



A journaling reflection for Lost Heroes ready to rise.



~ PHOENIX JOURNALING PROMPTS ~

1. WHAT PARTS OF MY IDENTITY FEEL LIKE THEY'RE "NOT MINE" ANYMORE?

What masks, roles, or stories am I still carrying that feel heavy, false, or outdated?

2. WHERE IN MY LIFE AM I PLAYING SMALL TO STAY SAFE?

What would it look like to turn toward my power instead of away from it?

3. IF I TRUSTED THE FIRE WAS HERE TO HELP ME TRANSFORM, NOT DESTROY ME... WHAT WOULD I LET IT BURN AWAY?

List anything—beliefs, habits, relationships, expectations—that no longer support your becoming.

4. WHAT DO I KNOW ABOUT WHO I TRULY AM, EVEN IF I'VE BEEN AFRAID TO ADMIT IT?

Write as if you're whispering a secret truth to yourself in the dark.

5. WHAT WOULD IT LOOK LIKE TO LOVE MYSELF THROUGH THE TRANSFORMATION?

What does self-love look like right now—not once I've "figured it out" or become "better"?

6. WHAT IS MY FIRE ASKING OF ME?

Sit in silence for a moment and listen. Then write down anything that comes.

OPTIONAL SPELLWORK:

Write a letter to the version of you who's already on the other side of this transformation. What do they know? How do they move through the world? How did they get there?

