

An illustration of a young woman with dark skin and curly hair tied in a bun, wearing a light blue t-shirt and jeans. She stands on the left, looking at a large, rectangular mirror on the right. The mirror is shattered, with many cracks and pieces missing. Her reflection in the mirror is a slightly different version of her, appearing more distressed or sad. The background is a warm, golden-brown color with some light rays or dust particles. The overall mood is contemplative and emotional.

BECOMING ME AGAIN

by Shanon Lee

Copyright © 2025 by Shannon Lee

All rights reserved.

No part of this publication may be reproduced, distributed, or transmitted in any form or by any means—including photocopying, recording, or other electronic or mechanical methods—without the prior written permission of the author, except in the case of brief quotations used in reviews or educational content with proper credit.

This is a work of creative nonfiction and personal reflection.

Any stories or examples are used solely for illustrative purposes and are not intended to replace professional advice or diagnosis.

First Edition

Cover design/interior layout by Shannon Lee

Printed in the United States of America

ISBN: 9798287589103

Contact Information:

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.

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