



I'M DONE JOURNAL: DECLARATION OF FREEDOM

This journal is for those frustrating moments when you throw your hands up in the air and shout, ENOUGH! When overwhelm strikes, anxiety kicks in, and the weight of blame and responsibility threatens to drown you, this journal is your permission slip to shout, I'M DONE! That moment when you realise that carrying the weight of old stories, outdated expectations, and emotional burdens are no longer options you're prepared to tolerate.

You feel it deep in your bones; the exhaustion of holding onto things that no longer serve you, the frustration of repeating patterns that keep you stuck, and the quiet longing for the freedom that closing the door on the critical voices and judgemental tormentors would bring.

I'm Done! needs to happen, must happen, so you have a chance to breathe and reclaim your peace of mind and your joy.

This journal is not about bitterness or resentment; it's about release. It's about choosing yourself in a world that has too often shown you to put other people's needs first. It's about stepping away from what drains you and walking toward what empowers you.

When you declare "I'm done," you're making space for clarity, peace, and self-respect. You're reinforcing your

right to set boundaries, honour your needs, and cultivate emotional freedom.

Every entry you make in this journal is a step toward reclaiming yourself. With each word you write, you're shedding layers of guilt, fear, and doubt. You're learning that you don't need to hold onto things just because you always have. You're free to rewrite your story, on your own terms.

This journal is your invitation to break free. To declare, with unwavering certainty: **I'm done**. It's a commitment to everything and everyone you will **never** tolerate again.

This journal is not just about what and who you're done with; it's about what you're making space for. With every release, you're choosing yourself. With every 'I'm done', you're stepping into clarity, confidence, and peace.

Let yourself be done with emotional vampires, and energy draining, futile pursuits. This is your time.

Release, Reclaim, Reset.

MY DECLARATION OF INDEPENDENCE

Read out loud and repeat as many times as you need!

"This journal is my space to break free. I am not bound to habits, expectations, or beliefs that drain me. I am allowed to release, to reset, and to reclaim my time and energy. Every page in this journal is proof that I am stepping into my power one "I'm done" at a time, and I will **never** apologise for it."

Signed: _____

Date: _____

Here we go!

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Relief? Guilt? A mix of emotions?

How do I feel now that it's gone?

How is my life better without this?

More time? More peace? Less pressure?

What will I do differently going forward?

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What patterns are you committed to breaking for good?

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MY "NEVER AGAIN" LIST

This is where you reclaim your power. This is your proof that you're no longer available for what drains you. Every entry here is a contract with yourself: a bold, unwavering commitment to never allow these things to take up space in your life again. Add to this list whenever something needs to be permanently released. Revisit it often as a reminder of your commitment to yourself and your growth. Let this be a space where you honour your progress and reaffirm your power.

Here are some examples of what may appear on your list:

- ✘ Never again will I say yes when my soul screams no.
- ✘ Never again will I chase validation from people who don't see me.
- ✘ Never again will I shrink myself to make others comfortable.
- ✘ Never again will I let fear talk me out of my own dreams.
- ✘ Never again will I give more energy to doubt than to action.

Over to you!

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CLOSING STATEMENT

By the time you reach the final pages of this journal, you will have released the weight of what no longer serves you. You will have recognized patterns, reclaimed your energy, and rewritten old narratives. You will have taken bold steps toward becoming the version of yourself that is free, empowered, and deeply at peace. You have done the hard work of letting go. Now, it is time to stand in your new reality.

- ♥ You are no longer bound by guilt, fear, or expectations that are not your own.
- ♥ You have created space for joy, peace, and clarity.
- ♥ You have honoured your own needs and desires without apology.
- ♥ You have proven to yourself that you are capable of transformation.
- ♥ You are stronger, clearer, and more powerful than when you began.

This journal reflects your growth. Let it be a living testament to your ability to walk away from what no longer serves you and step fully into your power.

This is your revolution. Your freedom. Your life.

Write it. Mean it. Live it.

BONUS SECTION:

TOOLS FOR SOLIDIFYING YOUR WORK

To help reinforce the work you've done in this journal, consider incorporating the following practices:

Daily Affirmations: Repeat empowering statements that reinforce your growth.

Grounding Exercises: Use breathwork, visualization, or meditation to centre yourself.

Journaling Beyond This Book: Continue writing about your progress and reflections.

Accountability Check-ins: Share your journey with a trusted friend or support group.

Mindfulness Practices: Stay aware of your triggers and actively choose new responses.

These tools will help you integrate your breakthroughs and maintain your newfound clarity and peace.

GUIDED MEDITATION SCRIPT

RELEASE & RENEWAL

Find a quiet space. Sit or lie down comfortably. Let's begin.

Take a deep breath in... hold it...exhale slowly. With each breath, allow your body to relax. Feel the tension melt away.

Now, recall something you are ready to release. See it clearly. Feel its weight. Acknowledge it without judgment.

On your next exhale, imagine this burden leaving your body. See it dissolving into the air, drifting away like mist in the morning sun. You are lighter now. Freer.

Breathe deeply. Feel the space you have created within yourself.

Now, visualize what you are making room for - peace, self-love, clarity. See it filling the space left behind, surrounding you in warmth and light.

Take one more deep breath in, holding onto this new energy... and as you exhale, affirm: "I release. I reset. I reclaim my power. I am free."

When you're ready, gently open your eyes. You are renewed. You are strong. You are free.

You have done something truly transformative. You have chosen yourself. And that's the most powerful choice you will ever make.

You are free. You are powerful. You are done with what no longer serves you.

Write it. Mean it. Live it.

With love.