

THE COURAGE TO BE SEEN



A GUIDED JOURNAL FOR
expressing your true self



MONTHLY
REFLECTION
journal



There is a tenderness to being seen that often goes unnoticed.

Beneath the ways you adapt, adjust, and instinctively read the room, there is an inner truth that has learned to wait. Not because it doubts itself, but because it knows visibility carries weight.

You may recognize this in the moments when your voice softens, when you choose the easier answer, or when something real stays just beneath the surface. These are not failures of courage. They are traces of lived experience.

This month offers a space to explore what being seen actually means for you. Not as performance or exposure, but as a quiet willingness to let what's real be acknowledged.

In the Akashic Records, courage is not loud or forceful. It's described as presence that remains steady even when vulnerability is stirred. A staying-with rather than a pushing-through.

From that place, clarity unfolds on its own. Expression feels more honest. And visibility becomes something you inhabit, not something you chase.

There is depth beneath every moment where you consider showing yourself. A grounded strength that doesn't ask to be proven, only recognized.

You encounter it when you slow down long enough to notice what wants to emerge. You feel it when you allow yourself to be witnessed internally, first.

As you move through these reflections, let curiosity lead rather than expectation. Let each page meet you where you are, without urgency.

These pages are here to remind you that your truth already belongs, even in its quietest form.

Welcome into this space of gentle visibility,

Lisa Wetsel
AKASHIC RECORDS CONSULTANT





As you move through these questions, allow yourself to be visible.

Visibility doesn't require certainty. It only asks for honesty. Write what you would normally edit, even if it feels unfinished.





Where in my life do I feel most visible right now?

Where do I feel unseen, overlooked, or quietly absent?

What emotions tend to surface when attention turns toward me?





When did I first learn that visibility carried risk?

How do I protect myself from being seen today?

What parts of myself do I regularly soften, hide, or translate for others?





What am I most afraid would happen if I were fully visible?

What part of me wants to be seen, even if it feels uncomfortable?

How can I honor both my need for safety and my desire to be seen?





Let these affirmations support you as you allow yourself to be seen.

Come back to them when you question your voice, your presence, or your right to take up space. Let them meet you in the moments when courage feels quiet and showing up feels tender.





It is safe for
me to
be seen.



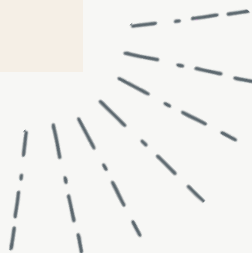
My voice
matters, even
when it's quiet.

I release
the need to
hide myself.

I choose presence
over protection.



I don't have to
shrink for
connection.





I am safe
to show who I'm
becoming.



I can show up
as I am.

I release

the need to
hide parts of
myself.

I trust myself
when I'm seen.



I choose honesty
over
hiding.





THE ONE AFFIRMATION THAT SPOKE TO ME

Which affirmation feels true for you in this moment? Write it below, or adapt it so it reflects your own voice.

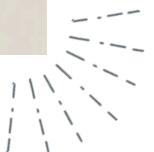
THE ONE QUIET TRUTH I'M HOLDING THIS MONTH

What truth are you carrying quietly this month? Write it as it is, without explaining or softening it.



A space to gather what you allowed to be seen, and what stayed protected.

Reflect on where courage felt available, where it didn't, and what that taught you. Let this section gather what you're carrying forward.





MY SOUL INTENTION FOR THIS MONTH

What way of showing up feels right for you this month? Let your intention reflect how you want to meet visibility.

LOOKING AHEAD: WHAT I'M OPEN TO NEXT MONTH

As you look ahead, notice where you might allow yourself to be seen a little more.

Check-in

This month, I noticed...

- ☐ A moment I chose to speak
- ☐ A truth I didn't soften
- ☐ A place I noticed holding back
- ☐ A part of me that wanted to be seen
- ☐ A fear around visibility that eased
- ☐ A moment of quiet courage





I can show up as I am.
I don't need to be reduced.





**If something inside you has begun to stir —
a quiet aliveness, a deep breath, a sense of being
more here — this may be your soul awakening.**

A one-on-one Akashic Records session offers a space where you don't have to explain yourself or have everything figured out. It's not about searching for answers, but about being met in what's already present.

In the Records, visibility is met with compassion. Nothing needs to be pushed or proven. What's ready to be acknowledged is allowed to come forward naturally, in its own timing.

Together, we enter this space with openness and care, allowing what has been held quietly to be seen and understood. You are guided gently, without pressure, toward greater clarity and self-trust.

You're welcome to bring specific questions, themes, or situations you want clarity around. This session meets you where you are, with what you're ready to explore.

BOOK A 1:1 AKASHIC RECORDS SESSION

With love,

Lisa Witzel
AKASHIC RECORDS CONSULTANT





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Wetzel



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lisawetzel.com