

UNDERSTAND YOUR STORY



Inspiration

This writing challenge was inspired by a moment in my life when I was a young adult between 18–20, in a relationship where I slowly lost myself. I didn't know who I was becoming, and I allowed someone else to shape me. My voice was slipping away. Even then, before I had the knowledge to name what was happening, my journal was the one place where my voice still existed. Writing became the only space where I could hear myself.

This journey is meant to meet you exactly where you are. There's no pressure to get it "right," no expectations to write a certain amount, and no timeline you have to follow. These prompts are simply invitations, tools to help you understand yourself a little more deeply.

I'm honored to walk alongside you.

Before you begin the 7-Day Challenge: Understand Your Story, I want you to set yourself up in a way that supports you. Pick a time each day when you won't be interrupted. Choose a space where you can sit with your thoughts. Bring a journal or a few sheets of paper and a pen.

The prompts are not rules. They are not assignments. They are simply guides / tools to help you understand yourself a little more. I'm sharing what has helped me, but this is your process. Take what works, leave what does not.

As you write, don't judge your words. Don't edit yourself. Let whatever needs to come forward find its way onto the page. This is for you and only you. If anything feels too heavy, pause. Come back when you're ready.

You don't have to know where this will lead. Just begin. *I'm proud of you* for choosing yourself.

If anything in this journey brings up emotions you don't want to hold alone, reach out to someone you know and trust.

Day 1

This quote came directly from my journal:

"So many thoughts but nowhere to turn, so all I can do is write." 

I had no one to turn to besides my journal. This was a very specific moment in my life where writing became my lifeline. In my journal, I asked myself and God questions about my life, my situation, and the "why" behind everything. I needed an outlet for the noise in my mind, and writing gave me somewhere to put it.

PERSONAL LIFE

Writing didn't solve everything, but it gave me a place to breathe.

The Moment It First Took Shape

Move through this challenge in whatever rhythm feels right for you.

What is one early moment when I remember feeling alone or unseen? What did that version of me need that they didn't receive?

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Day 2

During this time, I lacked self-confidence, whatever I had going into the relationship had faded away. I had started to have doubts about where the relationship was heading. We had been dating for about two years, and while the first 6–8 months were good, everything after that slowly turned verbally, mentally, and eventually physically abusive. I didn't know how to reach out for help.

PERSONAL LIFE

Even in the middle of everything, writing helped me slowly see that the relationship was broken.

How That Moment Shaped Me

In your writing session today if you need to pause, breathe, or come back later, please do. This is your journey.

How did I begin seeing myself differently because of the experience I wrote about yesterday?

Day 3

My younger self didn't know how I should be treated. I didn't know that what I was experiencing wasn't normal. I became dependent on someone who wasn't good for me, because I didn't know any different.

PERSONAL LIFE

My journal became the first place I told the truth, even when I couldn't say it out loud yet.

Giving My Younger Self a Voice

Take this prompt at your own pace. There's no behind and no ahead here.

If I could give that version of me a voice, what would they be allowed to say?

Day 4

At that time in my life, and even before that relationship, I was looking for someone to love me, to hold me during hard times, to see the best in me, to love me unconditionally.

PERSONAL LIFE

Seeing my own words helped me realize I deserved the kind of love I was longing for.

As you write today let your reflections unfold slowly if they need to.

Listening Beneath the Loneliness

What unmet need is at the center of my loneliness? What is it trying to reveal about what I need, desire, or value?



Day 5

I accepted where I was, but I didn't have to believe that I had no voice or someone destined to stay weak. Deep down, I knew I was created for more. I knew God had something else for me. On the page, I started writing things I didn't yet believe of myself, that I was strong, that I was worthy, that I was meant for more.

PERSONAL LIFE

Writing became the place where I practiced believing in myself

Letting the Old Story Go

Write when you're ready, rest when you need to.

What belief, expectation, or story about myself no longer fits who I AM becoming?



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Day 6

I had to start believing I was strong enough to leave. That my family, especially my sisters, loved me. That my friends wanted to help me. I had been told that no one needed me except him. In my journal, I wrote down lies I had been told and writing them down made the truth impossible to ignore, that I did have a support system outside of him.

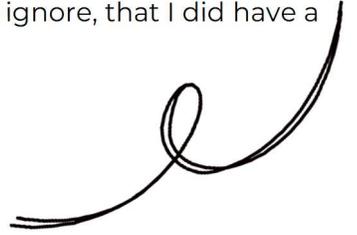
PERSONAL LIFE

Looking back my journal helped me separate his voice from mine.

Meeting the ME Beneath the Noise

There's no perfect pace, just the pace you set for yourself.

Now that I'm letting go of old stories, who am I underneath them? What qualities or truths feel most like the real me?



Day 7

I had to love myself. I had to look inward so I could understand how I wanted to be treated. I wanted respect. I wanted someone to love me for me. Through journaling, I began to define what love looked like to me.

PERSONAL LIFE

The more I wrote, the more I started to remember who I was.

What I'm Choosing to Give Myself

Give yourself permission to move slowly as you move through this prompt.

What do I want to give myself more of, now that I understand my needs and my story more clearly?



Congratulations

You made it through all seven days. That's something to be proud of. I hope you keep writing, not because you have to, but because you want to.

I'd love to hear from you. If you have feedback that could improve this experience, I'm open to it. If this journey made a difference for you, I'd love to hear your story and, with your permission, share it on Instagram. Your feedback helps shape what comes next.

Thank you for walking through this moment in my life with no judgment. I hope these last seven days of writing have inspired you, whether it's the beginning of your healing journey or simply a reminder that your voice matters. Writing these reflections, just like writing in my journal back then, reminds me how powerful it is to give your story a place to land. Your story is still unfolding, and you deserve to be the one who writes it.

