

I AM HER
JOURNALING
FOR HEALING



WORKBOOK

KRISTIN DANIELLE WILLIAMS

Welcome Beautiful Gem!

I'm a Certified Life Coach who specializes in Female Empowerment and Mindset Transformation. I'm so glad to share this journal with you! I am passionate about women learning to live whole, healed, free, on purpose, unapologetically, and with intent.

This journal was created for every Gem on a healing journey who desires to connect with herself, grow, and further promote change.

As you journey through this workbook, remember to let go and give yourself permission to feel. Be authentic with yourself because we can't heal what we don't reveal.

"Every scar that you have is a reminder not just that you got hurt, but that you survived." - Michelle Obama

HER Love-n-Purpose Sis,

Kristin Danielle "Coach K"



"We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty."

- Maya Angelou

"Do the best you can until you know better. Then when you know better, do better."

- Maya Angelou

JOURNALING PROMPTS

Who and what caused you pain? Tap into that hard place

When was a time you opened up and felt rejected? Sit with the emotion

How do you mentally and emotionally feel at this moment?

JOURNALING PROMPTS

What do you need to let go of and forgive yourself for? Be gentle with yourself

What are you passionate about? Are you walking in your purpose?

If you were alone in the room with the person who hurt you, what would you say?

JOURNALING PROMPTS

What are you most ashamed of?

What negative emotions do you avoid? Why?

Are there any limiting beliefs stopping you from your goals?

JOURNALING PROMPTS

Are you protecting your peace and energy at all costs? Explain

What lessons have you learned?

How can you love yourself more daily?

JOURNALING PROMPTS

Write a Letter To Your Younger Self

JOURNALING PROMPTS

Write a Letter To Your Future Self

JOURNALING PROMPTS

Pour into yourself by using "I Am" Affirmations.



WANNA LEARN MORE?

Sis, honor yourself and choose yourself! Healing happens when we are in connection with self. The healing journey is a process that consists of actions SHE takes to let go of things that weaken HER.

I will help you turn pain into YOUR superpower and master letting go!

[SCHEDULE A FREE CALL](#)



"The most common way people give up their POWER is by thinking they don't have any."

Alice Walker

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