

Remembering

A 21-Day Journey Back to the
Truth of Who You Are



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Welcome

Remembering isn't about becoming someone new.

It's about returning to what has always been true.

Over the next 21 days, you won't be asked to fix yourself.

You won't be asked to strive harder or become more worthy.

Instead, you'll simply practice noticing.

Noticing the stories you've been living from.

Remembering what is true.

And choosing, one small moment at a time, to live from that Truth.

Five minutes a day.

One truth.

One reflection.

One practice.

Sometimes the biggest transformations don't happen because we discover something new.



Week One- Becoming Aware of the Stories You've Been Living From

This week isn't about changing yourself.

It's about becoming aware.

For many of us, our reactions, emotions, and decisions happen so automatically that we rarely stop to notice them.

But awareness changes everything.

Because once you become aware...
you have a choice.

And conscious choice is where intentional living begins.

This week, resist the urge to fix.

Simply notice.

Notice your reactions.

Notice your patterns.

Notice your stories.

Notice yourself with compassion rather than judgement.
Every lasting transformation begins with awareness.

Before we can choose differently, we first have to notice
what has been quietly shaping our lives.

Awareness is the beginning of freedom.



Day 1- You Cannot Change What You Cannot See

Truth

Every lasting transformation begins with awareness.

Before we can choose differently, we first have to notice what has been quietly shaping our lives.

Awareness is the beginning of freedom.

Reflection

Where do I notice myself reacting automatically instead of being intentional?

Today's Practice

At any point when you feel triggered, simply pause and ask: "What's happening inside me right now?"

Notice what you experience physically, emotionally, or mentally.

For example:

An increased heart rate.

Tightness in your chest.

Anger.

Fear.

The urge to defend yourself.

Don't change anything.

Just notice. (Example: It could be an increased heart rate. It could be anger.)



Day 2- There Is a Story Beneath the Surface

Truth

Our reactions rarely begin in the moment.

Most of them begin with a story we've been carrying for years.

Often without realizing it.

Reflection

What situations seem to bring out the same emotional response in me over and over again?

Today's Practice

When something frustrates or upsets you today, don't ask, *"Why did this happen?"*

Instead ask, *"What story might this be touching?"*



Day 3- Life Leaves Clues

Truth

Patterns aren't punishments.
They're invitations.

The things that keep
showing up in our lives often
have something to reveal.

Reflection

What pattern has continued
showing up in different
seasons of my life?

Today's Practice

Write down any recurring patterns you've noticed.

Don't solve it.

Simply become curious.



Day 4- The Problem Isn't Always the Problem

Truth

Sometimes the struggle we see isn't the real struggle.

The visible problem often points to something deeper beneath the surface.

Reflection

What challenge have I spent the most energy trying to fix?

What if it has been pointing to something deeper all along?

Today's Practice

Whenever you catch yourself focusing on the problem today, quietly ask:

"What might this actually be inviting me to see?"



Day 5- Notice Where You Become Smaller

Truth

Most of us don't become smaller all at once.

We become smaller one moment at a time.

We hesitate.

We hold back.

We second-guess ourselves.

We stop trusting ourselves.

We stay quiet.

Over time, those moments become familiar.

Reflection

Where do I tend to shrink, hold back, or stop trusting myself?

Today's Practice

Notice one moment today where you're tempted to hold yourself back or become smaller.

Simply notice it.

No judgement.



Day 6- Curiosity Changes Everything

Truth

Judgement keeps us stuck.

Curiosity opens the door to understanding.

You don't have to criticize yourself to grow.

Reflection

Where have I been judging myself instead of becoming curious?

Today's Practice

Replace

"What's wrong with me?"

with

"What might this be trying to reveal?"

every time you notice self-criticism.



Day 7- Awareness Is the Beginning of Freedom

Truth

This week wasn't about fixing yourself. You do not need to be fixed.

It was about seeing yourself more clearly.

And that's where conscious choice becomes possible.

Reflection

What surprised me most this week?

What have I become more aware of?

Today's Practice

Celebrate awareness.

Not perfection.

Not progress.

Awareness.

Because awareness creates choice.



Week Two- Remembering What's True

Last week, you became aware.

You noticed your reactions.

You noticed your patterns.

You began recognizing the stories that may have been quietly shaping your life.

This week is different.

Awareness creates space.

Now we begin filling that space with **Truth.**

Not truth you have to earn.

Not truth you have to convince yourself to believe.

Truth that has been true all along.

Remembering isn't about becoming someone new.

It's about returning to who you've always been.



Day 8- Truth Doesn't Change

Truth

Stories can change.
Circumstances can change.
Feelings can change.

Truth remains.

The opinions you've believed
about yourself may have
changed over the years, but
your value has not.

Reflection

What have I believed
about myself that may
have felt true but wasn't
necessarily Truth?

Today's Practice

Notice every time you label or judge yourself today.

"I always..."

"I'm just..."

"I could never..."

Pause and ask:

"Is this a story...or is it Truth?"



Day 9- You Were Never Meant to Earn Your Worth

Truth

Worth isn't something you achieve.

It isn't something you prove.

It isn't something another person gives you.

It has always belonged to you.

Reflection

Where do I still find myself trying to earn what has already been mine?

Today's Practice

When you notice yourself trying to prove your worth today...

Pause.

Take one breath.

Remind yourself:

I don't have to earn what I already possess.

Remember This: *You were never created to prove your worth.*



Day 10- Your Voice Matters

Truth

Many of us learned to stay quiet.

Not because our voice lacked value...

but because somewhere along the way it felt safer.

Truth reminds us that our voice has always mattered.

Reflection

Where do I not speak up or silence myself?

Today's Practice

Share one honest thought today that you would normally keep to yourself.

Remember This: *Your voice has always mattered.*



Day II- You Have More Choice Than You Think

Truth

Conditioning tells us we have no choice.

Truth reminds us that awareness creates one.

Even one intentional choice can begin changing the direction of our lives.

Reflection

Where have I been acting as though I don't have a choice?

Today's Practice

Before making one decision today...

Pause.

Ask yourself:

"What choice would align with Truth?"



Day 12- Your Power Has Never Left You

Truth

Sometimes life convinces us we've lost our power.

But power isn't something outside of us.

It's something we remember.

Reflection

Where have I been giving my power away?

Today's Practice

Notice one situation today where you begin looking outside yourself for permission, validation, or certainty.

Pause.

Come back to yourself.

Remember This: *You've always had your power.*



Day 13- Truth Creates Peace

Truth

Stories often create urgency.
Fear.
Pressure.

Truth doesn't rush.

Truth is steady.

Reflection

What feels peaceful?

What feels pressured?

Today's Practice

Whenever you feel rushed today...

Pause.

Ask yourself:

"Am I responding from pressure...or from Truth?"

Remember This: *Truth is steady,
even when life appears not to be.*



Day 14- Remembering Changes Everything

Truth

This week wasn't about learning something new.

It was about remembering.

Sometimes remembering one truth changes the way we see our entire life.

Reflection

What truth has become clearer to me this week?

Today's Practice

Choose one truth from this week.

Write it somewhere you'll see it tomorrow.

Carry it into Week Three.

Remember This: Remembering who you truly are changes how you choose to live.



Week Three- Choosing Truth

Over the past two weeks, you've become more aware of the stories that have shaped you.

You've begun remembering what has always been true.

Now comes the invitation.

Choice.

Every day we're given opportunities to choose.

Sometimes those choices are big.

More often, they're found in ordinary moments.

A conversation.

A thought.

An intention.

A decision.

Intentional living isn't built in one life-changing moment.
It's built one conscious choice at a time.

This week is about practicing what you've discovered.

Not perfectly.

Intentionally.



Day 15- Every Choice Reinforces a Story

Truth

Every choice we make
strengthens something.

It either reinforces an
old story...

or aligns us more deeply
with Truth.

Small choices matter
because they become the
direction of our lives.

Reflection

Where have my daily choices
been reinforcing a story I no
longer want to live from?

Today's Practice

Before making one ordinary decision today, pause and ask:
"Which story does this choice reinforce?"

Choose intentionally.



Day 16- Respond Instead of React

Truth

Reaction is often automatic.

Response is intentional.

The pause between them is where freedom lives.

Reflection

What situations make it hardest for me to pause before responding?

Today's Practice

Choose one interaction today where you'll intentionally pause before speaking or acting.

Even one breath creates space for a different choice.



Day 17- Live From Who You Are Becoming Aware You Already Are

Truth

Many of us wait until we feel different before we begin living differently.

But transformation often happens in the opposite direction.

We begin making choices that align with Truth...

and over time, our lives begin reflecting it.

Reflection

If I truly believed what I've been remembering this week, how would I show up today?

Today's Practice

Choose one action today that reflects who you know yourself to be, rather than what an old story tells you.



Day 18- Trust Yourself Again

Truth

Self-trust isn't built by never making mistakes.

It's built by consistently honoring what you know is true.

Reflection

Where have I stopped trusting myself?

Today's Practice

Notice one decision today where you immediately look outside yourself for certainty.

Pause.

Listen first.

Then choose.



Day 19- Live by Design, Not by Default

Truth

It's easy to let life happen to us.

Intentional living invites us to participate in creating it.

Every conscious choice becomes a vote for the life we're building.

Reflection

Where have I been living on autopilot?

Today's Practice

Choose one part of your day that you usually do automatically.

Slow down.

Be fully present.

Choose how you want to experience it.



Day 20- Practice Before It Feels Natural

Truth

New ways of living often feel unfamiliar before they feel natural.

That doesn't mean they're wrong.

It simply means you're building something new.

Reflection

What intentional choice still feels uncomfortable?

Today's Practice

Do it anyway.

Not perfectly.

Simply intentionally.



Day 21- One Choice at a Time

Truth

Transformation rarely happens all at once.

It happens one choice...
then another...
then another.

You don't have to have your whole life figured out.

You only need to choose your next step.

When awareness becomes a habit...

When Truth becomes your foundation...

When conscious choice becomes your way of living...
your life begins reflecting who you've remembered yourself to be.

Reflection

What has changed in me over these past 21 days?

What kind of person do I want to continue becoming?

Today's Practice

Write one intentional choice you'll continue making after today.

Commit to practicing it for the next 30 days.



Before You Go...

If you've made it this far, I hope you've realized something.

This journey was never about becoming someone new.

It was about becoming more aware.

Remembering what's true.

And learning to make conscious choices that reflect that Truth.

Life will continue to present challenges.

Old stories may still try to pull you back.

But now you have something you didn't have before.

Awareness.

Truth.

Choice.

Use them often.

Because intentional living isn't a destination.

It's a daily practice.

One conscious choice at a time.