



The Self-Mentoring

JOURNAL

30 DAYS OF GUIDED REFLECTION TO
BECOME YOUR OWN BEST GUIDE

INCLUDES:

30 Daily Journal Pages

49 Self-Mentoring Questions

Weekly Review Templates

21 Printable Affirmation Cards

Alignment Tracker

Welcome, Future Mentor

You picked up this journal because some part of you knows: the guidance you seek is already within you.

We spend so much time looking for mentors, coaches, and experts to tell us what to do. And external guidance has its place. But the most powerful mentor you will ever have is the person you are becoming—your Role Model Self.

This journal is designed to help you access that inner wisdom through the practice of self-mentoring: asking yourself the questions a great mentor would ask, and actually listening to the answers.

What is Self-Mentoring?

Self-mentoring is the practice of treating yourself as both student AND teacher. It means:

➤ Asking yourself powerful questions instead of waiting for someone else to ask them

➤ Trusting that you have access to wisdom you have not fully tapped

➤ Creating space for reflection instead of constant consumption

➤ Tracking your growth so you can see the transformation happening

How to Use This Journal

Self-mentoring is the practice of treating yourself as both student

AND teacher. It means:

DAILY PRACTICE (5-15 MINUTES):

Each day has a structured page with morning intention, a self-mentoring question, and evening reflection. Use the question bank to select your daily question, or work through them in order.

WEEKLY REVIEW (15-20 MINUTES):

At the end of each week, complete the weekly review to notice patterns, celebrate wins, and set intentions.

AFFIRMATION CARDS:

At the end of each week, complete the weekly review to notice patterns, celebrate wins, and set intentions.

"The answers you seek are not in another course, book, or expert. They are in the quiet space between questions."



The Self-Mentoring Question Bank

These 49 questions are organized by theme. Use one per day, or choose the question that speaks to what you are facing. There are no wrong answers—only honest ones.

Identity Questions

WHO AM I BECOMING?

1) If my Role Model Self could send me a message right now, what would they say?
Listen for the voice of your future self

2) What would I do today if I fully trusted myself?
Notice what fear has been holding back

3) What am I pretending not to know?
The truth you have been avoiding

4) What would change if I stopped asking for permission?
Where are you waiting for validation?

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5) What is the ONE belief about myself that, if I changed it, would change everything?
The limiting belief at the root

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6) What would my 80-year-old self thank me for doing today?
Long-term perspective

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7) What am I tolerating that my Role Model Self would not tolerate?
Standards you have let slip

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② Approach Questions

HOW AM I SHOWING UP?

8) What energy am I bringing to today? Is it the energy I want to bring?
Name your current mode

9) When I face obstacles, what is my default reaction? Is that serving me?
Your pattern under pressure

10) What would it look like to approach today's challenges with curiosity instead of anxiety?
Shift the stance

11) What would happen if I led with trust instead of control?
Explore a different approach

12) Where am I trying to force something that needs patience?
Control vs. flow

13) What am I making harder than it needs to be?
Unnecessary struggle

14) What would ease look like today—without sacrificing what matters?
Sustainable effort

Daily Life Questions

AM I LIVING ALIGNED?

15) Does today's schedule reflect my priorities, or someone else's?
Audit your time

16) What would I need to stop doing to create space for what matters?
Subtraction, not addition

17) If I repeated today for the next year, where would I end up?
Compound effect check

18) What is one small thing I could do today that my Role Model Self would be proud of?
Micro-alignment

19) Where am I saying yes when I mean no?
Boundary check

20) What part of my day feels most out of alignment? What would fix it?
Specific misalignment

21) What ritual or routine is my Role Model Self calling me to start?
New pattern invitation

Decision Questions

WHAT SHOULD I CHOOSE?

22) What decision am I avoiding? What is the cost of not deciding?
Hidden decisions

23) If I knew I could not fail, what would I choose?
Remove fear from the equation

24. What would my Role Model Self choose in this situation—and why?
Use your vision as a filter

25) Am I choosing this because I want it, or because I think I should want it?
Authentic vs. adopted desires

26) What would I decide if I trusted that I could handle the consequences?
Build decision confidence

27) What is the brave choice here? What is the safe choice? Which will I make?
Name the options clearly

28) A year from now, what will I wish I had chosen today?
Future regret test

Growth Questions

WHERE AM I IN MY JOURNEY?

29) What is the lesson this current challenge is trying to teach me?
Find the growth in difficulty

30) What strength have I developed that I did not have a year ago?
Acknowledge growth

31) What old version of myself do I need to release to become who I am meant to be?
Let go to grow

32) What am I ready to learn that I was not ready to learn before?
New openings

33) What would I attempt if I saw failure as information rather than defeat?
Reframe failure

34) What part of my story am I still ashamed of that could actually be my greatest qualification?
Reclaim your journey

35) Where am I growing? Where am I stuck? What is the difference?
Growth inventory

? Purpose Questions

WHAT AM I HERE TO DO?

36) What breaks my heart about the world? What lights me up? Where do they intersect?

Purpose clues

37) What would I do even if no one ever paid me or praised me for it?

Intrinsic motivation

38) What do people consistently come to me for? What does that reveal?

Natural gifts

39) If I could solve one problem for others, what would it be?

Impact focus

40) What do I want to be known for at the end of my life?
Legacy clarity

41) What unique combination of experiences and skills do I have that no one else has?
Your unfair advantage

42) If I were a drop in the ocean, what waves would I want to make?
Ripple effect

Integration Questions

HOW DOES IT ALL FIT TOGETHER?

43) What keeps appearing in my life that I have been dismissing? What might it mean?
Recurring themes

44) What would my life look like if all the pieces finally fit together?
Vision integration

45) What conversation do I need to have with myself that I have been avoiding?
Inner dialogue

46) What would happen if I stopped compartmentalizing and let all parts of me show up everywhere?
Wholeness

47) What is the thread that connects all my interests, passions, and experiences?
Find the through-line

48) If I fully became my Role Model Self, what would be the first thing people would notice?
Visible transformation

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49) What is the one thing I need to hear today that only I can tell myself?
Your inner mentor speaks

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Daily Journal Pages

Use these pages for your daily self-mentoring practice. Each day, select a question from the question bank (or work through them in order) and use the structured prompts for morning intention and evening reflection.

The alignment score at the bottom helps you track your progress over time. At the end of each week, transfer your daily scores to the weekly review page.

Day 1

DATE:

Morning Intention

Today, my Role Model Self would:

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Self-Mentoring Question of the Day

[See daily question from the prompt bank]

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Evening Reflection

One moment today I showed up as my Role Model Self:

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One moment I reverted to old patterns:

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Tomorrow I will:

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Today's Alignment Score: 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10
(Circle one: 1 = autopilot, 10 = fully aligned with Role Model Self)

Day 2

DATE:

Morning Intention

Today, my Role Model Self would:

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Self-Mentoring Question of the Day

[See daily question from the prompt bank]

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Evening Reflection

One moment today I showed up as my Role Model Self:

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One moment I reverted to old patterns:

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Tomorrow I will:

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Today's Alignment Score: 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10
(Circle one: 1 = autopilot, 10 = fully aligned with Role Model Self)

Day 3

DATE:

Morning Intention

Today, my Role Model Self would:

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Self-Mentoring Question of the Day

[See daily question from the prompt bank]

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Evening Reflection

One moment today I showed up as my Role Model Self:

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One moment I reverted to old patterns:

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Tomorrow I will:

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Today's Alignment Score: 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10
(Circle one: 1 = autopilot, 10 = fully aligned with Role Model Self)

Day 4

DATE:

Morning Intention

Today, my Role Model Self would:

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Self-Mentoring Question of the Day

[See daily question from the prompt bank]

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Evening Reflection

One moment today I showed up as my Role Model Self:

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One moment I reverted to old patterns:

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Tomorrow I will:

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Today's Alignment Score: 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10
(Circle one: 1 = autopilot, 10 = fully aligned with Role Model Self)

Day 5

DATE:

Morning Intention

Today, my Role Model Self would:

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Self-Mentoring Question of the Day

[See daily question from the prompt bank]

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Evening Reflection

One moment today I showed up as my Role Model Self:

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One moment I reverted to old patterns:

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Tomorrow I will:

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Today's Alignment Score: 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10
(Circle one: 1 = autopilot, 10 = fully aligned with Role Model Self)

Day 6

DATE:

Morning Intention

Today, my Role Model Self would:

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Self-Mentoring Question of the Day

[See daily question from the prompt bank]

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Evening Reflection

One moment today I showed up as my Role Model Self:

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One moment I reverted to old patterns:

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Tomorrow I will:

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Day 7

DATE:

Morning Intention

Today, my Role Model Self would:

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Self-Mentoring Question of the Day

[See daily question from the prompt bank]

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Evening Reflection

One moment today I showed up as my Role Model Self:

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One moment I reverted to old patterns:

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Tomorrow I will:

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Today's Alignment Score: 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10
(Circle one: 1 = autopilot, 10 = fully aligned with Role Model Self)

30-Day Alignment Tracker

Track your daily alignment scores to see your progress over the month. Color in or mark each day based on your evening score.

MON	TUE	WED	THU	FRI	SAT	SUN
DAY 1 _____	DAY 2 _____	DAY 3 _____	DAY 4 _____	DAY 5 _____	DAY 6 _____	DAY 7 _____
DAY 8 _____	DAY 9 _____	DAY 10 _____	DAY 11 _____	DAY 12 _____	DAY 13 _____	DAY 14 _____
DAY 15 _____	DAY 16 _____	DAY 17 _____	DAY 18 _____	DAY 19 _____	DAY 20 _____	DAY 21 _____
DAY 22 _____	DAY 23 _____	DAY 24 _____	DAY 25 _____	DAY 26 _____	DAY 27 _____	DAY 28 _____
DAY 29 _____	DAY 30 _____	DAY 31 _____				

WEEK 1 AVERAGE:	WEEK 2 AVERAGE:
WEEK 3 AVERAGE:	WEEK 4 AVERAGE:
30-DAY AVERAGE:	

NOTES:

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Affirmation Cards

Print these pages, cut along the dotted lines, and use as daily affirmation cards. Pull one each morning, or when you need a reset.

These affirmations are designed to connect you with your Role Model Self—not to bypass reality, but to ground you in who you are becoming.

Identity Affirmations

I am not who I was.
I am who I am becoming.

Today I release old stories and step into my evolution.

My future self is not a stranger.
They are me—waiting to emerge.

Today I make one choice my future self would make.

I do not need permission
to become who I am meant to be.

Today I stop waiting and start becoming.

The person I am
becoming already lives within me.

Today I listen for their guidance.

I am not behind.
I am on my own timeline.

Today I release comparison and honor my journey.

My transformation is my qualification.

Today I see my past as preparation, not limitation.

Approach Affirmations

I choose my response.
My circumstances do not choose for me.

Today I approach challenges with intention, not reaction.

Ease is not laziness.
Sustainable effort is wisdom.

Today I work with flow instead of force.

I can hold both ambition and peace.

Today I pursue growth without sacrificing presence.

My energy is a choice
I make every morning.

Today I choose the energy I want to bring.

I trust the process, even
when I cannot see the path.

Today I move forward with faith in my direction.

I do not have to be perfect to be powerful.

Today I show up imperfectly and fully.

Daily Affirmations

My ordinary days
are building my extraordinary life.

Today I honor the power of small, aligned actions.

I am allowed to build
a life I do not need to escape from.

Today I design for sustainability, not just achievement.

Every choice today
is a vote for who I am becoming.

Today I vote wisely.

I release what no
longer serves who I am becoming

Today I let go to make room for what matters.

My boundaries are not barriers—they
are bridges to my best life.

Today I say no with love and yes with intention.

I do not have to do everything. I only have to
do what matters.

Today I choose depth over breadth.

Growth Affirmations

I am in a season of becoming.

Today I trust that growth is happening even when I cannot see it.

The wisdom I seek is already within me.

Today I ask myself the questions a great mentor would ask.

I am my own best guide,
and I am learning to listen.

Today I trust my inner knowing.