

FIND YOUR HIDDEN CHAPTERS

10 Deep Questions to
Reflect, Heal, and Be Seen



W E L C O M E

These prompts are for you. They're here to help you reflect on the parts of your story that deserve to be seen, honored, and maybe even shared.

There's no rush here. Write what feels true. Skip questions if you need to. Come back later. this space belongs to you.

You matter. Your story matters. Your healing matters.

Ready? Let's go ♥

Genevieve



QUESTIONS 1-5

START BY GROUNDING YOURSELF IN THE HIDDEN PARTS OF YOUR OWN STORY

1. What's a part of your story that other's don't see, but has shaped who you are?

2. When did you feel most like yourself in the last year?
What were you doing?

3. What chapter of your life have you not fully told or processed?

QUESTIONS 1-5

START BY GROUNDING YOURSELF IN THE HIDDEN PARTS OF YOUR OWN STORY

4. Whats something you've survived that you don't give yourself enough credit for?

5. What has helped you make peace with the past? What might help you now?

NOW GO A LITTLE DEEPER, THIS IS WHERE THE SHIFT BEGINS

QUESTIONS 6-10

**NOW GO A LITTLE DEEPER, THIS IS WHERE THE
SHIFT BEGINS**

6. What are you still carrying that no longer serves you?

7. What do you need to hear right now and can you say it to yourself?

8. Where are you holding back in your life and why?

QUESTIONS 6-10

NOW GO A LITTLE DEEPER, THIS IS WHERE THE SHIFT BEGINS

9. If this season of your life had a title, what would it be?

10. What's one brave thing you can do this week to honor your story?

THESE PROMPTS ARE JUST THE BEGINNING. KEEP
EXPLORING YOUR HIDDEN CHAPTERS. YOU NEVER KNOW
WHAT PART OF YOU IS READY TO BE SEEN NEXT!



CLOSING REFLECTION

Before you close this journal, take a breath. You've spent time honoring the parts of your story that matter, maybe even parts you've never said out loud before. That's brave. That's honoring. That's beautiful.

IS THERE ANYTHING ELSE YOUR HEART WANTS TO SAY
RIGHT NOW?

Use this space for any final thoughts, truths, or reminders you don't want to forget.

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