

CHOOSING MYSELF AGAIN



A GUIDED JOURNAL FOR
realigning with yourself



MONTHLY
REFLECTION
journal



At some point, you start to notice where you've been going along with things that don't quite feel like you.

Not all at once. It shows up in small moments – when you say yes too quickly, when you ignore what you actually want, or when something feels slightly off and you move past it anyway.

Over time, those moments add up.

Choosing yourself again doesn't always look like a big decision.

Often, it's quieter than that. It's the shift of paying attention to what feels true, even when it's inconvenient. It's recognizing where you've adjusted, compromised, or stayed longer than you needed to.

This journal is a place to look at those patterns honestly.

Not to judge them, and not to undo everything at once – but to understand how you've been showing up, and where you might be ready to choose differently.

Because choosing yourself isn't a one-time act. It's something you return to. Again and again, in small, real ways.

Some choices will feel clear. Others won't. That's part of it.

You don't need a plan for what comes next.

Just a willingness to notice what no longer fits, and what you're ready to stand behind instead.

And this is where you meet yourself, honestly.

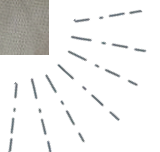
Lisa Witzel
AKASHIC RECORDS CONSULTANT





As you move through these questions, be honest about what feels true for you.

You don't need to soften your answers or make them more acceptable. Let them be as they are, and notice where you've been going along with things – and where you might be ready to choose differently.





Where in my life am I currently going along with something that doesn't feel right?

In what situations do I tend to ignore what I actually want?

What do I avoid expressing, even to myself?





Where do I prioritize keeping things easy over being honest?

What am I afraid might happen if I chose myself more fully?

How does it feel in my body when I go against myself?





What feels true for me, even if I haven't acted on it yet?

What is one thing I'm ready to stop tolerating?

What does it mean for me to choose myself again, starting here?





Let these affirmations serve as reminders of what you know is true for you.

Most of the time, you already know what you want.

What gets in the way is hesitation, overthinking, or the habit of putting yourself second.

These affirmations are here to cut through that.





I trust what feels
true
for me.



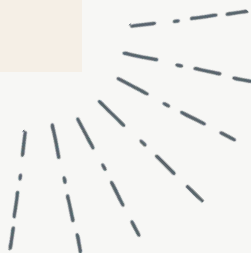
I am allowed
to want something
different.

I am allowed
to change my
mind.

I stand by what
I feel.



I listen to myself
and I take it
seriously.





*I trust
my initial
response.*



*I don't
minimize what
I want.*

*I can choose
differently,
even now.*



*I choose
what feels right,
not just what's
easy.*

*I choose myself,
again and
again.*





THE ONE AFFIRMATION THAT SPOKE TO ME

Of the affirmations you just read, which one is echoing in your heart right now? Write it below or even rewrite it in your own words.

◆

◆

THE ONE QUIET TRUTH I'M HOLDING THIS MONTH

What feels quietly true for you right now, even if it's small, even if you can't explain why? Let it be just one line. A soul note to carry.

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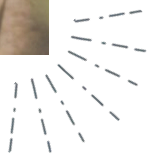
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A space to notice where you chose yourself, where you didn't, and what that revealed.

This isn't about getting it right. It's about seeing clearly how you've been showing up – what felt aligned, what didn't, and where you might be ready to respond differently.





MY SOUL INTENTION FOR THIS MONTH

What am I ready to choose for myself this month? Something you promise to stand by.

LOOKING AHEAD: WHAT I'M OPEN TO NEXT MONTH

Without overthinking it, what feels right for me moving forward? Something you're ready to follow through on.

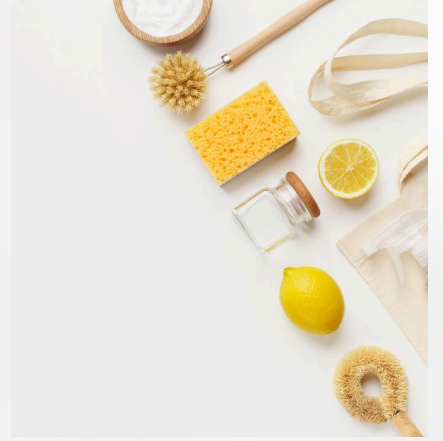


Check-in

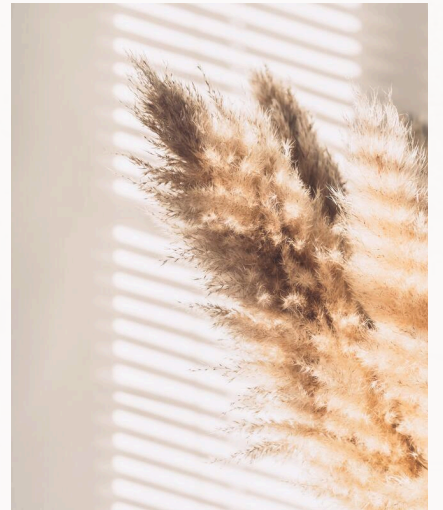
This month, I noticed I...

- chose what felt right for me
- paused before saying yes
- noticed where I held back
- was honest about what I wanted
- changed my mind when needed
- chose myself, even a little





I stand by what feels true for me.
Even when it's uncomfortable.





If something in you has become harder to ignore — a sense that something isn't right, a moment of hesitation, or a quiet knowing you keep pushing aside — this may be where you're being asked to choose differently.

A one-on-one Akashic Records session is a space to look at that more directly. Not to search for something new, but to understand what you already know — and how you've been responding to it.

Where are you going along with something that doesn't feel right?

Where are you holding back from making a clear decision?

Together, we enter the Records with openness and clarity, creating space to see these patterns without avoiding them or softening them.

You don't need perfect answers, but it helps to come with honest questions — about what you want, what you're avoiding, and what you're ready to stand by.

BOOK A 1:1 AKASHIC RECORDS SESSION

With love,

Lisa Wetsel

AKASHIC RECORDS CONSULTANT





Lisa
Wetsel



AKASHIC RECORDS
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lisawetsel.com