



Your Next Chapter
**LIVE LIFE
OUT LOUD**
Confidence Journal

Welcome, Beautiful Soul

Congratulations on choosing to invest in yourself. I created this journal for women like you—leaders, nurturers, visionaries—who have spent years showing up for others and are now ready to reclaim their own voice. This is your sacred space to pause, reflect, and realign with your truth. Use this journal daily or weekly to connect with your purpose and invite confidence, clarity, and courage into your next chapter.

With love and bold belief in you,

Benita

How to Use This Journal

You don't need anything fancy—just a quiet moment and an open heart.

Use this journal:

- ☞ Each morning to set your intention
- ☞ At the end of your day to reflect
- ☞ Weekly to track growth Let your truth rise.

There are no wrong answers, only bold discoveries.

This journal is designed to print on A5, 6-hole blank paper and will fit in a A5, 6-ring journal cover. Print additional Journal Entry pages to fill your journal. This journal is free for personal use only.

Your Journal Prompts

1. What am I ready to release that no longer serves me?
2. Where in my life do I feel small, and where am I ready to rise?
3. What would confidence look like in my next chapter?
4. What fear am I ready to face with courage?
5. Who do I need to become to live life out loud?
6. What is one truth I've ignored that's ready to be acknowledged?
7. What would I do today if I trusted myself completely?

Daily Affirmations

I am the author of my next chapter.

I choose courage over comfort.

I trust the timing of my transformation.

I am no longer available for playing small.

My purpose expands as I do.

Final Reflection

As you begin this journal, know that your next chapter is not waiting for permission—it's waiting for you. Revisit these pages as often as needed. Your growth is not linear. It's layered, powerful, and sacred. When you're ready to go deeper, I'd love to connect with you personally.

→ Book a Free Discovery Call

→ Visit: www.benitatylercoaching.com

You are not alone. Your next chapter begins now.

Live Bold. Live Free. Live Life Out Loud.



Your photo here

This journal belongs to

Name

Journal start date

Journal Entry

Date: _____ Time: _____ ☐ A.M. ☐ P.M.

Today's Thoughts and Events

Journal Prompts

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