

An illustration of a young woman with dark skin and curly hair tied in a high ponytail. She is wearing a light blue t-shirt and blue jeans. She stands on the left, looking at her reflection in a large, rectangular mirror on the right. The mirror is shattered, with many cracks and pieces missing. Her reflection is a slightly different version of her, with a more distressed expression. The background is a warm, orange-brown color. The title 'BECOMING ME AGAIN' is written in large, bold, light blue capital letters across the middle of the image.

# BECOMING ME AGAIN

by Shanon Lee

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This is a work of creative nonfiction and personal reflection.

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Reach Out to Me

Want More Journals?

Before you begin, think back to the version of you that existed before you were pushed out, rejected, or made to feel like you didn't belong. Before the gossip. Before the exile. Before you learned to shrink just to survive.

She's still in there.

These prompts are about uncovering her, not recreating the past, but remembering your truth underneath all the roles and wounds.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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**What would I do differently if I believed I was already enough?**

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# A Letter to the Old Me

# Title: "Dear Girl I Used to Be..."

**Prompt: Write a letter to your past self. Thank her, release her, or speak life into her. Let her know what you've learned since.**

[illegible]

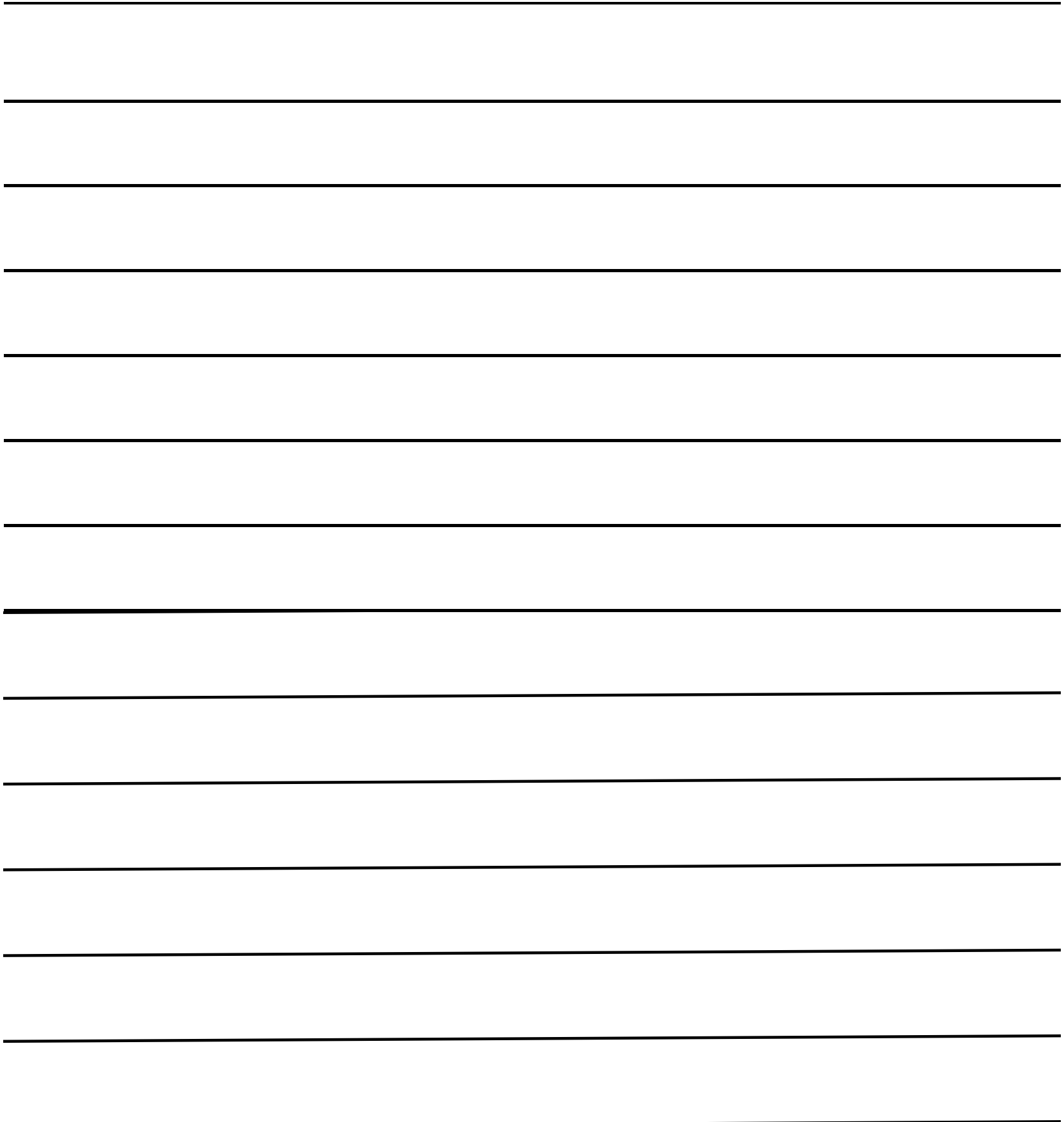


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[illegible]





## Say It 'Til You Feel It

1. I am allowed to change.
2. I am not my mistakes.
3. I can be soft and still be strong.
4. My voice is powerful, and I don't need to shrink to be seen.
5. Every day, I show up for my dreams. Even on the hard days.
6. I trust that what's mine is already making its way to me.
7. I create boundaries that protect my peace and honor my growth.

Success flows to me because I'm aligned, prepared,  
and unapologetically me.

# My 'Becoming Me' Playlist

Write 5–10 songs that got you through tough moments or represent a part of your healing era.

1

2

3

4

5

6

7

8

9

10