

TEN Q's

FOR WOMEN



DEVYN PENNEY

10 QUESTIONS EVERY WOMAN SHOULD ASK THEMSELVES

Becoming aware of past and present stories is the key to moving forward with future confidence.

Confidence isn't built by adding more to yourself; it's built by removing what isn't true. You can't trust yourself if you're constantly filtering, minimizing, or performing your experience.

Now is the time to begin telling your story: not the polished version, not the version you give other people, not the version that keeps everything looking manageable.

These questions are about clarity.

When you can see what you actually feel, want, and avoid, you stop second-guessing yourself as much and you start making decisions from a place of knowing, not guessing.

This isn't about fixing yourself; it's about seeing yourself without distortion so you can stop abandoning your own reality. That's the foundation everything else gets built on.

Take your time. Answer honestly. Don't edit yourself for comfort.

That's how this starts.

10 QUESTIONS

01 What is your single most repetitive, **negative** thought about yourself? Where does that thought come from?

02 Who would you be without that thought?

03 What is your single most repetitive, **positive** thought about yourself? Where does that thought come from?

04 What do I actually want right now, beyond what's expected of me?

05 Who do I become when I stop trying to be liked?

10 QUESTIONS

06

When was the last time I felt fully alive, connected, and like myself?

07

Which version of me am I grieving - and which version of me is waiting to emerge?

08

Where in my life am I settling, shrinking, or betraying myself?

09

What would I do if I trusted that I was worthy of love, success, and peace already?

10

If I stopped waiting for permission, what would I change tomorrow?

SELF IMAGE

When you think about yourself, what is the first feeling that comes up and where do you think that feeling comes from?



SELF REFLECTION

In what situations do you feel most comfortable being yourself, and in what situations do you feel like you have to change or hold back?



SELF DISCOVERY

If you fully accepted yourself as you are today, what do you think would change in how you move through life in the future?





WORK WITH ME 1:1
WWW.DEVYNPENNEY.COM



"I help women ask the questions that matter;
the ones that spark self-discovery and
deeper connections"

-Devyn Penney

ANY OTHER QUESTIONS?

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