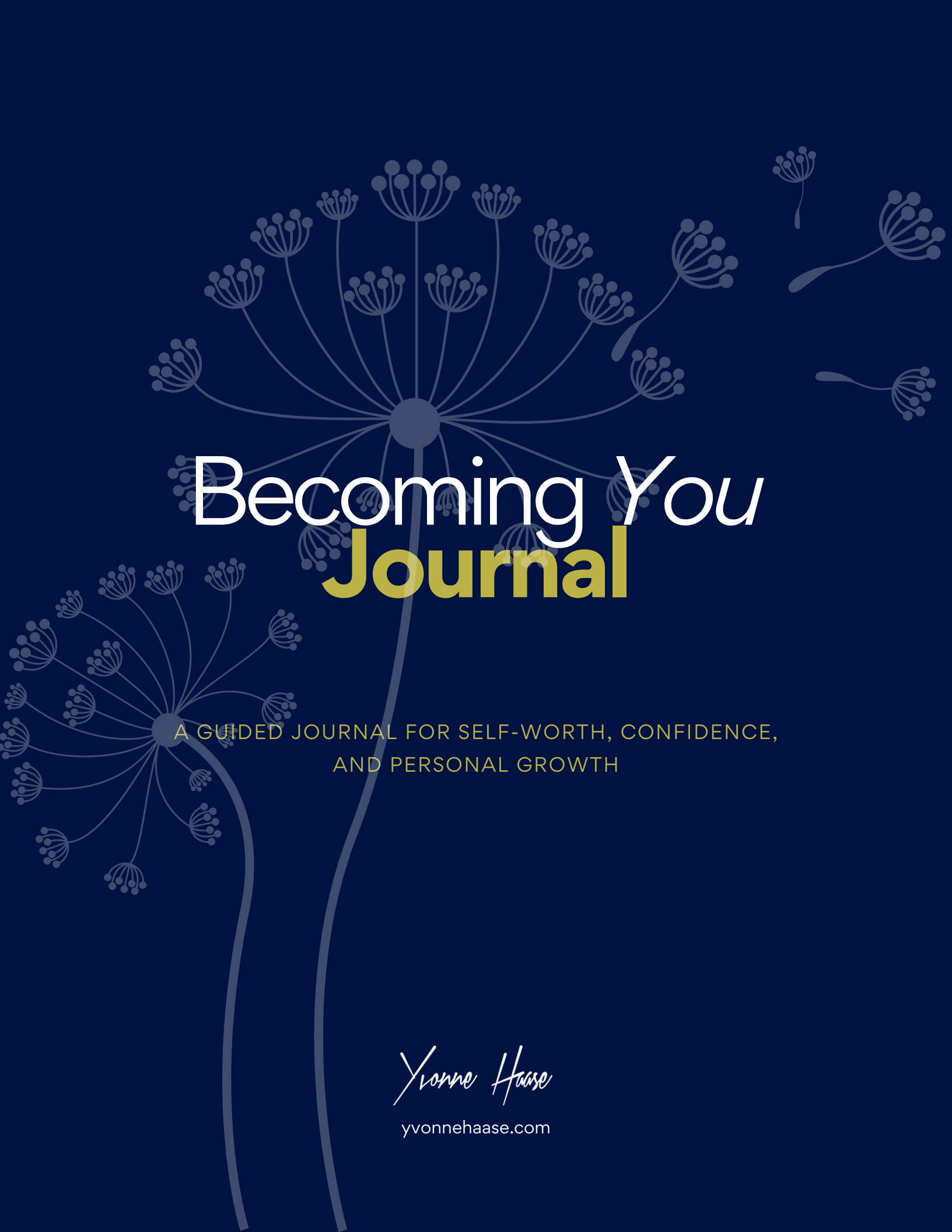




Becoming You Journal

A GUIDED JOURNAL FOR SELF-WORTH, CONFIDENCE,
AND PERSONAL GROWTH

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INTRODUCTION

There comes a point in many people's lives when they begin to question the way they see themselves.

You may appear strong on the outside while quietly struggling with self-doubt, comparison, fear of failure, or an inner voice that is far more critical than compassionate. You may find yourself repeating patterns that leave you feeling stuck, disconnected, or not fully aligned with the person you want to become.

This journal was created as a space for honest reflection, self-discovery, and personal growth.

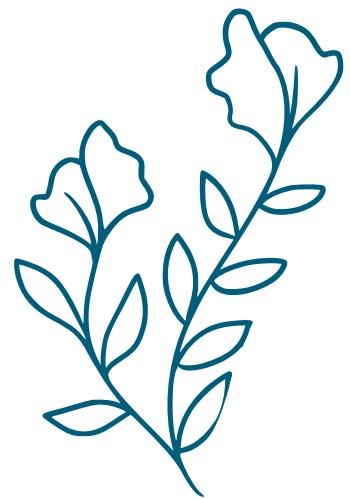
As a Licensed Mental Health Counselor, I have seen how deeply our thoughts, beliefs, experiences, and internal dialogue shape the way we move through the world. Many of the struggles people face are not rooted in a lack of ability or potential, but in the way they have learned to view themselves over time.

The good news is that self-awareness creates the opportunity for change.

When we begin to understand our patterns, challenge limiting beliefs, and approach ourselves with greater compassion, we create space for confidence, healing, and growth.

This journal is designed to help you:

- Strengthen your sense of self-worth
- increase self-awareness
- identify limiting patterns and beliefs
- build confidence through intentional action
- develop a healthier inner dialogue
- reconnect with the version of yourself that may have been buried beneath fear, criticism, or comparison



Section One

Self-Worth & Personal Growth

Self-worth is the foundation of how we view ourselves, our relationships, and our place in the world. It influences the way we speak to ourselves, the boundaries we set, the opportunities we pursue, and what we believe we deserve.

Many people unknowingly tie their worth to external factors such as achievement, appearance, productivity, relationships, or approval from others. Over time, this can create feelings of inadequacy, self-doubt, and pressure to constantly prove oneself.

Personal growth begins when we learn to separate our value from external validation and begin developing a healthier relationship with ourselves. Growth does not mean becoming perfect. It means becoming more self-aware, intentional, compassionate, and aligned with the person you want to be.

This section is designed to help you explore the beliefs you hold about yourself, recognize areas where your self-worth may have been impacted, and begin building a stronger internal foundation rooted in self-respect and authenticity.



What does self-worth mean to me?

When do I feel most confident in myself?

What experiences have impacted how I see my value?

What version of myself am I trying to become?

What areas of my life need growth right now?

What are five strengths you naturally possess?

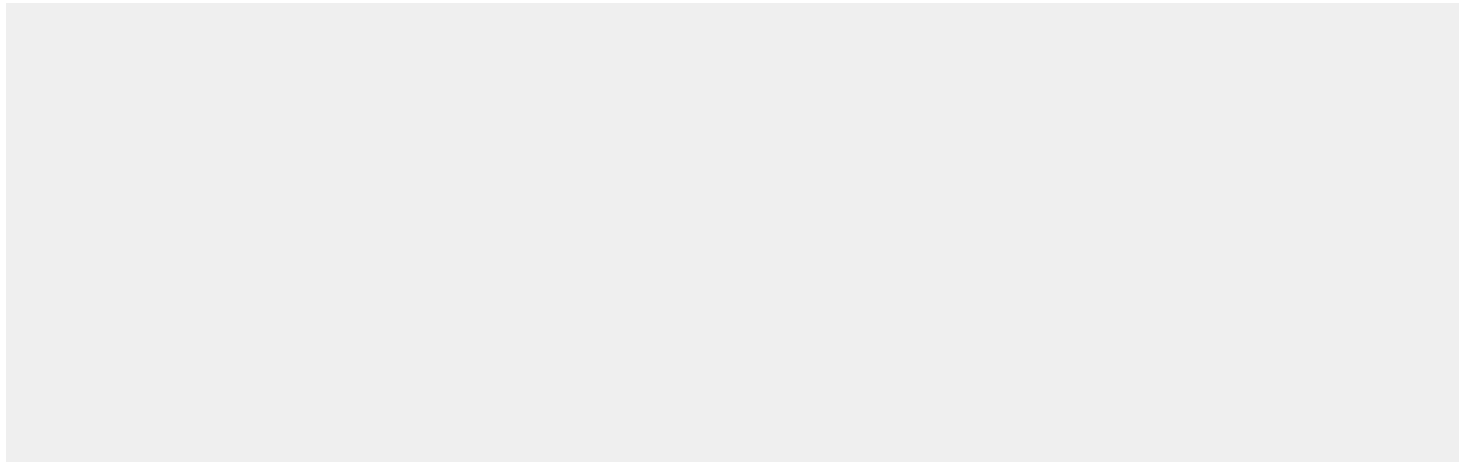
Activity Next Steps:

Before moving forward, take a moment to turn reflection into practice. The activity that follows is designed to help you recognize the thoughts, beliefs, and patterns shaping how you see yourself. Approach it with curiosity and honesty, allowing yourself to notice what comes up without judgment. Small shifts in awareness can become meaningful steps toward building a stronger, more authentic sense of self-worth.

You Become What You Practice

Choose one way you want to treat yourself differently and intentionally practice it for the next seven days. It might be speaking to yourself with more compassion, accepting a compliment without minimizing it, setting a boundary without guilt, trusting a decision without seeking reassurance, or giving yourself credit for something you did well.

This week, I will practice:



Keep this intention in mind throughout your day. When an old thought or behavior shows up, notice it without judgment and use that moment as an opportunity to practice something different. At the end of the week, reflect on whether this small shift changed the way you spoke to, thought about, or showed up for yourself.

Section Two

Understanding How You See Yourself

Self-worth is the foundation of how we view ourselves, our relationships, and our place in the world. It influences the way we speak to ourselves, the boundaries we set, the opportunities we pursue, and what we believe we deserve.

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Personal growth begins when we learn to separate our value from external validation and begin developing a healthier relationship with ourselves. Growth does not mean becoming perfect. It means becoming more self-aware, intentional, compassionate, and aligned with the person you want to be.

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How would I describe myself in 10 words?

Are those descriptions kind or critical?

Where did my self-image come from?

What situations make me feel small, insecure, or unseen?

What parts of myself do I hide from others?

When do I feel most authentic?

Activity Next Steps:

Before moving forward, take a moment to pay attention to the language you use when talking to yourself. The activity that follows is designed to help you recognize when a temporary feeling, mistake, or experience becomes a statement about who you are. By becoming more intentional with your words, you can begin shifting your inner dialogue toward one that supports growth, self-compassion, and a healthier sense of self-worth.

Words Matter

The words you use to describe yourself can quietly shape what you believe about who you are. There is a meaningful difference between acknowledging a difficult feeling or experience and allowing it to become part of your identity. Saying “I made a mistake” leaves room for growth, while saying “I’m a failure” turns one experience into a judgment about your worth. This activity will help you become more aware of that distinction and practice using language that is honest without being harmful.

Think of one negative statement you frequently say or think about yourself. Rewrite it in a way that acknowledges what you are feeling or experiencing without allowing it to define who you are.

Instead of:

I will practice saying:

Section Three

Breaking Limiting Patterns

Limiting patterns are repeated thoughts, behaviors, or emotional responses that keep us feeling stuck, disconnected, or unable to move forward. These patterns often develop over time as ways to cope, protect ourselves, or avoid discomfort, rejection, failure, or vulnerability.

While these patterns may have once served a purpose, they can eventually prevent personal growth, healthy relationships, confidence, and emotional well-being.

Common limiting patterns may include self-sabotage, avoidance, perfectionism, people-pleasing, negative thinking, fear of failure, or difficulty trusting yourself.

One of the most important steps toward change is recognizing that patterns can be unlearned. Awareness creates the opportunity to interrupt automatic behaviors and choose healthier responses.

This section is intended to help you identify the patterns that may be holding you back, understand the beliefs beneath them, and begin creating new ways of thinking, coping, and responding to yourself and the world around you.



What unhealthy patterns do I repeat?

What situations trigger these patterns?

What do these habits cost me emotionally?

How do these patterns protect me?

What would change if I released this pattern?

Complete this sentence: “When I feel _____, I tend to _____ because I believe _____.”

Activity Next Steps:

Before moving forward, take a moment to turn awareness into action. The activity that follows is designed to help you recognize where hesitation, avoidance, or uncertainty may be keeping you stuck. By becoming more intentional with the commitments you make to yourself, you can begin interrupting limiting patterns and replacing them with small, purposeful actions that move you forward.

Replace “Try” With Action

The word “try” can sometimes create space between what we intend to do and what we actually commit to doing. This activity encourages you to notice where “try” may be showing up in your language and replace it with a clear, intentional action. The goal isn't perfection. It's choosing one step you can take instead of remaining stuck in the intention to change. Write down the statement you've been telling yourself:

“I’ll try to...”

Now remove the word “try” and turn your intention into one clear, realistic action you can take.

“I will...”

As you move through your day, notice when “try” appears in your language. Ask yourself: Am I uncertain because this is genuinely difficult, or am I giving myself permission not to act? When possible, replace the intention with one small action you can actually take.

Section Four

Creating Action to Build Confidence

Confidence is often misunderstood as something people either naturally have or do not have. In reality, confidence is built through experience, practice, resilience, and the willingness to take action despite discomfort or fear.

Many people wait to feel confident before making changes, speaking up, setting boundaries, or pursuing goals. However, confidence is usually developed after taking action, not before it.

Building confidence involves learning to trust yourself, tolerate discomfort, and recognize your ability to handle challenges and setbacks.

It also requires consistency, self-compassion, and the willingness to keep showing up even when self-doubt is present.

This section focuses on helping you move from reflection into action.

Through intentional exercises and small, meaningful steps, you can begin strengthening your self-trust, increasing resilience, and creating a stronger sense of personal empowerment.



What does confidence look like to me?

When do I feel least confident?

What fears stop me from taking action?

What is one area where I need to trust myself more?

What action would help me feel empowered this week?

Name 3 things you can do to boost your confidence.

Activity Next Steps:

Before moving forward, take a moment to turn self-awareness into self-trust. The activity that follows is designed to help you recognize that confidence is built by taking action, even when doubt or discomfort is present. By acknowledging what you are capable of and creating new evidence through small, intentional steps, you can begin strengthening your confidence and trusting yourself to handle what comes next.

Confidence Through Action

Think of one thing you have been putting off because you don't feel confident, ready, or certain enough to do it. Instead of waiting for those feelings to change, consider one small step you can take now. The goal isn't to eliminate fear or self-doubt. It's to show yourself that you can take action even when those feelings are present.

Something I've been waiting to feel confident enough to do is:

One small action I can take anyway is:

What did taking this step prove to me about what I'm capable of?

Section Five

Comparison is a thievery of joy.

Comparison is a common human experience, but when it becomes constant, it can negatively affect self-esteem, confidence, motivation, and emotional well-being.

Comparing ourselves to others often causes us to focus on what we believe we lack rather than appreciating our own growth, strengths, and individuality.

Comparison can be intensified by social media, societal expectations, and unrealistic standards surrounding success, appearance, relationships, and achievement.

We are often comparing our internal struggles to someone else's external presentation, without fully understanding their experiences or challenges.

Over time, chronic comparison can lead to feelings of inadequacy, insecurity, jealousy, shame, or the belief that we are falling behind in life.

This section encourages you to examine how comparison impacts your self-worth and mental health. It also invites you to begin shifting your focus away from measuring yourself against others and toward building a healthier relationship with your own journey, progress, and identity.



Who do I compare myself to most often?

What emotions come up when I compare myself?

What do I believe they have that I lack?

How does comparison impact my mood or self-esteem?

What happens if I focused on my own growth instead?

Activity Next Steps:

Before moving forward, take a moment to shift your attention from comparison to self-awareness. The activity that follows is designed to help you notice when you are measuring your life against someone else's and understand what those comparisons may be revealing about you. By redirecting your focus toward your own values, goals, and progress, comparison can become an opportunity for greater clarity, growth, and appreciation for your individual journey.

Turn Comparison Into Clarity

Think of one person, situation, or area of life that tends to trigger comparison for you. Instead of focusing on what someone else has that you believe you lack, use that comparison as an opportunity to better understand what matters to you.

I tend to compare myself to others when it comes to:

What might this comparison be revealing about something I value, want, or want to develop in my own life?

As you move through your day, notice when comparison starts to pull your attention toward someone else's journey. Instead of asking, "Why don't I have what they have?" pause and ask:

"What is this showing me about what matters to me, and what can I do with that information?"

Section Six

Your Inner Dialogue

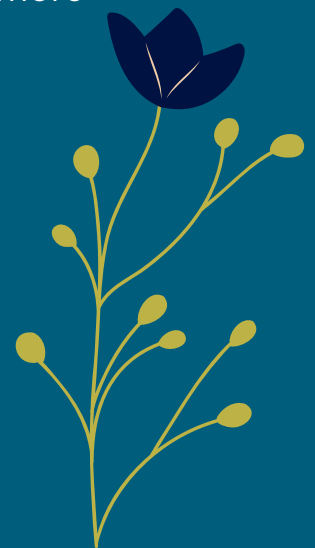
The way you speak to yourself matters. Your inner dialogue influences your emotions, behaviors, confidence, relationships, and overall mental well-being more than you may realize.

Many people develop an internal voice shaped by criticism, past experiences, fear, rejection, or unrealistic expectations. Over time, negative self-talk can become so automatic that it feels normal, even when it is harmful or untrue.

Harsh inner dialogue can increase anxiety, self-doubt, shame, and emotional exhaustion, while compassionate and balanced self-talk can support resilience, confidence, emotional regulation, and healing.

Developing a healthier inner dialogue does not mean ignoring difficulties or pretending everything is positive. Instead, it involves learning to speak to yourself with greater honesty, kindness, understanding, and self-respect.

This section is designed to help you become more aware of the thoughts you repeat to yourself, recognize how those thoughts impact your emotional well-being, and begin replacing self-criticism with more supportive and constructive internal conversations.



What tone does my inner voice usually have?

What are my most common self-critical thoughts?

When did I first begin speaking to myself this way?

How does negative self-talk affect my behavior?

What would a healthier inner voice sound like?

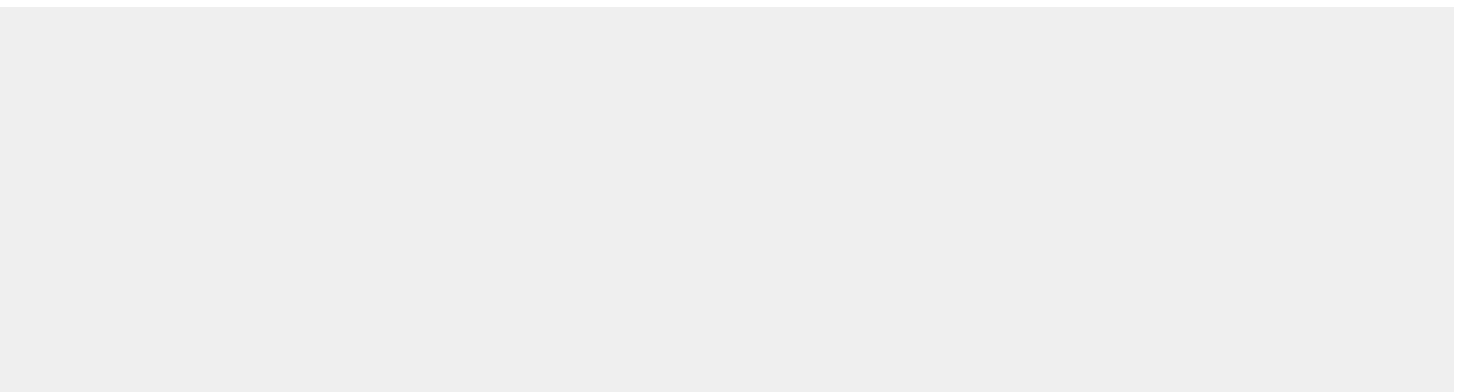
Activity Next Steps:

Before moving forward, take a moment to become more curious about the voice behind your inner dialogue. The activity that follows is designed to help you recognize where certain critical thoughts or beliefs may have originated and question whether they truly belong to you. By creating space between what you think and what you believe, you can begin developing an inner voice that feels more authentic, supportive, and aligned with who you are today.

Whose Voice Is It?

This activity invites you to pause and get curious about one of those messages. The goal isn't to immediately change the thought, but to understand where it may have come from and decide whether it still deserves a place in the way you see yourself.

Think of one critical message you regularly tell yourself. Where did you first learn to believe it? Is this truly what you believe about yourself, or could it be something you have been carrying from someone or somewhere else?



As you move through your day, notice when that familiar message appears. Instead of automatically accepting it as truth, pause and ask yourself:

“Is this my voice, or is this something I learned to believe?”

Awareness gives you the opportunity to decide which messages you want to continue carrying and which ones no longer belong in the relationship you are building with yourself.

Conclusion

Closing Thoughts.



As you reach the end of this journal, remember that growth is not measured by perfection, speed, or having all the answers. It is measured by your willingness to keep showing up for yourself with honesty, courage, and compassion.

The fact that you chose to reflect, challenge old patterns, and invest time into understanding yourself already speaks to your strength and your desire for something greater. Real change often happens quietly — in the small moments of awareness, the choices to speak to yourself more kindly, the boundaries you begin to set, and the ways you slowly start believing that you are worthy of the life you want to create.

You are allowed to grow at your own pace.

You are allowed to change your mind, rewrite old narratives, and become someone who no longer settles for self-doubt or fear.

Most importantly, you are allowed to take up space, trust your voice, and recognize your value without needing to earn it through perfection.

I hope this journal has helped you reconnect with parts of yourself that deserve more understanding, patience, and care. I hope it reminded you that confidence is not something reserved for other people — it is something that can be built, strengthened, and nurtured within you over time.

Keep choosing yourself.

Keep challenging the beliefs that no longer serve you.

Keep becoming more honest about who you are and who you want to be.

The relationship you build with yourself has the power to shape every part of your life. And no matter where you are in your journey right now, there is still room for healing, growth, confidence, and hope ahead.

Until next time,

Yvonne Haase, LMHC

About the Author

Meet Yvonne



Yvonne Haase, LMHC is a cut-to-the-chase Relationship Expert and Lifestyle Coach, Speaker, Psychotherapist, Accountability Guru and Mentor.

Yvonne specializes in couples, children and family therapy. She provides a broad range of custom-tailored counseling protocols including: couples and family counseling, collaborative divorce parenting, adoption, and fertility counseling. Her cut to the chase style enables individuals, couples and families to improve communication, resolve conflicts, build strong healthy relationships, and strengthen decision making.

Yvonne has worked with business leaders and their teams. Her one-on-one executive coaching provides individuals with insight into their personal strengths, habits and style so they can enhance their communication and leadership expertise. She is a DISC provider and uses this tool in working with her coaching clients as well as her counseling clients.

Yvonne is very passionate about giving back to her community. She has served on many boards and has co-authored numerous projects with other professionals and community leaders to create lasting change in the community. Among her many endeavors, Yvonne coached a team of professionals in a leadership program, where she supported them in developing a community based project that raised thousands for the Covenant House of Broward County. Using the knowledge she gained serving on previous boards, she brings a wide range of experiences to her current position Vice-President of Suits, Stilettos and Lipstick Foundation. In recognition of her charity work, Yvonne was honored as one of the 100 Outstanding Women in Broward County, Class of 2016 for Boys & Girls Club.

She has been the keynote speaker for organizations such as Business Networking International, Association of South Florida Mediators and Arbitrators, South Florida Chapter of EAPA and the Broward County School Board. Yvonne has also presented leadership trainings for city employees of West Palm Beach and the Make a Wish Foundation. Yvonne was a radio personality on the Dr. Elizabeth King show and presents at the annual "Suits, Stilettos and Lipstick" Conference. She is most known in her role as the moderator of the "Men in the Hot Seat" panel.

Yvonne, a South Florida native, first became interested in mental health while leading school retreats for adolescents. She received her Bachelor's degree in Psychology at Barry University. Yvonne then went on to complete her Master's degree in Mental Health Counseling at Nova Southeastern University. Yvonne has hundreds of hours in post graduate studies in couples, family counseling and women's issues.





Thank you.

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