

THE SELF I'M BECOMING



A GUIDED JOURNAL FOR
embodied growth



MONTHLY
REFLECTION
journal



There's a version of you that's quietly forming beneath the surface of your everyday life.

Not through dramatic breakthroughs or sudden clarity, but through the small choices you make, the boundaries you adjust, and the truths you're no longer willing to ignore.

This becoming often happens in between moments - when something old stops resonating and something new hasn't fully taken shape yet.

You might notice it when familiar roles feel too tight, when certain reactions no longer feel like yours, or when you sense that who you're becoming requires a different way of showing up. This is the space where growth begins - not by forcing change, but by allowing honesty to lead.

This journal is an invitation to meet yourself in that in-between. To explore the layers you're shedding, the values you're clarifying, and the identity that's slowly coming into focus.

Each prompt offers space to reflect on who you've been, who you're releasing, and who you're choosing to become - without rushing the process or needing all the answers at once.

The Akashic perspective reminds us that becoming is not about fixing yourself. It's about remembering what feels true now, even when it differs from who you once were.

As you move through this journal, let curiosity guide you. Let self-honesty be your compass. Let this be a place where you witness your evolution, one reflection at a time.

These pages aren't here to define you, they're here to support you as you define yourself.

Welcome to the self you're becoming,

Lisa Witzel
AKASHIC RECORDS CONSULTANT





This is a space to explore who you're becoming. Begin from what feels honest.

You don't need clarity before you begin. These reflections are here to help you notice what feels true now, what you're releasing, and how your sense of self is changing — without pressure to define it all at once.





Where in my life do I feel a quiet sense that something is changing?

What behaviors, roles, or expectations am I beginning to question?

When do I feel most like myself lately – even in small moments?





What am I no longer willing to tolerate, explain, or shrink around?

How am I learning to respond differently than I used to?

What feels lighter, more aligned, or more natural than before?





If I trusted who I'm becoming, what choice would I make next?

What fears arise when I imagine fully stepping into this version of myself?

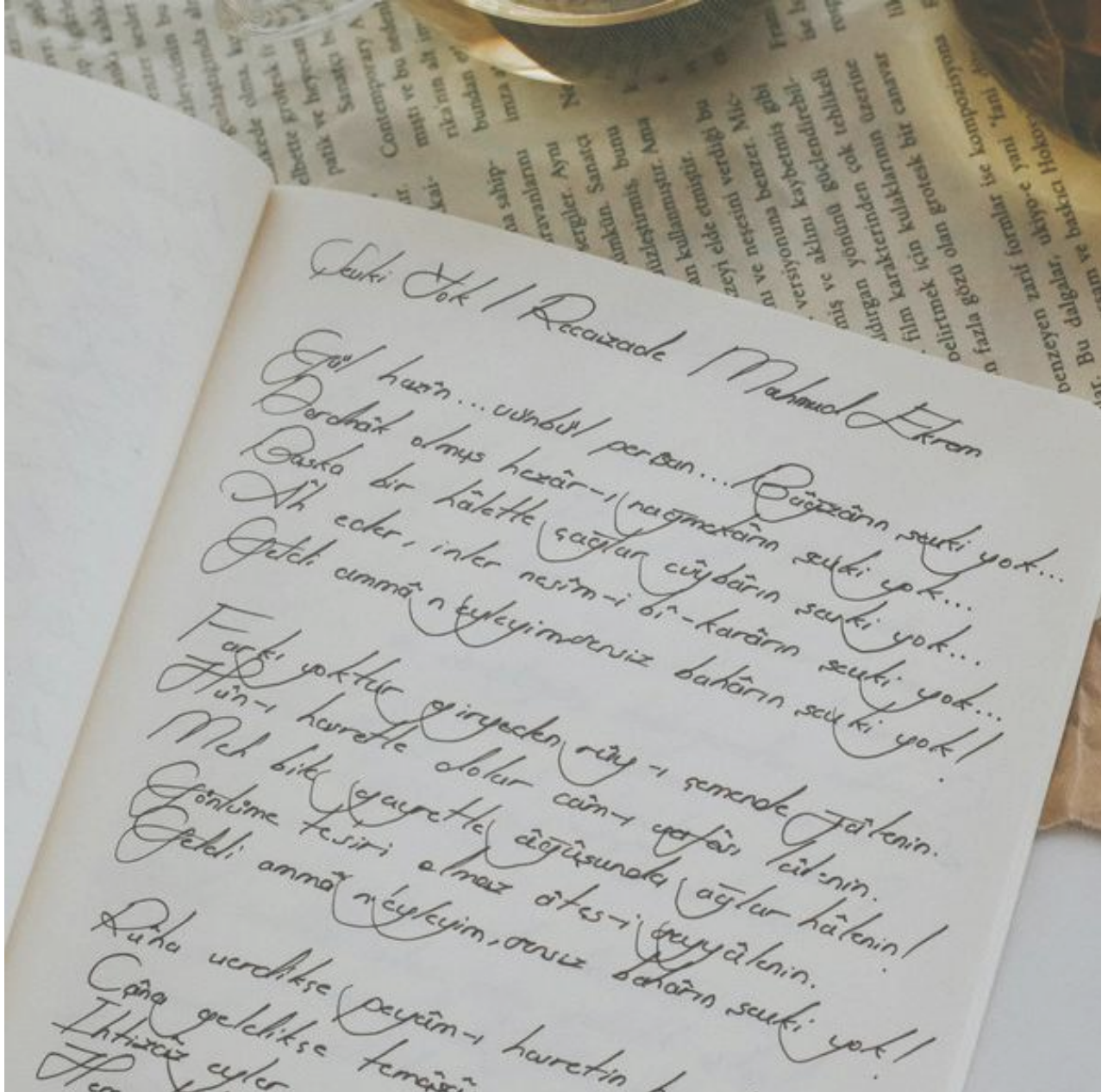
One year from now, how do I hope to recognize myself?





Use these affirmations as reference points, simple statements you can return to as you grow.

Come back to them when you feel pulled in different directions, when doubt creeps in, or when you need to reconnect with the choices you're making about who you want to be. Each affirmation is here to help you stay aligned with who you're growing into.





I choose growth
that feels
aligned.



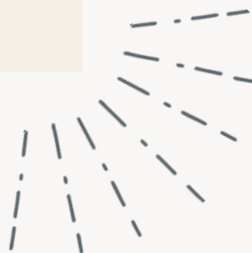
I meet
change with
clarity and self-
trust.

I allow
myself to
change without
guilt.

I no longer shrink
to
stay familiar.



I respect my
boundaries
as they evolve.





*I choose myself,
even when it feels
uncomfortable.*



*I allow growth
to be gradual
and real.*

I release

*old identities with
compassion and
understanding.*

*I give myself
permission
to change.*



*I am creating a
life that
reflects me.*



**THE ONE AFFIRMATION THAT SPOKE TO ME**

Choose one affirmation from the previous pages that feels relevant to who you're becoming. Rewrite it in your own words so it reflects what you're stepping into.



THE ONE QUIET TRUTH I'M HOLDING THIS MONTH

What are you no longer questioning about yourself right now? Write one sentence that reflects what you know, not what you're still figuring out.

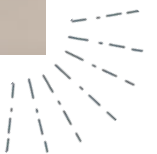






A place to take stock of who you are right now, not just who you're becoming.

Over time, thoughts, questions, and decisions start to connect. Use this page to bring them into one place – what you've noticed, what you've decided, and what you want to keep in mind as you move forward.





MY SOUL INTENTION FOR THIS MONTH

What qualities, behaviors, or ways of showing up am I practicing right now? Capture the version you're becoming.

LOOKING AHEAD: WHAT I'M OPEN TO NEXT MONTH

Write down the qualities or shifts you sense you're growing into. This isn't a plan, it's a direction.

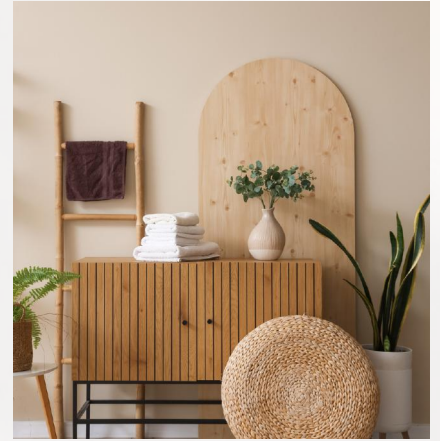


Check-in

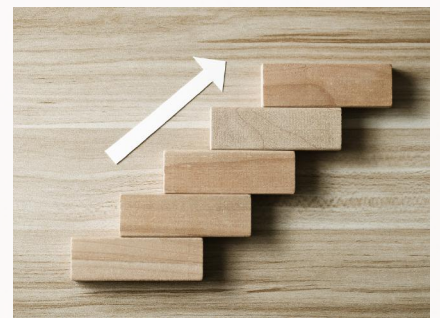
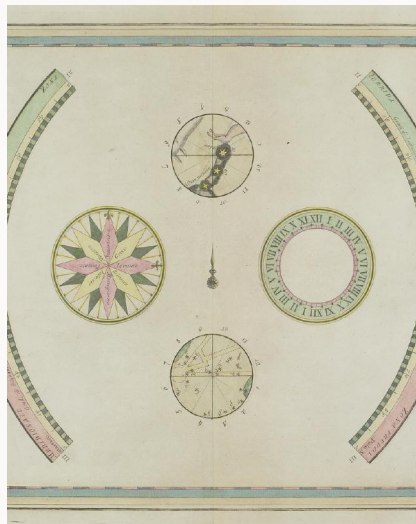
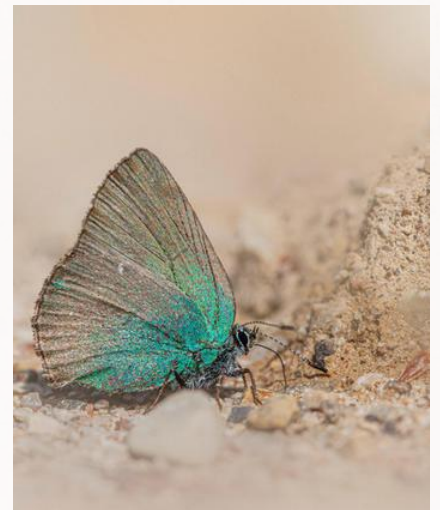
This month, I noticed...

- ☐ Honest with myself
- ☐ Clear about my boundaries
- ☐ Willing to change old patterns
- ☐ Comfortable saying no
- ☐ Aligned with my own values
- ☐ Aware of what still needs time





I'm not becoming through big moments.
I'm becoming through choice.





If working through this journal has clarified what's changing for you, and raised questions about who you're becoming, this may be the next step.

A one-on-one Akashic Records session offers focused support for moments of transition, decision-making, and identity shift. It's a space to bring the questions you're already holding – about direction, patterns, relationships, purpose, or next steps – and explore them with depth and perspective.

These sessions are for times when journaling has helped you name what's changing, but you want clearer insight into why it's happening and how to move forward in alignment with the person you're becoming.

Come with your questions. Come with what feels unresolved, uncertain, or ready for clarity. This work is about understanding yourself more fully – and making conscious choices from that understanding.

BOOK A 1:1 AKASHIC RECORDS SESSION

With love,

Lisa Witzel
AKASHIC RECORDS CONSULTANT





lisawetzel.com