Journal Prompt **The Starting Line** **Time: 10 minutes**

If you could have a completely honest conversation with yourself, what would you need to admit about where you are right now? What have you been avoiding? What truth have you been running from? What would change if you finally faced it? Write without judgment — this is just for you.

Level 1 Checkpoint — Answer before moving to Level 2:

1. Where am I really right now in my journey?

2. What am I pretending not to know about myself?

3. What support do I need but haven't asked for?

4. What's one truth I discovered about myself today?

5. Am I ready to stop settling for where I am?