

A FREE GIFT FROM THE PRETTY TRUTH

The Take Yourself *Seriously* Check-In

A quiet worksheet for the woman who is tired of waiting for permission.

Let me say this gently.

Taking yourself seriously does not mean becoming louder, harder, or suddenly fearless. It means treating your ideas, your needs, your body, your voice, and your dreams like they belong to a real woman.

Because they do.

This little check-in is not here to overhaul your life by Friday. It is here to help you notice where you have been waiting for permission, and then choose one small way to act like you matter this week.

HOW TO USE THIS

- **Start with honesty.** Circle or mark the areas that feel most true right now.
- **Do not make it dramatic.** One small choice is still a choice.
- **Finish with action.** Give yourself one brave little thing to practice this week.

THE PRETTY TRUTH

“Taking yourself seriously is not arrogance. It is caring for the woman you are becoming before everyone else can see her.”

Where are you still waiting for *permission*?

Read each box slowly. Mark the ones that make your stomach tell the truth before your mind edits it.

YOUR VOICE

I keep swallowing the sentence.

The thought. The question. The honest answer. The thing I know I need to say.

YOUR NEEDS

I decorate my needs with too many disclaimers.

I say sorry before I even give myself permission to want something.

YOUR BODY

I ignore what my body keeps trying to tell me.

Rest. Food. Movement. An appointment. A slower pace. A little more care.

YOUR DREAMS

I shrink the dream so it sounds more acceptable.

I make it smaller before anyone else even has a chance to misunderstand it.

YOUR BOUNDARIES

I wait for nobody to be upset before I call it reasonable.

But a boundary can be kind and still be real.

YOUR SELF-TALK

I speak to myself like I am the problem.

Lazy. Dramatic. Behind. Too much. A mess. Words like that leave a mark.

THE PRETTY TRUTH

"You cannot bully yourself into becoming a woman who feels safe in her own skin."

Let your next choice vote for the woman you are *becoming*.

Not a whole new personality. Not a color-coded life plan. Just one place where you stop treating yourself like an afterthought.

One sentence I am ready to stop saying about myself is...

Think about the line that makes you smaller every time you repeat it.

The kinder, truer version of that sentence is...

Tell the truth without tearing yourself apart.

One need I am allowed to name without apologizing is...

Rest. Help. Space. Time. Clarity. A conversation. A different answer.

My one brave little choice this week

This week, I will take myself seriously by...

THE PRETTY TRUTH

"You are allowed to believe in yourself before anyone hands you a permission slip."

WHEN YOU'RE READY FOR MORE

Keep coming back to yourself.

The Pretty Truth is here for the woman who is tired of shrinking, apologizing, and waiting for permission to trust herself again.

theprettytruth.com