



21 PROMPTS TO ACTIVATE AUTONOMY, ACCEPTANCE & AUTHENTICITY.

FROM TRANSFORM WITH ANGELA



TRANSFORM YOUR RELATIONSHIPS

You are a badass woman—healing, growing, and building a business that reflects your dreams. You envision a life of impact, freedom, and abundance, you have autonomy over your time, energy, and money. You crave more than work; you crave a life well-lived, a legacy that fills you with pride and fulfillment.

But no matter how much mindset work you do, how many energy healings you attend, or books you devour, you feel stuck—unable to tap into your authority and authenticity that could lead you to the dream life you deserve.

It's not your fault. You've followed coaches' advice, poured your heart into therapy, and done the inner work. But what's missing is the method—a process that begins with safety, channels energy, and then aligns your mindset.

To truly unlock your potential, you must heal the deep wounds at the root of procrastination, fear of selling, or hesitation to raise your prices. You must integrate the parts of you—the toxic "good girl"—that hold you back from unconditional self-acceptance.

With the right tools, you can activate autonomy, authenticity, and acceptance. These 21 journal prompts are your first step toward stepping into your power and living the life you've always craved.

Let's begin.

HEAL YOUR WOUNDS

Heyy!

I'm Angela, and I'm here to help you heal your wounds, rewrite your stories, and create a life that feels so damn good. For the last 10 years, I've been on my own wild healing journey—transforming my life through healing deep -rooted wounds and integration work.

In 2017, life threw me a curveball—I found out I was unexpectedly pregnant. That moment turned my world upside down and became the wake-up call I didn't know I needed. It pushed me to start healing from childhood sexual trauma and unpack all the things I'd been carrying. Guess what? The healing hasn't stopped—it just keeps going deeper.

I've built 3 businesses, I burned one to the ground out of pure sabotage. Healing is messy, but it's worth every second. Today, I'm a single mom to an amazing daughter with epilepsy, and harmonizing my devotion to healing, my work, and her schedule is my superpower.

This is why I'm so fired up about helping you transform your relationship with yourself, getting shit done, and your business. 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, are you ready to do the damn thing? Welcome to my world. Let's change yours. ✨



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Your Journey Starts Here

These journal prompts are designed to help you tap into your inner knowing, uncover hidden truths, and create powerful breakthroughs in healing your wounds. This is more than journaling—it's an opportunity to build self-awareness and rewrite the narratives that have held you back.

Get ready to dig deep and confront what's been beneath the surface. The fact that you're here shows your commitment to the work, and I know you'll move through this with courage and grace.

Remember, you don't have to navigate this journey alone. Our sisterhood is here for you—a community of women walking similar paths, supporting each other every step of the way. [Join us here.](#)

If you're looking for even more tools to guide you in healing your wounds and transforming your story, [visit my shop](#) for additional resources.

Let's do this—you're ready.



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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.



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PROMPTS

PROMPT

01

DO YOU FEEL CONNECTED TO YOUR BODY?

When your body needs something, do you give it or talk yourself out of it? Do you feel present within your body? Or disconnected?

PROMPT

02

DO YOU TRUST YOUR INTUITION AND LISTEN?

When your intuition is coming through do you listen? Do you mistake it for fear? Do you execute what your being guided to do?

PROMPT

03

WHEN DOUBT COMES IN, WHAT ARE YOU DOING?

Notice what's triggering the doubt. What are you doing? What is the doubt saying? Who does it sound like?

PROMPT

04

WHEN THE INNER CRITIC COMES IN, WHAT ARE YOU DOING?

Notice what's triggering the inner critic. what are you doing? What is the inner critic saying? Who does it sound like?

PROMPT

05

HOW HAVE YOU BROKEN PROMISES TO YOURSELF? HOW IS THIS HURTING YOUR SELF-TRUST?

This is the first answer that comes to mind. Be honest with yourself.

PROMPT

06

DO YOU CONSTANTLY BLAME YOUR EGO FOR SOMETHING THAT GOES WRONG? OR OUT OF CHARACTER

When you get triggered and react do you blame your ego as if it is separate from you?

PROMPT

07

DO YOU ALLOW YOURSELF TO RELAX REGARDLESS OF WHAT YOU HAVE ACCOMPLISHED THAT DAY?

If there are 30 different things to do today and your body is telling you to rest, do you rest or do you push through? How is this hurting you?

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PROMPTS

PROMPT 08	<p>ARE YOU CONSTANTLY WAITING FOR INSPIRATION BUT IT NEVER SEEMS TO ARRIVE?</p> <p>Are waiting for inspiration to take action? What do you do when the inspiration doesn't come? What does it impact?</p>
PROMPT 09	<p>DO YOU HAVE SYSTEMS, STRUCTURES AND HABITS IN PLACE THAT SUPPORT YOUR ENERGY AND NERVOUS SYSTEM?</p> <p>What are your routines and rituals? How do you help yourself feel regulated and supported throughout your work day?</p>
PROMPT 10	<p>WHAT CAUSES YOUR SELF-SABOTAGE?</p> <p>Notice what triggers your self-sabotage. What brings it on? Who are you connecting with? What are you doing?</p>
PROMPT 11	<p>WHAT DOES SELF-SABTOAGE LOOK LIKE FOR YOU?</p> <p>Sabotage looks different for everyone. Do you know what yours looks like?</p>
PROMPT 12	<p>HOW HAVE YOU REJECTED YOURSELF?</p> <p>How can you help yourself meet this need so you'll stop the sabotage of your next up-level?</p>
PROMPT 13	<p>WHAT CYCLES ARE YOU CONSTANTLY PLAYING INTO THAT CAUSE SELF-ABANDONMENT?</p> <p>How are you abandoning your own wants, needs, and desires? How is this hurting your work and life?</p>
PROMPT 14	<p>HOW IS NOT ROCKING THE BOAT CAUSING YOU TO NOT GET YOUR NEEDS MET?</p> <p>How is not powerfully expressing yourself and your authority hurting you?</p>

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PROMPTS

PROMPT

15

HOW IS CHRONIC PEOPLE PLEASING CAUSING YOU TO FAIL IN YOUR WORK?

How is putting your needs last all the time impacting your relationships, the way you see yourself, and your work?

PROMPT

16

WHAT ARE YOU DOING WHEN YOU FEEL LIKE A FRAUD?

Notice what triggers this feeling of imposter syndrome. What is it saying? Who does it sound like?

PROMPT

17

HOW IS IMPOSTER SYNDROME SHOWING YOU WHERE YOU FEEL LIKE YOU ARE NOT ENOUGH?

Follow the answer that first comes up. Be honest with yourself.

PROMPT

18

WHAT WOULD HAPPEN IN YOUR LIFE IF HAD FULLY AUTONOMY?

Take time to visualize so you can manifest what you want.

PROMPT

19

WHAT WOULD YOUR LIFE LOOK LIKE IF YOU UNCONDITIONALLY ACCEPTED YOURSELF?

Take time to visualize so you can manifest what you want.

PROMPT

20

WHAT WOULD YOUR LIFE LOOK LIKE IF YOU WERE AUTHENTIC ALWAYS?

Take time to visualize so you can manifest what you want.

PROMPT

21

WHAT WOULD YOUR FUTURE SELF TELL YOU ABOUT SHIFTING YOUR RELATIONSHIP WITH YOURSELF?

Write it all down. Let it flow without judgment.

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!](#)