



Self-Coaching Workbook

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Hello!

WELCOME

to the workbook

This workbook is filled with journaling prompts for a self-coaching session. These are some of the questions I ask my clients during our 1:1 work.

Journal overview

Work through this at your own pace. Feel free to have a longer session and answer these all, or pick and choose which feel right for you.

There are no wrong answers. No one else will see this. This book is for you and you alone.

Write directly on the pages if you print this out, or write in a journal if you're keeping this as a PDF.

However you choose to do it, make sure that you get very honest with yourself. That's where the magic happens.

Enjoy!







What excites you and makes you feel alive?







A horizontal sequence of 12 circles. The first circle is white. The second through tenth circles show a dark red crescent shape on the right side, which grows in size from the second to the sixth circle (half-filled) and then shrinks back to its original size by the tenth circle. The eleventh circle is dark red, and the twelfth circle is white.



You did it!

*I am so
proud*

About Me

Hey there! I'm Autumn, the heart and soul behind The Untamed Priestess. I'm on a mission to empower women to embrace their authentic selves through self-care, wellness, and spirituality. As a witchfluencer, I blend inner child healing, feminine energy, moon magic, and sacred sexuality into everyday life, offering insights, tarot readings, and spiritual practices including women's circles and energy healing.

Don't be a stranger - find me online at
www.untamedpriestess.com

be well, love you,

Autumn

