



## 5 JOURNAL PROMPTS TO RELEASE GRIEF, BURNOUT, AND EMOTIONAL WEIGHT

A FREE GUIDED REFLECTION TOOL FOR WOMEN WHO  
ARE TIRED OF CARRYING EVERYTHING IN SILENCE.



<https://keyascoaching.com>

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# HOW TO USE THIS GUIDE

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Before you begin, create a small moment for yourself.

- Find a quiet space where you won't be interrupted
  - Take a few deep breaths before you start
  - Give yourself 10–15 minutes per prompt
  - Write freely—no editing, no judgment
  - If emotions come up, allow them
  - Pause when needed, return when ready

You can complete this in one sitting or over several days.

There is no rush in healing.

There is only honesty.



# WELCOMENOTE

**There are things you've been carrying...**

**Quietly.**

**Heavily.**

**For far too long.**

**Things you've learned to function through.**

**Things you've pushed down to keep going.**

**Things you haven't had the space—or the safety—  
to truly face.**

**This guide is your permission to release.**

**Not all at once.**

**Not perfectly.**

**But honestly.**

**You don't need the right words.**

**You don't need to “get it together.”**

**You just need a moment... to tell yourself the  
truth.**

**Take your time with each prompt.**

**Pause when needed.**

**Breathe when it feels heavy.**

**This is not about writing well.**

**This is about feeling honestly.**

**— Keya**





# PROMPT 1

What have I been pretending does not hurt?

There are things we minimize.

Things we brush off.

Things we say "I'm fine" about... when we are not.

Take a moment to sit with this.

What have you been carrying that you've refused to fully acknowledge?

Where have you told yourself it's not a big deal... even though it is?

Write without filtering.

Let the truth come forward.





## PROMPT 2

What am I carrying that no longer belongs to me?

Sometimes we carry things that were never ours to hold.

Other people's expectations.

Other people's pain.

Old versions of ourselves.

Outdated responsibilities.

What are you still holding onto that you have outgrown?

What feels heavy... but familiar?

What would it feel like to put it down?





## PROMPT 3

Where have I abandoned myself to keep peace?

This one requires honesty.

Where have you stayed quiet when you needed to speak?

Where have you said yes when you meant no?

Where have you chosen comfort for others over truth for yourself?

Peace should not cost you your voice.

Write about the moments where you chose others... over you.

And ask yourself why.



# PROMPT 4

What does healing require from me right now?

Not what it required last year.

Not what someone else says it should look like.

Right now.

Do you need rest?

Do you need boundaries?

Do you need space?

Do you need to feel something you've been avoiding?

Be honest about what your healing actually needs.

Not what looks good.

Not what sounds strong.

What is real for you?





# PROMPT 5

What would it look like to trust my own voice again?

Somewhere along the way...

you may have stopped trusting yourself.

Second-guessing.

Overthinking.

Seeking validation outside of you.

But your voice is still there.

What would it look like to listen to yourself again?

To trust your instincts?

To honor your feelings?

To move without needing approval?

Write about the version of you who trusts herself fully.

*Your Notes*

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# CLOSING AFFIRMATION

Take a deep breath.

What you just did... matters.

You faced things.

You named things.

You allowed yourself to feel.

That is not small.

That is powerful.

Repeat this to yourself:

I am allowed to feel what I feel.

I am allowed to release what no longer serves me.

I am allowed to choose myself.

I am allowed to heal at my own pace.

I am not too late.

I am not too broken.

I am becoming aware.

And that changes everything.



*Thank you!*



# NEXT STEP INVITATION

If this guide opened something in you...  
don't stop here.

Healing is not meant to be done alone.

There are deeper layers.

There is more to process.

There is more support available to you.

Your Next Step:

Join my Healing Journaling Community

A safe space to reflect, release, and  
grow with other women on a similar  
journey.

Or

Work with me one-on-one

If you're ready for deeper, more  
personal support and transformation.

[JOIN THE MASTERCLASS](#)





# *Final Words*

YOU'VE CARRIED ENOUGH.  
NOW IT'S TIME TO RELEASE...

RECONNECT...

AND REBUILD.

— KEYA MCCLAIN

HARDCORE HEALING PEN  
COACH

