

THE CRAZY LIST

An exclusive gift for our subscribers

A GUIDED JOURNAL

50 Journal Prompts

for

Women Starting Over



Prompts for healing, self-discovery,
and building the life you deserve.



www.thecrazylist.com

Welcome, Beautiful Soul

This journal is for you--the woman who is brave enough to begin again.

Starting over isn't starting from nothing. You carry wisdom, strength, and stories that have shaped the incredible person you are today.

These 50 prompts are designed to guide you through reflection, healing, dreaming, and celebrating who you're becoming.

There's no right or wrong way to use this journal. Write one prompt a day, skip around, or dive into whichever question speaks to your heart in this moment. This is your safe space to be honest, messy, hopeful, and free.

You don't have to have it all figured out.

You just have to begin.

How to Use This Journal

- Find a quiet moment--morning coffee, a cozy evening, a park bench.
- Read the prompt and let it sit with you before writing.
- Write freely without judgment. Spelling doesn't matter here.
- Use the lined space provided, or expand into your own notebook.
- Return to prompts as often as you like--your answers will evolve.

"You are worthy of the beautiful life you are building."



Self-Discovery & Identity

Section 1



What parts of myself did I lose that I want to reclaim?

If I could introduce myself to the world with no history, what would I say?




What beliefs about myself no longer serve me?



What values do I want to build my new life around?





***I am worthy of the beautiful life I am
building.***

~ breathe this in ~

10

Describe the woman you'll be one year from today.



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Healing & Letting Go

Section 2



What grief am I still carrying that deserves acknowledgment?





***My fresh start is not a failure—it is
freedom.***

~ breathe this in ~



If my pain could speak, what would it tell me?



17

List five things you survived that once felt impossible.



What old story am I rewriting starting today?



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**Courage &
Confidence**

Section 3





I trust myself to create what I need.

~ breathe this in ~



Write about a time you surprised yourself with your own strength.



How have my struggles shaped my resilience?



List ten things you're proud of—big or small.



What does confidence look like in my body?





***I am allowed to outgrow old versions of
myself.***

~ breathe this in ~



What risk is worth taking in this season of my life?



How can I celebrate my progress instead of focusing on how far I have to go?



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Dreams & New Beginnings

Section 4



If money and time were unlimited, what would my life look like?




What dream have I been whispering that deserves to be shouted?



Describe your dream home, career, and daily rhythm.





***Every ending carries the seed of a new
beginning.***

~ breathe this in ~

Write about the life you're building, as if it's already real.

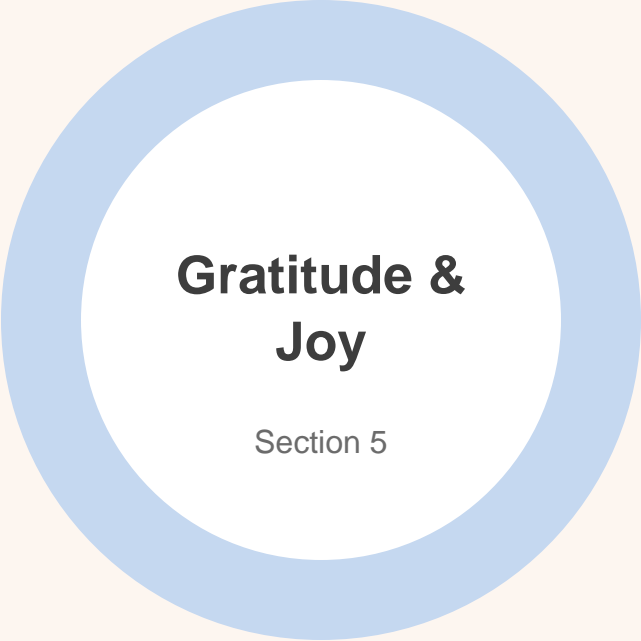
What small step can I take this week toward my biggest goal?



What kind of community do I want to surround myself with?

If this fresh start is a gift, what will I do with it?



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**Gratitude &
Joy**

Section 5



List twenty small things that bring me unexpected joy.



What relationship in my life am I most grateful for right now?





***I release what was and welcome what will
be.***

~ breathe this in ~




Describe a recent moment where you felt truly at peace.



Write a thank-you letter to your past self.

How has starting over opened doors I never expected?



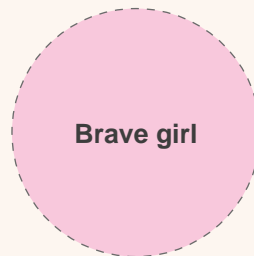
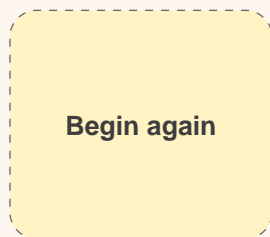
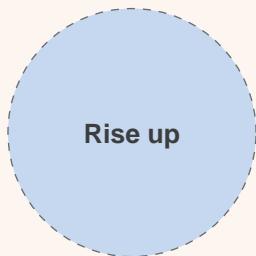
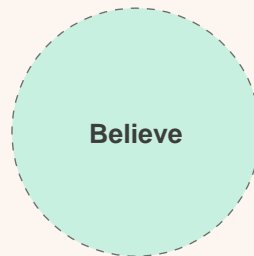
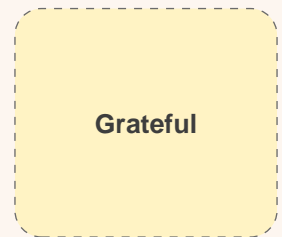
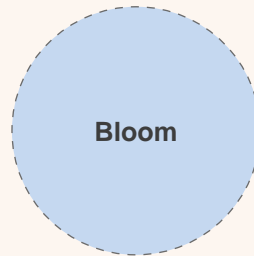
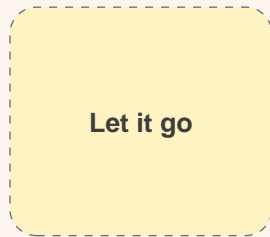
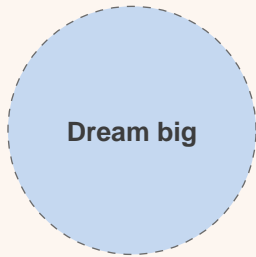


***My story is not over. The best chapters
are ahead.***

~ breathe this in ~

Sticker Printables

Cut along the dotted lines. Use to decorate your journal pages!



Print on sticker paper or regular paper with glue for best results.

Affirmation Stickers

Stick these where you'll see them daily—mirror, laptop, journal cover.

**I am becoming
who I'm meant to be**

**My past does not
define my future**

**I choose peace
over perfection**

**I trust
my journey**

**I am
resilient**

**New day,
new chances**

**I deserve
good things**

**Growth
is messy**

**I'm proud
of myself**

**One step
at a time**

**I belong
here**

**My feelings
are valid**

Print on sticker paper or regular paper with glue for best results.



You did it.

Every word you wrote is proof
that you're moving forward.

The best is yet to come.

