

Coaching in a Nutshell – Week 1 Journal

Theme: Fear of Rejection & Not Being Enough

■ Real Talk Insight

Many of us play small not because we lack talent – but because we fear being seen and rejected. That fear becomes a muzzle over our voice, our dreams, and our worth. But the truth is: rejection doesn't define you. God already accepted you. And *that* is your foundation.

■ The Inner Work Prompt

Where am I hiding my light because I fear they won't accept me?

■ Bonus Prompt

What would I believe about myself if fear wasn't speaking for me?

■ Journaling Space

■ Empowered Life Reminder

You don't need to shrink to stay safe. You don't need to twist yourself to be loved. You don't need to earn what was always yours.

You are already enough.
You are already loved.
You are already home.

■ Weekly Reflection

What did this week's question reveal to you? How did you respond differently because of it?
