

# Word of the Week: BECOMING

## Definition

The act of growing, healing, and evolving. 'Becoming' celebrates your transformation - even when it's still unfolding.

## Affirmation

"I am becoming who I am meant to be - at my own pace, with grace."

## Journal Prompt

In what ways am I becoming stronger, softer, or more aligned with myself this week?

This Week I Am Becoming:

(Use this space to free-write, draw, or list qualities you're stepping into)

## Action Step

Choose one thing that supports who you are becoming. Example: setting a boundary, resting, speaking up, or choosing joy.