

THE ART OF BECOMING



WORKBOOK

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What part of me is longing to awaken right now?

Where have I silenced myself out of fear or habit?

How would it feel to fully trust my own truth?

Which patterns am I repeating, knowingly or unknowingly?

What emotion(s) am I resisting?

What do I need to acknowledge about myself ?

How do I respond when I feel overwhelmed?

What tools help me return to presence?

What emotion is asking to be seen with compassion?

What did I most needed as a child but didn't receive?

Can I offer that to myself now?

Where do I still seek external validation?

Which belief about myself feels outdated or limiting?

Whose voice is behind that belief?

What belief feels true and empowering?

What parts of myself have I rejected or hidden?

What am I afraid others would see if I let them in?

Can I offer love to those parts that want to be seen?

Where am I still performing instead of being real?

What truth am I afraid to speak out loud?

What does my body feel when I am fully honest?

What pain am I still holding on to?

What is no longer serving me?

What would freedom from this weight feel like?

What do I deeply care about, beyond expectations?

What are my core values?

What kind of impact do I want to leave in the world?

What does aligned action look like today?

Where do I feel pulled to move, even if it scares me?

What one inspired step can I take now?

What does it mean to lead with love?

When do I feel most connected to my heart?

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What would change if I let my heart speak first?

Where am I still fragmented or in conflict with myself?

What would it feel like to come home within?

Can I hold all parts of me in gentleness today?

What judgments do I hold toward “opposite” traits in me?

Where can I see beyond right/wrong, good/bad?

How do I begin to honor both sides of the story?

How present am I in my body right now?

What helps me embody calm, grace, and trust?

Where can I soften the edges of control?

What legacy am I creating through how I live today?

How do I want to be remembered?

What message do I want to pass forward to the world?