to be dramatic, just true.
Then choose one way to mark it, even quietly: a walk, a good meal, a text to someone you trust, a moment of gratitude, a deep breath with your hand on your chest.
Don’t rush past what deserves to be noticed.

DAY 25



LET PURPOSE STEADY YOUR STEPS.

Your Move

Look back at the mission statement you drafted on Day 12.
Ask yourself, “Does my calendar this week reflect it?”
Write down one answer without overthinking it.
Then ask, “What’s one decision I could make this week that would line up with that?”
Let purpose become the thing that steadies your next step. It will… If you let it.

DAY 26



OWN YOUR CHOICES. LEARN FORWARD.

Your Move

Think of one recent decision you wish had gone differently.
Write down the sentence, “What this taught me is...” and finish it.
Then add, “What I want to choose next time is...”
Let the lesson move forward with you.

DAY 27



PROTECT YOUR PEACE WITH PEOPLE.

Your Move

Make a list of the people and spaces you interact with most.
Next to each one, write one word: “draining,” “neutral,” or “life-giving.”
Then ask yourself what needs more distance, more boundaries, or more investment.
Protecting your peace is part of protecting your confidence.

DAY 28



STOP MEASURING. START NOTICING YOURS.

Your Move

Notice one place where comparison has been stealing your peace lately.
Ask yourself, “What am I no longer seeing in my own life because I keep looking over there?”
Write down three ways you have grown in the last year.
Bring your attention home.

DAY 29



BREATHE FIRST. THEN RESPOND WISELY.

Your Move

The next time you feel yourself getting activated, pause before you respond.
Take three slow breaths.
Inhale through your nose. Exhale longer than you inhale.
Then ask, “What’s actually needed from me right now?”
Sometimes one breath is the doorway back to yourself.

DAY 30



LET FAILURE TEACH, NOT DEFINE.

Your Move

Think of one recent failure that still stings.
Write down three things it taught you.
Then finish this sentence: “The next time I face something like this, I want to...”
You’re allowed to learn without turning the lesson into your identity.

DAY 31



BUILD SUPPORT THAT HOLDS YOU.

Your Move

Write down the names of three people who feel safe, steady, or honest in your life.
Next to each name, write the kind of support they offer.
Then ask yourself: “Do I let this person see the real version of how I am doing?” Choose one small way to let someone in this week.
You don’t have to hold everything alone.

DAY 32



NAME THE FEAR. STAY PRESENT.

Your Move

Write one sentence that begins: “I am afraid that…” Do not edit it. Make it honest.
Then ask: “If this fear could be here without running my life, what would my next step be?”
Take the smallest version of that step this week.
Remember, fear can ride along. It does not get to drive.

DAY 33



HEAR FEEDBACK. KEEP YOUR FOOTING.

Your Move

Think of a piece of feedback that has stayed with you.
Write down what was said as plainly as possible. Then ask:
What part of this, if any, is true?
What part might be useful?
What belongs to me, and what can I leave with the person who said it?
Choose one response: keep it, apply it, clarify it, or release it. Feedback is information. You decide what it becomes.

DAY 34



BUILD A SKILL THAT CHANGES THINGS

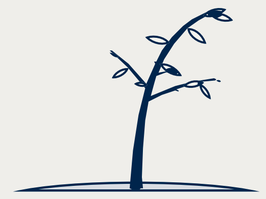
Your Move

Choose one skill that would make your life easier, stronger, or more meaningful right now. Make it specific. Instead of “get better with money,” choose “learn how to make a weekly spending plan.” Instead of “be a better leader,” choose “practice giving clear feedback.”

Give that skill twenty focused minutes this week.

Start where you are. Capability grows from there.

DAY 35



KEEP GOING WHEN GROWTH LAGS.

Your Move

Think of one area where progress feels slower than you want.
Write down three ways you've already grown because you stayed with it.
Then decide one small thing you'll continue doing this week.
Slow does not mean stopped.



DAY 36

STOP THE SPIRAL BEFORE IT GROWS

Your Move

The next time you notice yourself replaying a mistake, write down these four sentences:

“What happened was…”

“What I’m feeling is…”

“What I need to own is…”

“What I’m going to do next is…”

Then take a deep breath and slowly let it go.

Step away from the case against yourself.

You’ve done what you needed to do.



DAY 37

SAY SOMETHING KINDER TO YOURSELF

Your Move

Write down one hard thing you're facing right now.
First, write the exact words your harsh inner voice would use.
Then write a response from a wise, kind, and truthful voice.
Read the second response slowly. Practice returning to that voice whenever the first one gets loud.

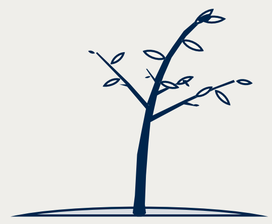


DAY 38

BEGIN YOUR DAY ON PURPOSE

Your Move

Choose two simple things you want to begin your mornings with this week.
Examples might include water, five minutes of quiet, a short walk, stretching, reading one page (of this book for example), writing one intention, or keeping your phone away for the first ten minutes. Do them in the same order for the next five days and see how you feel going into your day.
Build a routine you can return to, not one you have to recover from.



DAY 39

CARRY YOURSELF LIKE YOU MATTER

Your Move

Set three reminders on your phone today.
When each reminder appears, pause and notice your body.
Unclench your jaw. Relax your shoulders. Let both feet meet the floor. Take one slow, full breath.
Then ask yourself: “Where am I bracing right now, and what happens when I let it go?”
Let your body help you practice the answer.



DAY 40

GET CURIOUS BEFORE YOU CONCLUDE

Your Move

Think about something you've already decided is true.
Write down your conclusion in one sentence.
Then write three questions that would help you understand the situation more fully.
Ask one of them, either to yourself or to someone else.
Then come back and see if the answer changes your perspective about the thing you assumed to be true.



DAY 41

HONOR THE SMALL WINS, TOO.

Your Move

At the end of today, write down three small wins.
Make them simple and real. They don’t need to be impressive.
Then ask yourself, “What do these small moments reveal about who I am becoming?”
Let small wins count while they’re still small.



DAY 42

SIT STILL. CLEAR THE NOISE.

Your Move

Set a timer for three minutes today.
Sit comfortably, close your eyes if that feels right, and breathe slowly. When your mind wanders, gently bring it back to your breath. Every time you come back counts.
When the timer goes off, notice how you feel and write down one word that describes it.
Do not try to perform peace.
Just practice returning.



DAY 43

WRITE IT DOWN. MEET YOURSELF.

Your Move

Set a timer for ten minutes this week and begin with one sentence: “What’s really going on in me right now?”
Keep writing without editing.
Do not try to sound wise.
Just tell the truth on paper.



DAY 44

REST LIKE IT REALLY MATTERS.

Your Move

Choose one thing this week that would help you protect your sleep.
Maybe it’s a bedtime notification on your phone, less screen time at night, caffeine earlier in the day, or leaving one more task unfinished so your body can recover. A cup of chamomile tea and a book for ten minutes before going upstairs, a hot bath or shower. There are many options.
Pick one and practice it.
Rest like the life you want depends on it, because most days it really does.



DAY 45

LET WISDOM FIND YOU SOONER.

Your Move

Think of one area of life where you'd benefit from clearer guidance.
Write down the name of one person you respect in that area.
Then ask yourself, "What have they learned that I may need to learn too?"
Let wisdom reach you before regret does. Confidence grows when learning deepens.



DAY 46

LISTEN WELL. LEARN WHAT MATTERS.

Your Move

In your next conversation, give the other person your full attention for one minute longer than feels natural.
Do not interrupt. Do not rush to solve.
Just listen.
Then ask one question that shows you were really there. Without trying to fix anything… just repeat what you heard by getting curious. And then sitting in that with them. That’s called strong understanding and it doesn’t just strengthen confidence, it will also strengthen the trust and connection in your relationships.



DAY 47

PERFECTION IS NOT YOUR PATH.

Your Move

Think of one thing you've been delaying because you want to do it perfectly.
Ask yourself, "What would a good enough first step look like?"
Then take that step today, and let it be imperfect.
Let imperfect action have a chance. You may find out there's beauty in the imperfection.



DAY 48

TAKE RISKS THAT HONOR GROWTH.

Your Move

Think of one risk you've been considering that feels aligned, but uncomfortable.
Write down the possible cost of taking it, and the possible cost of never taking it.
Then ask, "Which cost can I live with more honestly?"
Let courage have a real seat in the conversation and in the decision.



DAY 49

KNOW WHAT YOU DO WELL.

Your Move

Go back to the Confidence Resume you wrote on Day 3.
This time, ask two people you trust, “What do you count on me for?” Write their answers down word for word, and add anything new to your list.
Then circle the three strengths you most often overlook, and choose one to use on purpose this week.
You can’t build from gifts you keep denying.



DAY 50

MOVE YOUR BODY. FEEL STRONGER.

Your Move

Choose one kind of movement you can realistically do this week.
Make it specific: a twenty-minute walk after work, a bike ride on Saturday, stretching before bed, a workout class, or ten minutes of strength work at home.
Then ask yourself, “How do I want to feel after I move, not just how do I want to look?”
Let that answer guide your choice.



DAY 51

DO IT NOW. BUILD MOMENTUM.

Your Move

Choose one task you've been putting off.
Write down the smallest visible first step. Not "finish the project." Try "open the project file," "write the subject line," "find the phone number," or "put the appointment on the calendar."
Give yourself five minutes to begin.
You don't have to feel ready to create momentum.



DAY 52

BUILD GOALS THAT GUIDE YOU.

Your Move

Write down one goal for this week, one goal for this season, and one goal for the next year.
Then ask yourself, “What one small action could support all three?”
Start there.
A clear direction makes the next step easier to see.



DAY 53

LET NATURE RESET YOUR MIND.

Your Move

Spend ten intentional minutes outside today.
Leave your phone behind if you can, or put it on silent.
Notice five things you can see, four things you can hear, three things you can touch, two things you can smell, and one thing you can feel in your body.
You don’t need to solve anything during those ten minutes.
Just let yourself return to you.



DAY 54

CRITICISM DOES NOT DEFINE YOU.

Your Move

Think of one recent criticism that has stayed with you.

Write down three things:

What part, if any, may be useful?

What part feels unhelpful, unfair, or incomplete?

What story about yourself have you attached to it?

Keep the information that can help you. Release the rest from the job of defining you.



DAY 55

MAKE ROOM FOR REAL LAUGHTER.

Your Move

Choose one thing that genuinely makes you laugh.
Text the friend, watch the scene, or share the memory. Let yourself be playful for a few minutes without needing it to be productive.
Pay attention to how your body feels afterward.
Laughter and joy are how you sustain your strength for when you need it most. And notice: there’s rarely anything more confident than a person living their life with a genuine smile on their face more often than not.



DAY 56

INVEST WHERE YOU FEEL MOST ALIVE

Your Move

Write down the names of three people who make you feel stronger, calmer, more honest, or more yourself.

Choose one person and make a specific plan to connect this week.

Send the text. Make the call. Set the date.

Invest in what helps you thrive.



DAY 57

NOTICE HOW FAR YOU'VE COME.

Your Move

Take ten minutes and look back at who you were six months ago.
Write down three ways you've changed, grown, or handled life differently since then.
Then write one thing that helped make that growth possible.
Give yourself credit for what's already taking root.



DAY 58

MAKE DECISIONS YOU CAN TRUST

Your Move

Think of one decision you've been circling.
Write down these three questions:
"What matters most here?"
"What am I afraid will happen if I choose honestly?"
"Which choice will I respect myself for making six months from now?"
Answer them as honestly as you can, then notice which option your answers keep pointing toward.
You may not have every answer yet. Start with the one that brings you closer to your own values.



DAY 59

LET EXPERIENCE MAKE YOU WISER

Your Move

Choose one experience that changed you.

Write down three sentences:

“Before this, I believed…”

“Because of this, I learned…”

“Now, I want to live differently by…”

Let your experience become part of your wisdom, not just part of your history.



DAY 60

PROTECT THE ATMOSPHERE AROUND YOU.

Your Move

Choose one thing that shapes your daily atmosphere: a physical space, a digital habit, a conversation pattern, or a relationship.

Ask yourself, “Does this leave me more grounded or more depleted?”

Make one small change this week that moves your environment in a healthier direction.



DAY 61

LET NO BE A BOUNDARY.

Your Move

Think of one area where you keep saying yes when you mean no.
Write a simple sentence you could use next time.
Keep it short. Kind. Clear.
Practice saying it out loud before you need it.



DAY 62

STOP MEASURING YOUR WORTH SIDEWAYS.

Your Move

Notice where comparison seems to hook you most: social media, work, money, relationships, appearance, parenting, achievement, or something else.
Then ask yourself, “What does my actual life need from me right now?”
And then go give your attention to that answer.



DAY 63

LET TIME DO SOME WORK.

Your Move

Think of one area where you feel behind or impatient.
Ask yourself, “What if this is taking longer than I want, but it’s still working?”
Then identify one steady action you can keep taking.
Let time meet your effort.



DAY 64

FIND JOY WHILE BECOMING WHOLE.

Your Move

Before the day ends, write down three things that brought you some measure of joy, ease, beauty, gratitude, or connection.
Ordinary is fine, as long as they’re real.
Train yourself to notice the good while it’s still happening.



DAY 65

LEARN YOUR FEELINGS WITHOUT DROWNING

Your Move

The next time a strong feeling rises, pause before you act on it.
Name it as specifically as you can. Then ask yourself:
“What’s really going on here?”
“What might this feeling be trying to tell me?”
“What would a wise response look like?”
You don’t have to drown in what you feel to take it seriously.



DAY 66

LET YOUR CHARACTER STAY CLEAN

Your Move

Ask yourself: “Where does my life feel out of alignment right now?”
Maybe it’s a promise you keep breaking, something you haven’t been honest about, a boundary you’re avoiding, or a value you say matters but haven’t been living.

Name one small adjustment that would help you come back into agreement with yourself.

Then make it.



DAY 67

STOP OUTSOURCING YOUR WORTH COMPLETELY

Your Move

Think of one place where fear of disapproval has been shaping your choices.
Ask yourself, “What would I do here if I didn’t need everyone to like me?”
You don’t have to make a dramatic decision today.
Just tell yourself the truth.



DAY 68

BUILD RHYTHMS THAT SUPPORT YOU

Your Move

Choose two parts of your day that could use more support.
For each one, create a simple anchor you can realistically repeat.
Maybe it’s putting your phone away at 10:00 p.m. Maybe it’s drinking 10 ounces of water before picking up your coffee. Maybe it’s a five-minute walk between meetings.
Keep it simple. You’re building a rhythm, not a perfect life.



DAY 69

LET HARD LESSONS REFINE YOU

Your Move

Think about a setback that still feels heavy.

Write down three things:

What happened?

What did it reveal or correct?

What do I want to carry forward from it?

Let the lesson stay. You don’t have to keep carrying the punishment.



DAY 70

RECOVER WELL AFTER HARD MOMENTS

Your Move

The next time something hard happens, take ten minutes before you move into the next part of your day.

Write down:

“What happened?”

“What am I carrying from it?”

“What needs action?”

“What can I set down for now?”

Then move forward with a little more room inside you.



DAY 71

BECOME SOMEONE YOUR SOUL TRUSTS

Your Move

Ask yourself: “What’s one thing I could do today that would help me trust myself more?”
Don’t overthink it.
Choose the answer that feels honest, then follow through.



DAY 72

CREATE YOUR PLAN FOR PRESSURE

Your Move

Write your personal pressure plan.

Finish these sentences:

“When pressure rises, I tend to…”

“The early signs are…”

“Three things that help me return are…”

“One person I can contact is…”

Keep this somewhere you can find it before you need it.

THE ECOSYSTEM · GROW STRONGER WITH WHAT SURROUNDS YOU



DAY 73

KEEP SHOWING UP WITH CONSISTENCY

Your Move

Choose one practice you want to return to more consistently.
Make it small enough that you can do it on an imperfect day.
Then decide what “returning” will look like if you miss it.
Keep coming back. That’s the whole goal.



DAY 74

LET YOUR LIFE MATCH YOU

Your Move

Ask yourself: “Where do I feel that Sunday-night dread, and what is it pointing to?”
Don’t rush to fix it all.
Just name one change that would make your life feel more like a reflection and less like a performance.
Start there.



DAY 75

TRUST WHO YOU'RE BECOMING SLOWLY

Your Move

Write down three ways you're not who you used to be.
They can be small: a healthier reaction, a clearer boundary, a kinder thought, a harder conversation you finally had.
Then ask yourself: "What if this growth is real, even before it feels complete?"
Let yourself believe the answer.

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DAY 76

LET PEACE BECOME YOUR STRENGTH.

Your Move

Notice one area where you've been feeding unnecessary inner or outer chaos.
Ask yourself, "What would strength look like here if it were peaceful?"
Practice that version today.

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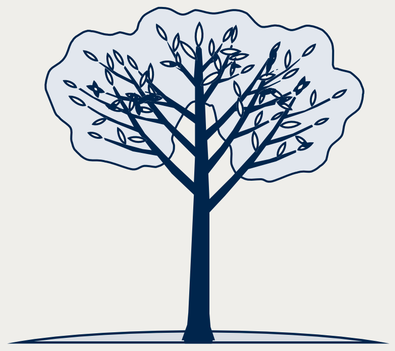
DAY 77

STOP EXPLAINING YOUR EVERY CHOICE.

Your Move

Think of one place where you tend to overexplain.
Write a shorter response you could use next time that’s clear, respectful, and complete.
And even when you’re tempted to explain, let it be enough.



DAY 78

KNOW YOUR WAY BACK HOME

Your Move

Create your personal “Way Back” list.

Include:

- Three things that settle your body
- Three things that clear your mind
- Three people or places that help you feel steady
- One sentence you need to remember when life gets loud

Keep the list somewhere easy to reach.

You don’t have to figure out your way back from scratch every time.

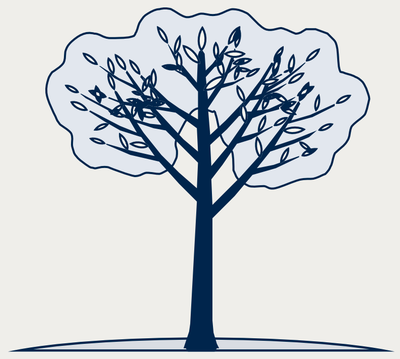


DAY 79

HOLD YOUR STANDARDS WITH GRACE

Your Move

Choose one area where you want more integrity, care, or follow-through.
Write down the standard you want to hold.
Then complete this sentence:
“When I fall short, I’ll come back by _____.”
Make your answer specific enough to use the next time you need it.



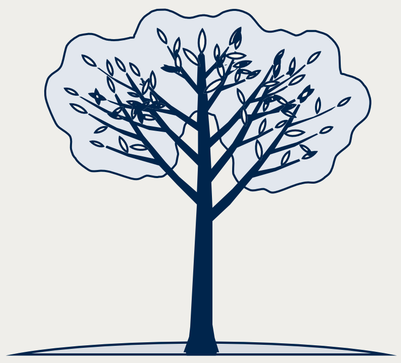
DAY 80

LET DISCOMFORT TEACH YOU SOMETHING

Your Move

Think of one area of your life that feels uncomfortable right now.
Write down what you’re afraid might happen.
Then ask: “What does this feeling need me to see?”
Listen without rushing yourself into an answer.

THE ECOSYSTEM · GROW STRONGER WITH WHAT SURROUNDS YOU



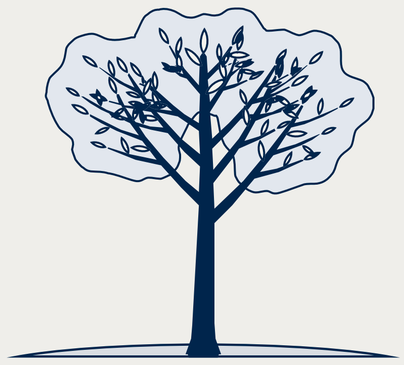
DAY 81

PRACTICE BRAVERY IN ORDINARY MOMENTS

Your Move

Choose one small act of courage that’s available to you today.
Make the call. Ask the question. Say the true thing. Take the first step.
Do it while the brave thought is still fresh.

THE ECOSYSTEM · GROW STRONGER WITH WHAT SURROUNDS YOU



DAY 82

STOP SHRINKING IN MEANINGFUL SPACES

Your Move

Name one setting where you tend to minimize yourself.
Before you enter it again, decide what staying present will look like.
Maybe you'll ask one question, offer one thought, or state your view without qualifying it.
Practice taking up your own space.

THE ECOSYSTEM · GROW STRONGER WITH WHAT SURROUNDS YOU



DAY 83

TEND TO YOUR INNER CLIMATE

Your Move

Take a few quiet minutes and ask yourself, “What have I been carrying that I haven’t really acknowledged?”
Write down whatever comes up.
Then choose one caring response you can make today.

THE ECOSYSTEM · GROW STRONGER WITH WHAT SURROUNDS YOU



DAY 84

REST WITH HONESTY AND INTENTION

Your Move

Ask yourself, “What kind of tired am I today?”
Choose one small form of rest that fits the answer.
Guard it the way you’d guard a meeting with someone you respect.

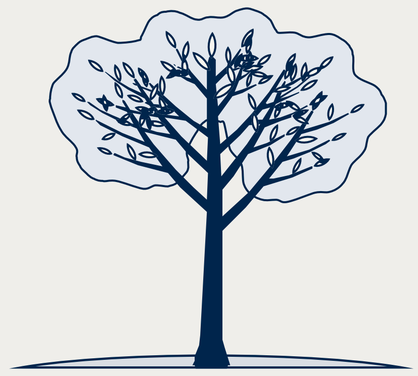


DAY 85

SPEAK LIKE YOU MEAN IT

Your Move

Notice one phrase you use that weakens your message.
Replace it with a cleaner opening.
Instead of “This might be stupid, but…” try, “I have an idea.”
Use it at least once this week.



DAY 86

RELEASE WHAT NO LONGER BELONGS

Your Move

Ask yourself, “What am I carrying because it’s familiar, even though it no longer fits?”
Write down the first honest answer.
You don’t have to let it all go today. Just begin loosening your grip.



DAY 87

STAY TENDER WITHOUT BECOMING FRAGILE

Your Move

Think of one place where you've been using hardness as protection.
What would it look like to hold a boundary there without closing your heart completely?
Write down one way to practice that this week.
You are worth the effort.

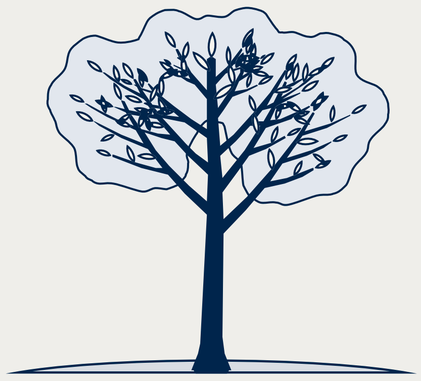


DAY 88

LET SILENCE SHOW YOU MORE

Your Move

Set aside five minutes of quiet today.
No phone, no music, no multitasking.
Afterward, write down one thing you noticed—about your thoughts, your body, or what you've been carrying.



DAY 89

BECOME LESS EASY TO SWAY

Your Move

Ask yourself what tends to make you say yes too quickly.
Guilt? Fear of conflict? Flattery? A sense of urgency? The desire to be needed?
Write down a sentence you can use when you need space:
“I’m going to think about it and get back to you.”
Keep that sentence available.



DAY 90

LET GRATITUDE MAKE YOU STRONGER

Your Move

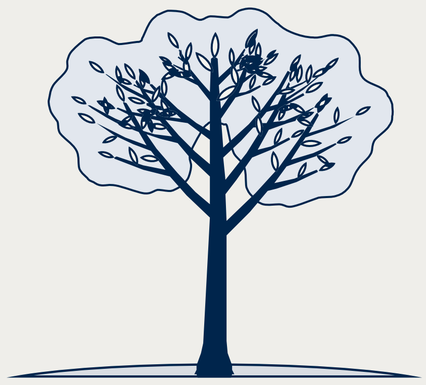
Write down five specific things you're grateful for today.

Make them concrete.

Name the person, place, moment, memory, sound, meal, or small kindness.

Let yourself notice what's still good.

If you are feeling really ambitious today, text them and tell them. That move brings this work full circle.



DAY 91

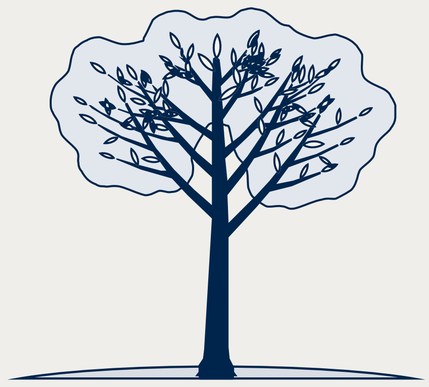
NOTICE WHAT YOUR LIFE NORMALIZES

Your Move

Ask yourself: “What have I gotten too used to?”
It may be a relationship dynamic, a habit, a level of stress, a way you speak to yourself, or something in your environment.

Then write down what a healthier normal could look like.

Let yourself see the difference.

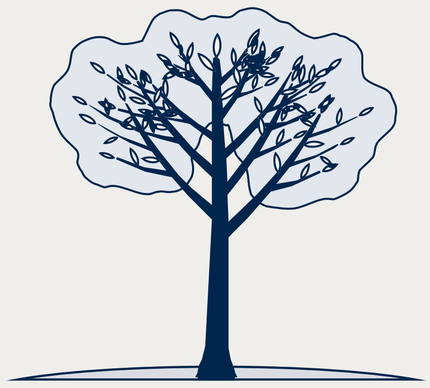


DAY 92

STAY LOYAL TO THE TRUTH

Your Move

Ask yourself where you may be avoiding, minimizing, or softening an important truth.
Write one clear sentence about it.
No explanation. No defense. Just the honest sentence.
Then ask, “What’s this truth asking me to face?”



DAY 93

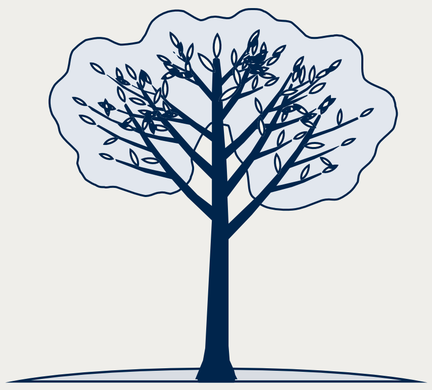
GUARD YOUR ENERGY WITH DISCERNMENT

Your Move

Make two quick lists: three things that regularly drain you and three things that help restore you.

Look for one small adjustment you can make this week in how much time you spend with those things.

Protect your capacity before you reach the point of resentment.

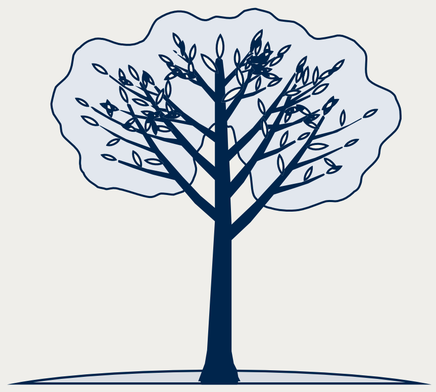


DAY 94

CHOOSE SUBSTANCE OVER POLISHED IMAGE

Your Move

Where are you spending more energy managing appearance than building something real?
Write down one deeper choice available to you there.
Then take a step toward it this week.



DAY 95

KNOW WHEN TO LEAVE WELL

Your Move

Ask yourself whether there’s anything you’re staying in past the point of what is healthy.
Write down the truth you’ve been avoiding.
You don’t have to decide everything today. Start by being honest about what the situation is costing you. Sometimes seeing it in writing is what helps you take the next step.



DAY 96

LET YOUR CONFIDENCE GROW WISER

Your Move

Think about how your confidence has changed over the last few years.
Where are you less reactive than you used to be?
Where have you learned to trust your ability to adapt, recover, or begin again?
Take a few moments to give yourself credit for the wisdom you've earned.



DAY 97

BECOME A REFUGE FOR YOURSELF

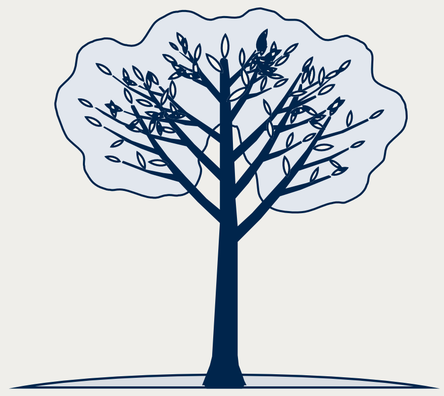
Your Move

Ask yourself: “What would make my inner world feel safer today?”

Choose one small answer.

Speak to yourself with more respect. Take a break. Tell the truth. Ask for help. Keep one promise.

Let self-respect become somewhere you can rest.

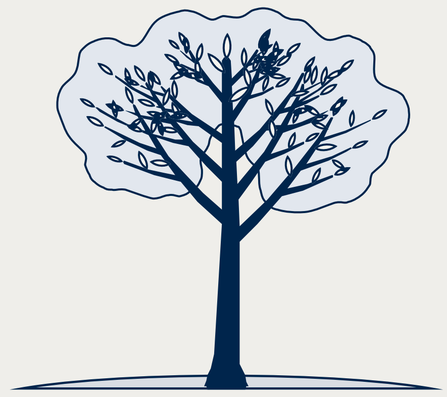


DAY 98

KEEP PRACTICING WHAT YOU KNOW

Your Move

Choose one truth you already know but haven’t been practicing consistently.
Write down one concrete way you’ll live it this week.
Keep it small enough to follow through on.
Then return to it until it becomes a habit.



DAY 99

LIVE UNSHAKEABLE. BECOME TRULY UNBREAKABLE.

Your Move

Go back through the pages, notes, and practices that stayed with you.
Circle the truths you want to keep living.
Then make one quiet commitment to yourself:
“I’ll keep returning to what helps me become who I want to be.”
Return. Repeat.
That’s how this work continues. That’s how it lives on. It’s how the roots and branches both grow.
In all of us.

DAY 100 · AND EVERY DAY AFTER

YOU MADE IT.

Now Keep Growing



Ninety-nine days. One honest page at a time.

The roots you planted here are yours to keep.

This is where the growing begins.

READY FOR WHAT'S NEXT?

Keep the work going with Jen. Reach out to bring a keynote, leadership program, or coaching to you and your team.

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