WRITE IT MESSY

30 Days of *Release*

WRITE IT. FEEL IT. RELEASE IT.

You don't have to keep it. You just have to get it out.



01 | What am I carrying that I am ready to put down?

02 | What have I been pretending doesn't hurt anymore?

03 | What am I tired of thinking about?

04 | What am I holding onto because I never received an apology, explanation, or closure?

05 | What have I been blaming myself for that I need to examine with more compassion?

06 | What expectations am I carrying that no longer belong to me?

07 | What am I afraid will happen if I finally let this go?

08 | What did I need in a difficult season that I didn't receive?

09 | What words were spoken to me that I no longer want to carry?

10 | What have I wanted to say but never felt safe enough to say?

11 | What am I angry about?

12 | What am I grieving that I haven't fully acknowledged?

13 | What version of myself am I ready to release?

14 | What mistake have I allowed to become part of my identity?

15 | What am I still trying to prove, and to whom?

16 | What responsibility have I taken on that was never mine?

17 | What do I need to forgive myself for?

18 | What boundary would help me protect the peace I am creating?

19 | What relationship, experience, or season do I need to stop trying to rewrite?

20 | What am I holding onto simply because it is familiar?

21 | What fear has been making decisions for me?

22 | What would I do differently if I stopped worrying about disappointing everyone?

23 | Where in my life do I need permission to say, "Enough"?

24 | What am I ready to stop explaining?

25 | What belief about myself no longer fits who I am becoming?

26 | What does peace look like for me now?

27 | What deserves more room in my life once I release what has been weighing me down?

28 | What have I survived that I rarely give myself credit for?

29 | What would I like to carry forward from this season, and what can stay behind?

30 | If today were the beginning of a lighter chapter, what would I want it to say?

Your story may not end here.

Sometimes writing for yourself is where it starts. Sometimes you discover there is a story inside of you that could encourage and help someone else.

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