



STILL BECOMING

7 Days of Becoming

A Guided Reflection for the Woman You're Becoming

Seven days to slow down, tell yourself the truth, honor where you've been,
and become more intentional about where you're going.

You do not have to have it all figured out. You are allowed to still be becoming.

A Still Becoming digital experience

Welcome to Your Next Seven Days

Becoming is not a finish line. It is the quiet, ongoing work of noticing who you are, deciding what still belongs, and choosing what comes next.

This guide is not asking you to reinvent yourself in seven days. It is asking you to spend seven intentional days with yourself - without performing, rushing, or pretending you already know every answer.

Give yourself 10-20 minutes each day. Write honestly. There is no perfect answer and no requirement to make your reflections sound beautiful. The goal is awareness.

- Choose a quiet time and place.
- Read the day's reflection before answering the prompts.
- Do the small Becoming Practice, even if it feels simple.
- Return to anything that brings up a strong reaction - there may be something there worth understanding.
- At the end of Day 7, decide what you want to carry forward.

Your only job this week: be honest enough to notice yourself.

Where I Am

Awareness before action.

Today's Reflection

We spend so much time thinking about where we should be that we can miss where we actually are. Today is about taking inventory without judgment. You may be proud of some parts of your life and disappointed by others. Both can be true. Growth begins when you stop editing the truth long enough to see it clearly.

Journal Prompts

If I described this season of my life honestly, what would I say?

What feels good, grounded, or aligned in my life right now?

What feels heavy, confusing, unfinished, or out of alignment?

What have I accomplished or survived that I have not given myself enough credit for?

Becoming Practice

Write three words that describe where you are today. Choose the words that are true - not the ones you wish were true.

Today's Affirmation

"I can acknowledge where I am without judging myself for not being somewhere else."

What I'm Carrying

Not everything that got you here belongs where you're going.

Today's Reflection

Some things become so familiar that we stop noticing their weight: old expectations, guilt, resentment, survival habits, relationships, stories about ourselves, and responsibilities we never consciously chose. Today is not about forcing yourself to let go. It is about identifying what you are carrying so you can decide whether it still deserves space in your life.

Journal Prompts

What am I carrying emotionally that feels heavier than it should?

What expectation am I trying to meet, and who taught me that I had to meet it?

What old version of myself am I still trying to protect or prove?

What would become easier if I gave myself permission to put one thing down?

Becoming Practice

Choose one thing you are ready to carry differently. Write: "I no longer need to carry _____ in the same way."

Today's Affirmation

"I am allowed to release what no longer supports the woman I am becoming."

Who I Was

Honor her. Learn from her. You do not have to return to her.

Today's Reflection

Every version of you knew something the next version needed. Some versions survived. Some settled. Some dreamed loudly. Some made choices you understand differently now. Becoming does not require you to hate who you used to be. Maturity can look like gratitude for the woman who got you here - and permission to outgrow her.

Journal Prompts

Which past version of me deserves more compassion than I have given her?

What did she teach me about strength, love, boundaries, ambition, or survival?

What did she tolerate that I no longer want to tolerate?

What part of her do I want to keep with me?

Becoming Practice

Write a short thank-you note to a past version of yourself. Thank her for one thing she did that made your life today possible.

Today's Affirmation

"I honor who I was without allowing my past to decide who I must remain."

What I Want

Desire gets clearer when the noise gets quieter.

Today's Reflection

It is easy to build a life around what looks successful, what keeps everyone comfortable, or what you think you are supposed to want. Today you get to remove the audience. Your wants do not have to be impressive to be valid. They can be peaceful, ambitious, soft, unconventional, practical, or still taking shape.

Journal Prompts

If nobody could judge my answer, what would I say I really want next?

What do I want more of in my everyday life?

What do I want less of?

What desire have I been minimizing because it feels too big, too late, too different, or inconvenient?

Becoming Practice

Complete this sentence five times: "I want a life that feels..." Then circle the answer that matters most.

Today's Affirmation

"I give myself permission to want what is true for me."

What Needs to Change

Awareness becomes transformation when it changes a choice.

Today's Reflection

You do not need to change everything at once. Usually, one honest change creates movement in several areas. Maybe it is a boundary. A habit. A conversation. A pattern. A belief. A decision you keep postponing. Today is about identifying the change that your next chapter keeps asking you to make.

Journal Prompts

What pattern keeps producing a result I say I no longer want?

Where am I saying yes when I mean no - or no when I really want to say yes?

What boundary, habit, belief, or decision would make the biggest difference right now?

What am I afraid might happen if I actually make that change?

Becoming Practice

Choose one change small enough to begin within the next 48 hours. Write the exact first action and when you will do it.

Today's Affirmation

"I do not need a perfect plan to make one aligned change."

Who I'm Becoming

Define her by how she lives, not only by what she achieves.

Today's Reflection

It is tempting to describe your future self by titles, money, appearance, relationships, or accomplishments. Those things can matter, but they do not fully describe a life. Today, think about her character. How does she respond when things are hard? What does she protect? What does she no longer negotiate? How does she speak to herself when nobody else is listening?

Journal Prompts

How does the woman I am becoming make decisions?

What does she protect fiercely - her peace, time, health, creativity, family, purpose, or something else?

What has she stopped apologizing for?

What three qualities do I want people to experience when they encounter me?

Becoming Practice

Choose one decision you have to make soon. Ask: "What would the woman I'm becoming choose?" Write the answer before you overthink it.

Today's Affirmation

"I become her through the choices I practice today."

I'm Still Becoming

You can be proud of your progress and still want more.

Today's Reflection

There will always be another layer, another lesson, another version of you waiting to be discovered. That does not make you unfinished in a negative way. It makes you alive. You are allowed to celebrate how far you have come while remaining curious about who you can become next.

Journal Prompts

What did I notice about myself during these seven days?

What am I most proud of in the woman I am today?

What am I ready to leave behind after this week?

What do I want to carry forward intentionally?

One year from now, what do I hope I can thank today's version of me for beginning?

Becoming Practice

Write a one-sentence promise to yourself for the next 30 days. Make it specific enough that you will know whether you kept it.

Today's Affirmation

"I am not behind. I am not finished. I am still becoming."

You Finished Seven Days. But You're Not Finished Becoming.

Go back through your pages and notice the words, themes, and truths that repeated themselves. Those repetitions are information. You do not need to act on every realization today. Choose what matters most and let the next step be intentional rather than dramatic

Your Becoming Commitments

One thing I am leaving behind:

One thing I am choosing more of:

One boundary I will honor:

One action I will take in the next 7 days:

The woman I am becoming is:

Still becoming is not a disclaimer. It is a declaration that your story is still being written.

Continue the journey

The next step in the Still Becoming collection is the 30-Day Reflection Journal - a deeper guided experience for building clarity, confidence, boundaries, intention, and self-trust.

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