



ELEVATE JOURNAL BONUS PROMPTS

FROM TRANSFORM WITH ANGELA (BABE SUMMIT)



WELCOME TO YOUR BONUS JOURNAL PROMPTS!

You took a bold step by joining me in the Babe Summit for “Elevate: 3 Signs Sexual Abuse is Impacting Your Business and How to Shift These for More Clients and Cash.” Now, it’s time to go deeper.

In our session, we explored how sexual abuse can silently shape your business — disconnecting you from your body, distorting your sense of safety, and deeply impacting your self-worth. These hidden patterns can make it harder to receive, to be seen, and to attract aligned clients and cash. But you’re not stuck. You have the power to shift this.

These journal prompts are designed to help you:

- Reconnect with your body and intuition
- Create a sense of safety from within
- Reclaim your worth and voice

This is your space to reflect, release, and rise. Give yourself permission to be honest, to feel what’s true, and to let go of what’s been holding you back.

✨ Take a breath. Open your heart. Let’s begin.

HEAL YOUR WOUNDS

Heyy!

In 2017, life hit me with a wake-up call—I found out I was unexpectedly pregnant. That moment flipped everything upside down and forced me to face the childhood sexual trauma and wounds I had buried for years. Healing wasn't a choice anymore—it was the only way forward. And let me tell you, the work never stops. It just goes deeper.

Since then, I've built three businesses, burned one to the ground out of pure self-sabotage, and learned firsthand that success isn't just about strategy—it's about healing the parts of you that resist it. Today, I'm a single mom to an incredible daughter with epilepsy, and balancing healing, business, and motherhood is my superpower.

That's why I'm obsessed with helping women shift their inner world so their outer success flows. I bring all my experience—five certifications, healing magic, and a nearly finished master's degree in psychology—to help my clients get real, lasting results.

So if you're ready to heal what's holding you back, take up space, and create a life and business that feels aligned—welcome to my world. Let's change yours. ✨



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QUICK TIPS JOURNALING

01

HONEST & OPEN IS KEY

Journaling creates awareness, connection, and a safe place to let go of all your thoughts, and feelings. Not only does this help create clarity but helps you regulate your nervous system through releasing old energy



02

FLOW & RELEASE

Whatever is the first thing that comes to mind, flow with that. Let in and let it out. Nothing needs to be perfect. You are NOT doing this wrong. Remember, this is about expression.



03

WRITE WITHOUT JUDGMENT

The goal is to let everything out without judgment. The best way to hold space for other people is to hold space for yourself. So that means you want to practice journaling without judging yourself, or what you are writing or saying.



ELEVATE PROMPTS

PROMPT

01

HOW IS SEXUAL ABUSE STILL IMPACTING YOUR BUSINESS?
Go with what comes up first and go from there.

PROMPT

02

WHEN WAS THE LAST TIME YOU FOLLOWED YOUR INTUITION ABOUT YOUR BUSINESS?
Remember, you want to be honest with yourself and dive in deep.

PROMPT

03

HOW IS BEING DISCONNECTED FROM YOUR BODY CAUSE YOU TO NOT TRUST YOURSELF AND INTUITION?
Remember, your body is your GPS. Are you listening?

PROMPT

04

WHAT WOULD YOU DO/CREATE IF YOU FULLY TRUSTED YOUR INTUITION AND YOURSELF?
Be honest with yourself. This is about awareness not judgment.

PROMPT

05

HOW ARE YOU STILL CARRYING THE FEAR THAT SEXUAL ABUSE MIGHT HAPPEN AGAIN?
Think about how you operate in the general public. Where you sit, what you notice about people and places.

PROMPT

06

HOW IS THIS FEAR KEEPING YOU FROM FULLY RELAXING INTO YOUR FEMININE ENERGY SO YOU CAN RECEIVE MORE?
You must allow yourself to receive. You can't do that if you are still operating from fear.

PROMPT

07

HOW IS YOUR NEED TO CONTROL ABOUT FEAR AND NOT ABOUT YOUR PARTNER'S ABILITIES?
Be honest.

ELEVATE PROMPTS

PROMPT

08

HOW IS NOT TELLING YOUR PARTNER ABOUT YOUR PAST, CAUSED YOU TO FEEL UNSAFE IN YOUR RELATIONSHIP?

Think about why you don't want to tell your parnter.

PROMPT

09

HOW IS NOT FEELING SAFE CAUSING YOU TO REPEL CLIENTS?

Remember receiving is about being able to relax. If you don't feel safe, you don't relax.

PROMPT

10

HOW IS YOUR NEED TO CONTROL CAUSING YOU TO PROCRASTINATE WITH PERFECTIONISM?

This is a fawn response within your nervous system.

PROMPT

11

HOW IS SEXUAL ABUSE PREVENTING YOU FROM BEING AUTHENTIC?

Think about your content and how you show up.

PROMPT

12

HOW HAS SEXUAL ABUSE CAUSED YOU TO NOW ANT TO BE SEEN OR HEARD?

Think about the clothes that you wear or things that you say or don't say.

PROMPT

13

IF YOU WERE TOTALLY HEALED FROM SEXUAL ABUSE. WHAT WOULD YOUR LIFE LOOK LIKE?

You are allowed to go big here.

PROMPT

14

IF YOU WERE TOTALLY HEALED FROM SEXUAL ABUSE. WHAT WOULD YOUR BUSINESS LOOK LIKE?

You are allowed to go big here.

ELEVATE PROMPTS

PROMPT

15

IF YOU WERE TOTALLY HEALED FROM SEXUAL ABUSE, WHAT WOULD YOU DO?

You are allowed to go big here.

PROMPT

16

HOW IS SEXUAL ABUSE PREVENTING YOU FROM FOLLOWING YOUR SOUL AND MAKING AN IMPACT THE WAY YOU DESIRE?

Be honest and dive into where you are led.

PROMPT

17

ARE YOU STILL CARRYING THE SHAME THAT WAS IMPRINTED ONTO YOU?

It's okay if you are. It's not enough to just realize it wasn't yours to begin with.

PROMPT

18

HOW ARE YOU STILL HOLDING YOURSELF HOSTAGE TO WHAT HAPPENED?

Think about subtle things in your life. If you have kids-how protective you are.

PROMPT

19

WHAT WOULD HAPPEN IF YOU TOTALLY FREED YOURSELF?

Be honest

PROMPT

20

WHAT STEPS DO YOU NEED TO TAKE TO TRULY LET THIS GO?

Try to keep in mind, this isn't about confronting or telling people either.

PROMPT

21

HOW ARE YOU CURRENTLY TAKING CARE OF YOURSELF

Success for SA survivors is about how well they are taking care of themselves.

CHALLENGE STUDENT TESTIMONIALS



CLIENT H

NO NAME FOR PRIVACY

I'm actually starting the biz I've always wanted to & literally just came to me. I don't know how else to explain it. Very exciting! It's like all of sudden I'm taking action, making decisions & my life is changing for the better. Kinda fast.



QUEEN M

NO NAME FOR PRIVACY

Working with Angela has literally changed my life. I've learned so much about myself in this process. Her patience, knowledge & honesty are incredible! She genuinely cares & goes above & beyond.



QUEEN R

NO NAME FOR PRIVACY

I really enjoyed our sessions. You make it so easy for me to open up & talk about the real stuff that I know we need to. You make me want to tackle the next thing & keep working on myself. Always continue to grow.





WHAT WOULD LIFE BE LIKE IF YOU WERE SOVEREIGN?

Imagine a life where you have full autonomy—over your work, your schedule, your time, and getting shit done. Picture yourself living with unshakable self-acceptance, embracing your body, your past, and every part of who you are. Imagine moving through life with complete authenticity—speaking your truth, showing up fully, and creating the life you've always envisioned.

Sovereignty is a 12-week live program designed to take you on a powerful journey of deep integration. Together, we'll release the wounds that have been holding you back—wounds like abandonment, rejection, body shame, mother wounds, and so much more.

This is your chance to transform your relationship with yourself and step into your autonomy, acceptance, and authenticity.

Are you ready to claim your power? Join us with the button below

[JOIN SOVEREIGNTY NOW!](#)