

HOW TO
GUIDE

Journal Prompts

How to Quiet
Your Inner Critic

*Meet Your
Inner Mentor*

Meet Your Inner Mentor

Imagine... Who will you be in 10 years...

These journaling prompts will take you on a journey to meet your Inner Mentor!

She is YOU... in 10 years!!! Anytime you feel stuck you will be able to tap into your Inner Mentor for guidance.

As you learn to listen... you will hear the whispers of your Inner Mentor when your Inner Critic tries to stop you.

Imagine yourself in 10 years as you work through the journaling prompts in the pages that follow, and get ready to meet your Inner Mentor!

The Professional Woman's Mentor



Meet Your Inner Mentor

What will your life be like?

The Professional Woman's Mentor



Meet Your Inner Mentor

Where will you live? Who will you live

The Professional Woman's Mentor



Meet Your Inner Mentor

What will you look like? How will you

The Professional Woman's Mentor



Meet Your Inner Mentor

How do you fill your days? How do you

The Professional Woman's Mentor

