

A stylized sunburst graphic composed of white lines radiating from a central point, with two horizontal lines extending from the base.A decorative white line drawing of a leafy branch in the top-left corner.A decorative white line drawing of a leafy branch in the bottom-right corner.

The Messy Middle

TRANSFORMATION
JOURNAL GUIDE

@mindydeanecoach



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01 welcome

I created this guide for you because I know how overwhelming the messy middle of change can feel. That space between what was and what's next can be full of self-doubt, fear, and a million "what ifs." But the truth is, you don't have to have it all figured out to move forward.

This guide will help you shift your mindset, trust yourself, and take small, doable steps toward what's next. Through simple journaling prompts and gentle reminders, you'll learn how to navigate your transition with more ease, clarity, and self-compassion. You've got this, and I'm right here with you.



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just a reminder

If you're feeling stuck, uncertain, or just over it, you're not alone. Transitions can be overwhelming, but they're also full of possibility. This guide is here to help you slow down, check in with yourself, and move forward at your own pace—no pressure, no perfection required.

Grab your journal (or print out this guide), take a deep breath, and let's navigate this messy middle together.

You've got this, and I'm right here with you.

02

what's keeping you stuck?

We all have stories we tell ourselves about why we can't move forward—fear of failure, feeling behind, waiting for the “right” time. But what if those beliefs aren't facts, just old patterns? These journaling prompts will help you uncover what's really holding you back so you can start rewriting your story.

What's the #1 belief holding you back?

Where did this belief come from?

If your best friend had this belief, what would you tell her?

What's a new belief that feels a little better than the old one?




Just keep
moving forward

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150
ümî-
vâr.

Gerçekleşmesini istediği şeye dâir beklenti duyan. Umutlu. Dilimize Farsçadan geçmiştir. Ümit kelimesiyle, sâhiplik mânâsı veren -vâr kelimesinden oluşmuştur.

“Ümitvâr görünmeye çalışarak, içimde bir mahşer kabarırken bir taş sükûneti taâmmen onu uyutmaya çalıştım.”
Halide Edib Adıvar
Handan



03 emotional regulation

Listen, transitions are a lot. One minute you're fine, the next you're crying over a cute dog video and questioning every life choice. Totally normal. The goal isn't to shut down your feelings but to give yourself tools to ride the waves without wiping out. A deep breath, a little gratitude, and permission to just be can go a long way. Try these when you need a reset. You got this. 🧡

Take a Breath: Inhale for 4, hold for 4, exhale for 4. Repeat.

Notice Gratitude: What's ONE thing that's good right now? _____

Permission Slip: "I give myself permission to _____ without guilt."



04

reframing the future


What do you want to feel like six months from now?

If you trusted that things were unfolding perfectly,
what would you do next?

05

letter to yourself

Write a letter to future you about what you're doing today to support her.



06 your next step


You Don't Have to Do This Alone


I know how heavy it can feel to be stuck in the in-between, trying to figure out your next step while doubting yourself every step of the way. But you don't have to do this alone—I'm here, ready to support you in whatever way feels right for you.

Whether you want a space to process, guidance to move forward, or just someone who gets it, there are ways we can work together.

If you're feeling pulled to connect, **book a free call.** No pressure, no expectations—just real support from someone who truly wants to see you thrive.

 www.mindydeane.com

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