

WRITE WHAT MATTERS

10 PROMPTS TO
RECONNECT WITH
YOUR VOICE



*A gift from
The ScribeSpace Writers' Community*

COURAGEOUS
WOMEN
PUBLICATIONS

Personal Transition Guidance LLC

A free guidebook to help you rediscover the power, truth, and beauty of your words—even if self-doubt has been in the way.

Welcome

Dear Writer,



First, let me say this: I'm so glad you're here.
You didn't land on this workbook by accident.
Something inside you—a whisper, a pull, a longing—led
you here because you're ready to reconnect with your
voice. Not the polished one. Not the perfect one.

The true one.

The one that may have been silenced, second-guessed, or set aside for too long.

This is your space to return to it. To remember that your words matter. That your
story matters. That you matter—right now, as you are.

Inside these pages, you'll find 10 prompts designed to gently open the door to
your truth. There's no right or wrong way to use them. No rules, no pressure. Just
honest exploration, a few deep breaths, and your pen moving across the page.

Let this be your sacred pause. Your writing reset. Your brave beginning.

Write what feels real.

Write what hurts.

Write what heals.

And most of all—write what matters to you.

With love and belief in your voice,

Founder, Courageous Women Publications

Your Guide, The ScribeSpace Writers' Community



**COURAGEOUS WOMEN
PUBLICATIONS™**

open up to the world, the world opens to you



How to Use this GuideBook

This is a judgment-free zone. There's no right way—only your way.

Use the checklist below to guide how you move through each prompt and page.

✓ Before You Begin

- ☐ Find a quiet, comfortable space to write
- ☐ Gather your favorite pen, journal, or open this workbook digitally
- ☐ Take a breath—release any pressure or expectation
- ☐ Remind yourself: “My voice is welcome here”

✓ When You Sit Down to Write

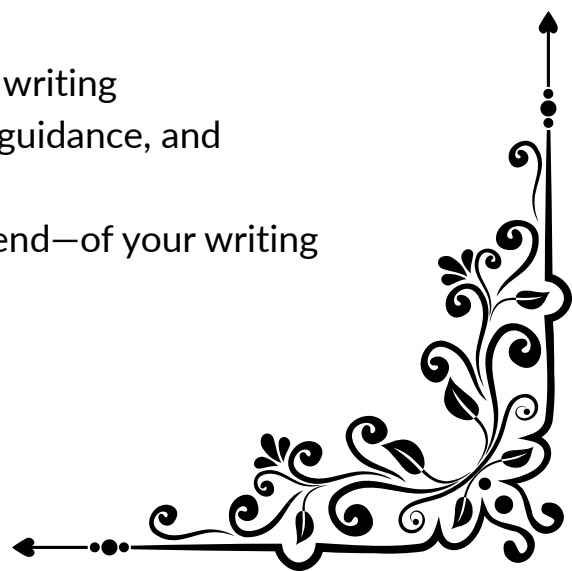
- ☐ Choose one prompt that resonates with you today
- ☐ Read it slowly and notice how it lands in your body
- ☐ Write freely—no censoring, no editing, no overthinking
- ☐ Use the reflection box to go deeper or wander wherever the words lead
- ☐ If you get stuck, skip the prompt and come back later

✓ As You Move Through the GuideBook

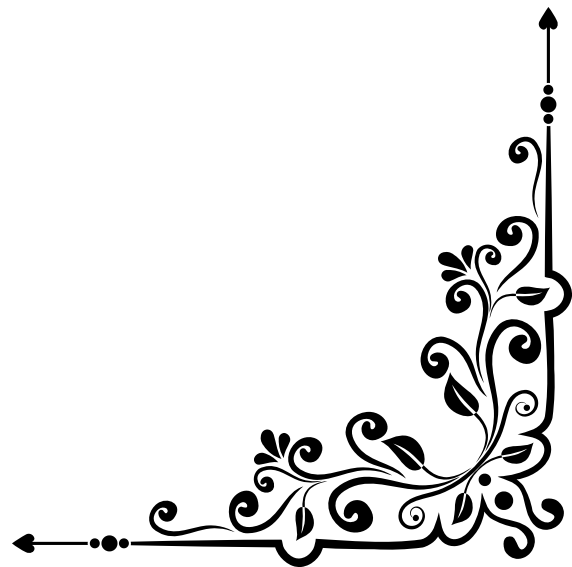
- ☐ Write in any order—there's no rulebook here
- ☐ Take your time; you can stretch this over days or weeks
- ☐ Reread your words to witness your truth—not to judge it
- ☐ Pause if emotions come up; they're part of the process
- ☐ Celebrate showing up, even if you just wrote one sentence

✓ After You Complete the Prompts

- ☐ Revisit your favorite responses and highlight insights
- ☐ Use what you've discovered as inspiration for deeper writing
- ☐ Consider joining The ScribeSpace for weekly writing, guidance, and community
- ☐ Remember: this workbook is the beginning—not the end—of your writing journey



The Prompts

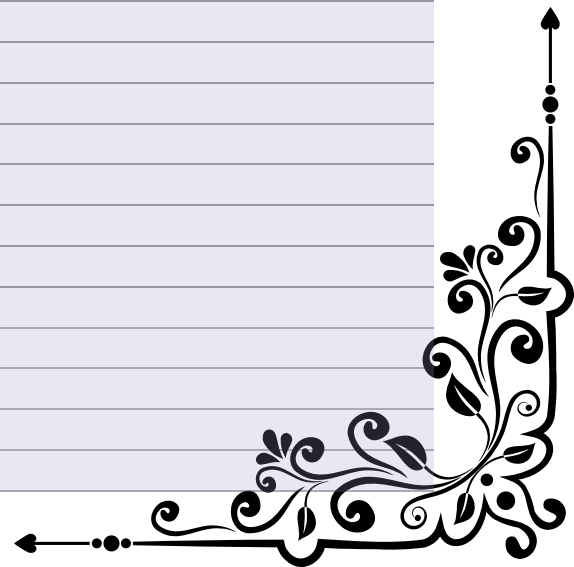


Prompt 1: The Voice Within

What does your inner voice sound like when it's not interrupted by fear, judgment, or outside noise?

Reflection Box

- When do you hear your true voice most clearly?
- What does it say when you feel most at peace?
- How does it feel to write from that space?

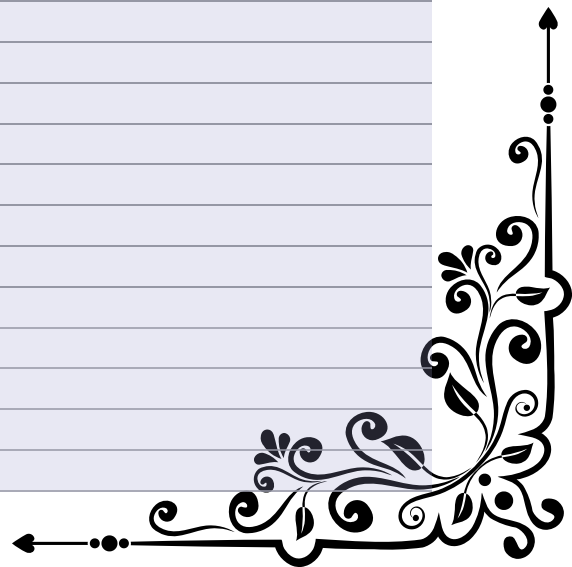


Prompt 2: Remembering Truth

What truth about yourself have you forgotten—or been afraid to say out loud?

Reflection Box

- When did you last feel deeply honest in your writing or speaking?
- What parts of you deserve more airtime?
- What truth needs a voice today?

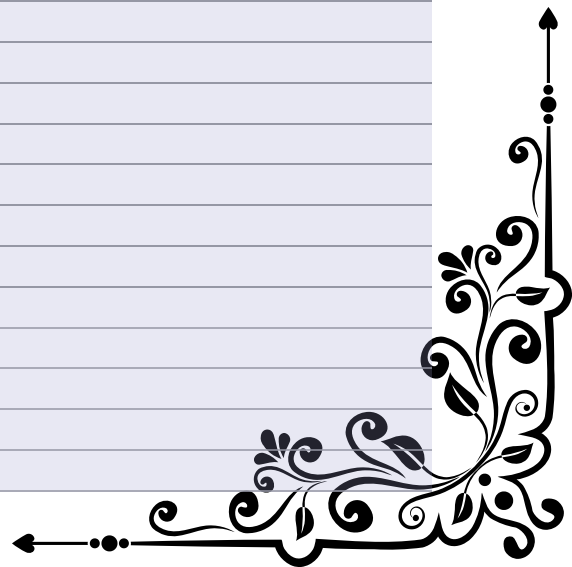


Prompt 3: My Turning Point

What moment in your life shifted everything, even if only you noticed?

Reflection Box:

- How did that experience change you?
- What did you lose—and what did you gain?
- If someone else read this story, what would you want them to take away?

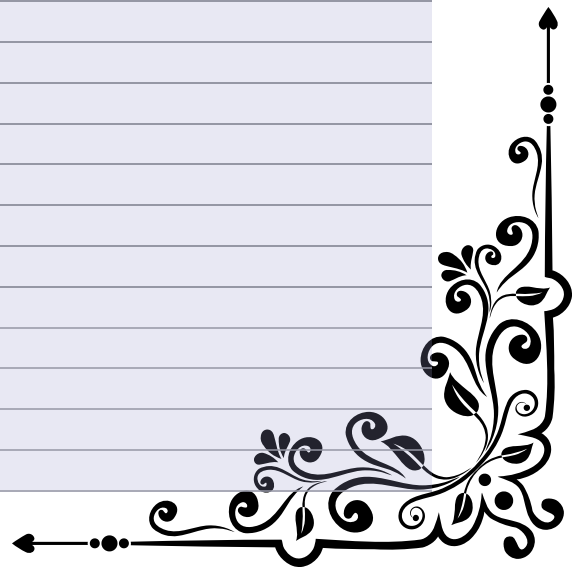


Prompt 4: If I Were Braver

If you were braver with your words, what would you say—and to whom?

Reflection Box:

- What truth are you tiptoeing around?
- What fear is holding you back from writing it?
- What would be the reward if you shared it?

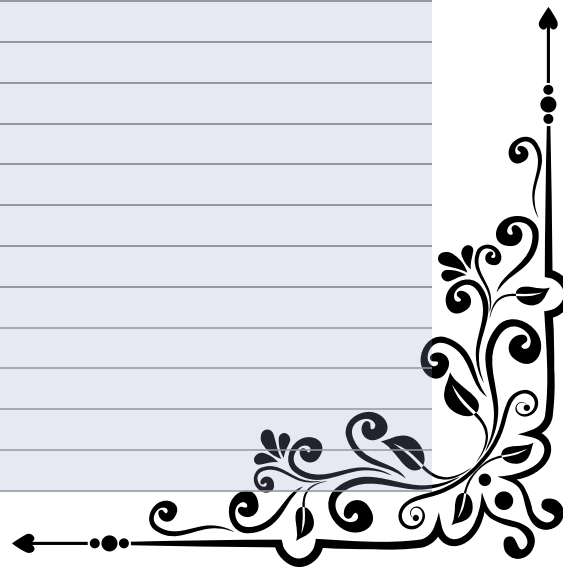


Prompt 5: I Need to Say

What words have been living in your chest, waiting to be released?

Reflection Box:

- Who needs to hear them—yourself or someone else?
- What might happen if you never said them?
- Write without censoring. This is for you.

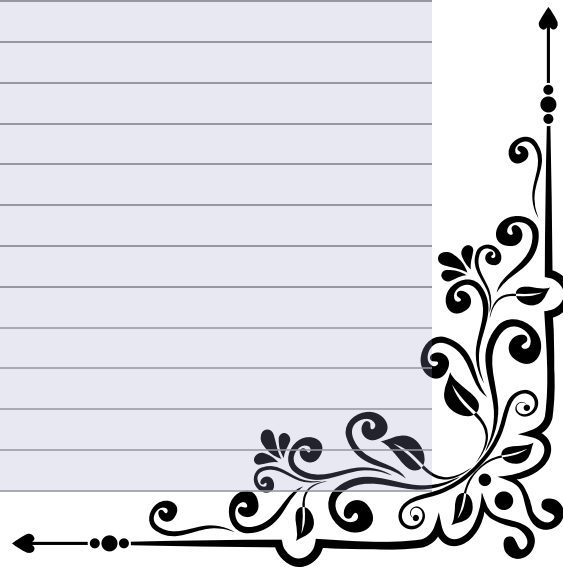


Prompt 6: The Message I Carry

What message do you feel called to share with the world?

Reflection Box:

- Where did this message come from?
- Why does it matter?
- What happens when you honor it on the page?

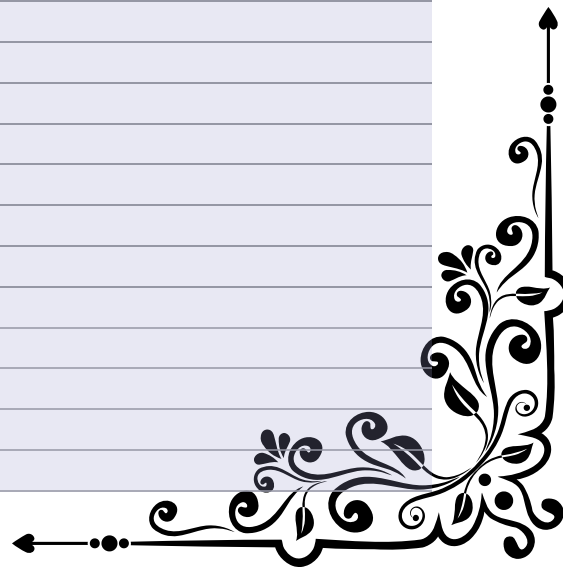


Prompt 7: Unspoken Words

What have you never said—but often think about?

Reflection Box:

- What keeps you silent about it?
- Who would you be if you gave these words a voice?
- Write it all here. Let the page carry it.

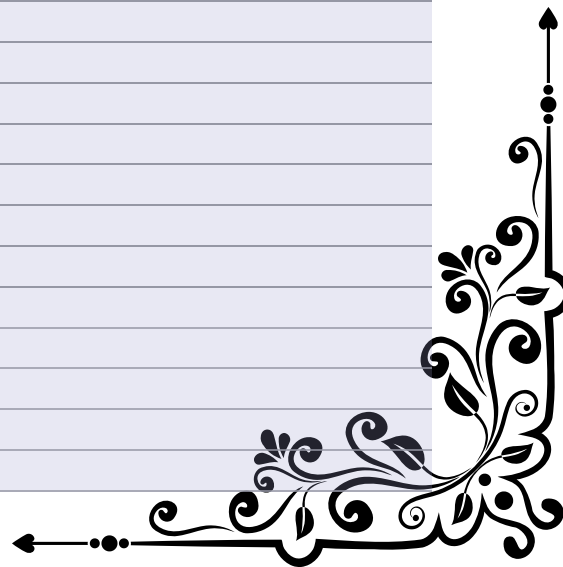


Prompt 8: What Writing Gives Me

When you write, what do you receive in return?

Reflection Box:

- How does writing help you heal, grow, or feel heard?
- What part of you comes alive when you write?
- Finish this sentence: "Writing gives me..."

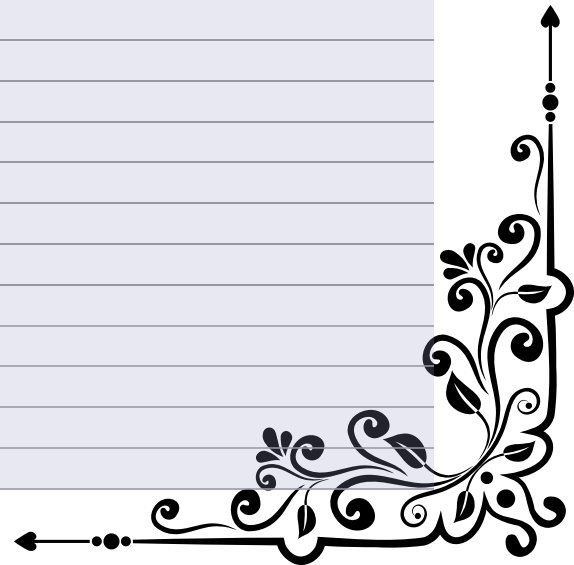


Prompt 9: When I Feel Most Me

What are you doing, saying, or writing when you feel the most “you”?

Reflection Box:

- Describe that version of yourself in vivid detail.
- What do they believe? What do they create?
- How can you bring that energy to your writing today?

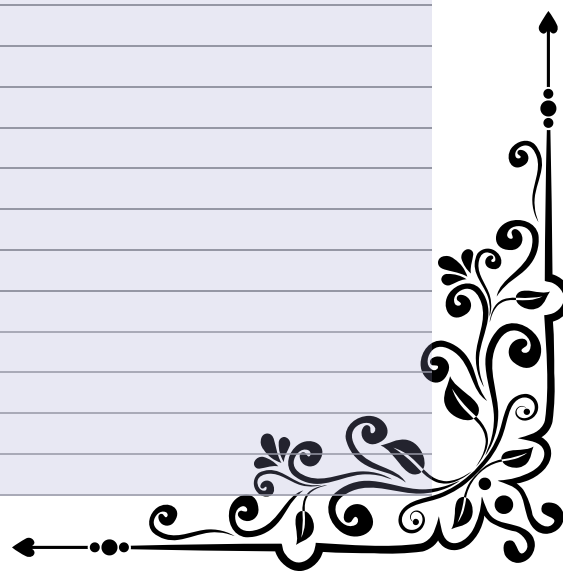


Prompt 10: The Story I Must Tell

If you had just one story left to share, what would it be?

Reflection Box:

- Why does this story matter?
- Who might it help, heal, or inspire?
- What would it feel like to finally tell it?



Thank You for Writing What Matters

Dear Writer,

You made it to the end—and that is something worth celebrating.

More than finishing a workbook, what you've done here is show up for your voice. You carved out time. You leaned into truth. You allowed yourself to write what matters—and that is the most courageous thing of all.

Whether you answered every prompt or just a few, this isn't about perfection. It's about presence.

Your story is unfolding.

Your voice is growing stronger.

And you don't have to continue the journey alone.

✨ Let's Keep Writing—Together

If this workbook felt like a breath of fresh air... imagine what a regular rhythm of writing, support, and sisterhood could feel like.

Inside The ScribeSpace, our heart-centered writing community, we meet every week to write together, reflect, and stay accountable to what truly matters: your words, your truth, your voice.

You'll get:

- ✍️ Weekly writing sessions
- 💬 Monthly coaching with me, PeggyLee
- 🤝 A circle of like-hearted writers who get it
- ✨ Priority invites to publishing and retreat opportunities

You're already doing the work. Now let's do it together.

👉 [Click here to learn more about The ScribeSpace and join us]

📧 Stay Connected

Want more prompts, encouragement, and updates?

Make sure to follow along here:

🌐 Website: [Courageous Women Publications.com](https://CourageousWomenPublications.com)

✉️ Email: PeggyLee@PeggyLeeHanson.com

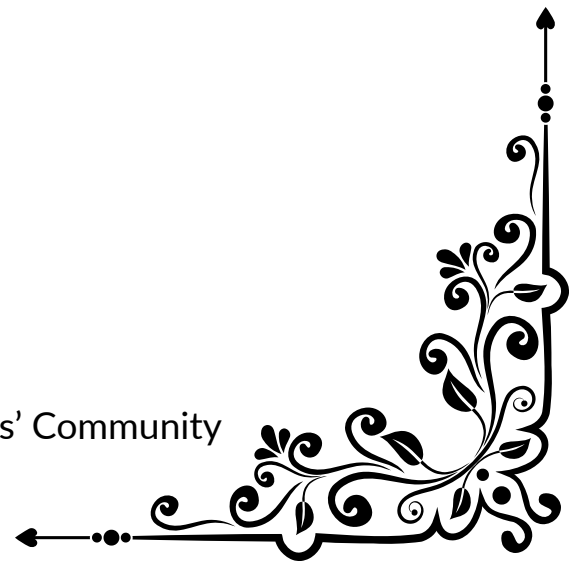
📱 LinkedIn/Facebook: @PeggyLeeHanson

With heartfelt thanks,



Guide | Publisher | Writing Coach

Courageous Women Publications | The ScribeSpace Writers' Community



Who Is PeggyLee and Why You Should Listen



PeggyLee Hanson is the woman you call when your story won't leave you alone.

She's a publisher, writing coach, Dream Coach®, and internationally recognized author who's helped hundreds of aspiring writers finally say yes to their voice. From women over 50 rediscovering their power to professionals transforming lived

experience into legacy, she specializes in walking beside you through the wilderness of your words.

PeggyLee is the founder of Courageous Women Publications™, where your story isn't just welcomed—it's celebrated. She's the visionary behind the bestselling anthology series *Courage Under Siege*, where real women share real stories of trauma, triumph, and transformation.

Why listen to her? Because she's walked the path herself—from corporate layoff to purpose-led publisher. Because she knows what it's like to doubt your voice, to shelve your truth, and to wonder, "Who am I to write a book?" And because she's helped first-time authors become published voices for change.

Her gift is seeing you, hearing what you're not saying, and coaxing out the words that can heal both you and your reader.

If your story's been whispering, it's time to listen.

And PeggyLee is already holding the mic. 🎤



**COURAGEOUS WOMEN
PUBLICATIONS™**
open up to the world, the world opens to you

