

# She.

THE AWAKENING  
PROMPTS

# 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?

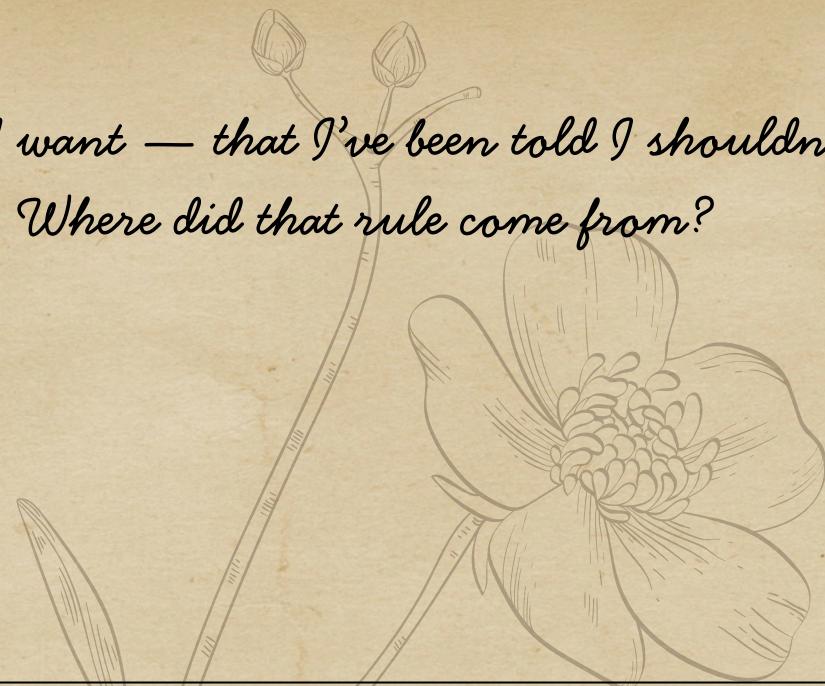
2. What parts of myself have I hidden to be seen as “good,” “easy,” or “likable”? What would it feel like to stop?

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?



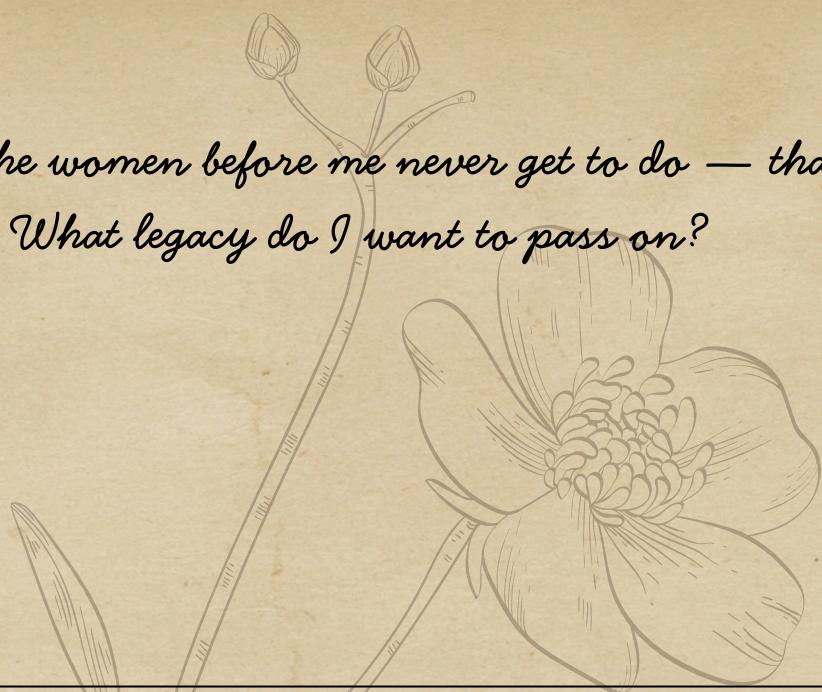
6. Was I ever told I was loved — but it didn't feel safe or  
respectful?

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.