



JOURNAL COMPANION

*Journalling Prompts from “The Empowered Voice”
by Krystal Diaz*

FROM CHAPTER 2

The Misalignment Audit

Before we can change, we must move toward total, judgment-free honesty about our current experience. If you're living out of alignment with your deepest self and purpose, life will always give you signs. These signals are invitations for your attention rather than inconveniences to ignore or brush aside.

JOURNAL ON THE FOLLOWING

- Where in your life do you consistently feel drained, frustrated, or uninspired, as if you're just going through the motions or ticking boxes?
- When do you feel dissatisfied or empty, and what is happening around you (who is there, what are you doing) when these feelings show up?
- What internal whispers or nudges about change have you been ignoring or suppressing lately?
- What complaints or frustrations do you often find yourself voicing out loud to others?
- If your body had a message for you right now (noticing tension, aches, or heaviness), what might it be trying to tell you?

FROM CHAPTER 4

Connect with Your Inner Knowing

Because "we know more than we can tell," it's valuable to find ways to access our "tacit knowledge"—the intuitive wisdom that exceeds our ability to explain logically. This intuitive journal exercise is designed to quiet the analytical mind and build a bridge between your inner knowing and conscious awareness so that you can make choices in alignment with your authentic self.

INSTRUCTIONS

Set a 90-second timer for each category and write freely without editing or censoring.

CATEGORY 1: EXPERIENCING JOY

- What moments or activities make me feel most alive and connected? If nothing held me back, how would I spend my time?

CATEGORY 2: BECOMING MY AUTHENTIC SELF

- What strengths or qualities would I most like to nurture? What new experiences am I intuitively drawn to explore?

CATEGORY 3: MAKING A MEANINGFUL CONTRIBUTION

- When I look at the world, what moves me deeply? If fear wasn't a factor, what would I feel compelled to share or create?

REFLECTION AFTER WRITING

- Did anything surprising or insightful emerge from your intuitive writing? Which questions felt easier or harder to answer intuitively? Why might that be?

FROM CHAPTER 7

Roles & Labels

From childhood, the world tells us who we are through labels that shape our "self-concept" and influence what we think we are capable of. These journal prompts will help you recognize and reflect on the roles you may be playing at the expense of your authentic self.

JOURNAL ON THE FOLLOWING

- What labels or phrases have others frequently used to describe you (e.g., "the responsible one," "the shy one," "the smart one")?
- Choose one or two: How have these labels influenced your major life decisions or relationships?
- Recall a time you acted according to a role even though it didn't feel fully authentic. How did this make you feel, and how would you have preferred to act?
- Is a label you frequently use for yourself genuinely true, or is it simply familiar? What might change if you let go of it?
- If you could choose new labels or roles that better reflect who you aspire to be, what would they be?

FROM CHAPTER 10

Exploring Your Emotional Story

Many of us were taught that certain feelings were "off-limits," leading us to normalize a disconnect from our true selves. Use these journal prompts to gain insights that can help you clear away "internal clutter" and open yourself to your inner wisdom.

JOURNAL ON THE FOLLOWING

- What messages did you receive about emotions growing up? (Were certain feelings discouraged, ignored, or judged?)
- How do you tend to handle difficult emotions today? (Do you feel safe acknowledging them, or do you notice yourself pushing them away?)
- What do you notice in your body when you ignore emotions (tension, fatigue, restlessness)?
- What might your emotions be trying to tell you regarding areas of your life calling for change?
- Who might support you as you practice reconnection (a friend, coach, or therapist)?

Meeting Your Saboteurs

"Inner saboteurs" are fear-based protective mechanisms that trigger when you step toward something new and significant. Use these prompts to identify which "outdated safety alarms" tend to show up and hold you back.

COMMON SABOTEUR VOICES

- **The Doubter:** Driven by the "Who am I to do this?" narrative and the root of imposter syndrome.
- **The Voice of Scarcity:** Focuses on security and control, often insisting, "I can't afford to take this risk".
- **The Perfectionist:** Fearing you won't meet an internal standard, this voice whispers, "It has to be perfect" or "I need more preparation".
- **The Timekeeper:** The belief that your window has closed, using the "It's too late" or "I'm too old" narrative.
- **The Approval Seeker:** Haunted by external expectations and cultural norms, asking, "What will people think?".

JOURNAL ON THE FOLLOWING

- Which saboteur most often shows up for you (The Doubter, Scarcity, Perfectionist, Timekeeper, Approval Seeker, or others), and in what situations?
- What does this voice commonly say, and how does it make you feel?
- How might your life change if your inner voice became your biggest supporter?

FROM CHAPTER 23

Practicing Silence

Silence is not an empty void; it is the spacious stillness from which your deepest insights and wisdom emerge. Use this exercise to access the quiet that makes your inner wisdom audible.

THE BRAIN DUMP

Set a timer for 5–10 minutes (or more if you prefer) to free-write anything and everything that pops into your mind - no self-editing or censoring. Once you feel you've cleared the surface chatter, sit in silence for another 5–10 minutes (or more) with the intention to listen without agenda.

REFLECTION

- What came up for you during the silence?
- What did you notice?
- What felt true?
- What is wanting your attention right now?



FROM CHAPTER 23

The Invitation

Your life story is yours alone to write, and you can begin again at any moment. Take this opportunity to reconnect with your most heartfelt vision for the life you desire (and deserve) to live.

THE BIG QUESTION

What do you want the story of your life to be?