

TORRE BOYD LPC

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WELCOME

READY FOR REAL CHANGE?

Hey there, self-explorer. You've picked up this journal because you're not just skimming the surface of life. You're diving deep. You're after the real you—the person behind the roles, titles, and expectations.

WHY YOU NEED THIS JOURNAL

Let's be real: you're here because you're tired of going through the motions. You don't just want to know yourself; you want to understand yourself. And you're willing to ask the tough questions to get there.

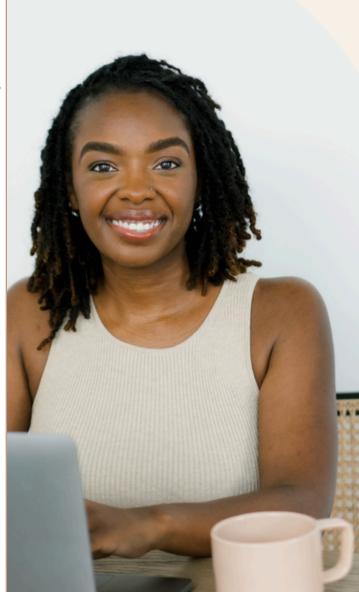
INSIDE THESE PAGES

This is a guided journey through the most essential aspects of you. We will start with Who I Think I Am.

Who I Think I Am: Cut through the noise. Who are you when no one's looking?

Do you know who this is? When is the last time your really took some time to see who you have become along the way? That time is now. I hope that you enjoy what you are about to discover about yourself along the way.

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HOW THIS WORKS

15 deep-dive prompts and finishes with an action step. Because real change comes from both thinking and doing.





WHAT'S NEXT?

So, are you ready? Grab this journal like you're grabbing life: with both hands. Your future self will thank you.





Describe yourself in three words.						
What qualities do you admire in yourself?						

What are three things you want to improve about yourself?
How do you handle stress or conflict?

What makes you happiest?						
What are you most proud of?						

What are you most fearful of?						
What's your favorite way to relax and unwind?						

What are three personal goals you have right now?						
What are your favorite hobbies or activities?						

What's something you always procrastinate on? Why?							
How do you feel about change?							

What's a skill you wish you had?							
What's the most important lesson you've learned so far?							

Describe your perfect day.



Action	n Step:					
Take a look at the three things you want to improve about yourself (Prompt 3). Choose one. Now set a small, achievable goal related to that improvement. Write it down and make a plan to act on it this week.						