

30-DAY #UNAPOLOGETICWRITER CHALLENGE

A MONTH OF FIVE-MINUTE
TRUTHS, ONE PROMPT AT A TIME.

Day 1: What truth have I been avoiding because it might change things?

Day 2: Where am I reacting instead of choosing?

Day 3: What thought loop am I done entertaining?

Day 4: What part of me is asking to be heard today?

Day 5: What am I carrying out of habit, not necessity?

Day 6: What would I choose if I wasn't scared of disappointing anyone?

Day 7: What boundary have I been too tired to hold?



Day 8: What desire have I been downplaying?

Day 9: What am I ready to forgive myself for?

Day 10: What am I pretending doesn't bother me?

Day 11: Where am I shrinking to keep the peace?

Day 12: What version of me am I outgrowing?

Day 13: What would five minutes of honesty change today?

Day 14: What do I need to put down so I can breathe?

Day 15: What am I proud of but rarely say out loud?

Day 16: What truth does my body know before my mind admits it?

Day 17: What am I tired of explaining?

Day 18: What would I choose if I trusted myself fully?

Day 19: What story about myself am I ready to rewrite?

**REWRITE THE
RULES**
RECLAIM YOUR
STORY

Day 20: What am I craving more of — and why?

Day 21: Where am I betraying myself in the name of being “nice”?

Day 22: What would rest look like if I didn't feel guilty?

Day 23: What am I secretly excited about?

Day 24: What truth have I been editing to make it easier for others?

Day 25: What am I no longer willing to tolerate?

Day 26: What part of me needs compassion today?

Day 27: What would one degree of change look like?

Day 28: What am I ready to say out loud?

Day 29: What future version of me is calling — and what is she asking for?

Day 30: Who am I becoming when I stop apologising for who I already am?

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