



# She.

THE AWAKENING  
PROMPTS



A faint, detailed line drawing of a flowering plant, possibly a peony, serves as a background. It features several long, slender stems with pointed leaves. One stem has two small buds at the top, while another has a large, open flower with many petals and a detailed center. A third stem has a flower that is partially open. The entire illustration is rendered in a light, sketchy style.

# She. — The Awakening Prompts

*This workbook was created for the woman who is done waiting for permission.*

*These prompts are for reflection, reckoning, and remembering.*

*Answer boldly. Gently. Truthfully. There is no wrong way to return to yourself.*



1. *Was there a time I stayed quiet to avoid conflict —  
even when I was hurt?*

*What did I learn from that moment?*



2. What parts of myself have I hidden to be seen as "good,"  
"easy," or "likable"?

What would it feel like to stop?



3. Have I ever gone along with something unfair —  
just because it was “normal”?

What would I do differently now?



4. What does power feel like to me?  
Not control. Not fear. Just true power.



5. *What do I want — that I've been told I shouldn't want?  
Where did that rule come from?*



6. Was I ever told I was loved — but it didn't feel safe or respectful?

What did I ignore to keep the peace?



7. Have I ever unknowingly supported something that hurt  
women — including myself?  
What did I believe at the time?



8. *What would I say or do if I stopped apologizing all the time?  
How would my life look if I didn't shrink myself for others?*



9. *What did the women before me never get to do — that I can?  
What legacy do I want to pass on?*



10. If I stopped waiting for permission —  
what would I choose today?

What is mine to claim, right now?





You've come far.

If something in you stirred — follow it.

When you're ready for more: tools, stories, and loud revolutions,  
you'll know where to go.

[shetherevolution.com](http://shetherevolution.com)

Join the revolution to empower yourself and generations to come.