

Inspired by bell hooks  
"Sisters of the Yam"

**A 21-Day  
Journal**

**CREATED BY DR. FELICIA FISHER**

Please do not share this journal without the written permission of Dr. Felicia Fisher.  
If you have any questions, feedback or suggestions, you are always welcome to contact  
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## About this 21-Day Journal

Crafted to encourage self-discovery and reflection, this e-journal challenges readers to explore a variety of topics, such as vulnerability, beauty standards, and forgiveness, to name a few.

## How to Use this Journal

The journal is organized into seven different themes. Each theme begins with an affirmation that sets the tone for the subsequent three days of journal prompts. If you miss a day or two, no problem, just pick up where you left off.

Readers are encouraged to use a physical journal to document their prompt responses, as handwriting, as opposed to typing, often allows one to develop a deeper connection with their words.

## Final Thoughts

Journaling can be therapeutic. As you work through the prompts, you may find yourself experiencing strong emotions and reflecting on past negative interactions and experiences. In an effort to be mindful of these reactions, in the back of the journal you will find a list of mental health resources for your convenience.

My hope is this journal serves as one of the many pieces that moves you towards total wellness and happiness.

*Felicia Fisher, PhD*

**Living well  
is my  
birthright.**

## **Day 1**

How do you define health and wellness?

## Day 2

When do you live or act outside of your definition of health and wellness?

## Day 3

What does your best life look like?  
(be specific)

**Fear does  
not dictate  
my steps.**



## Day 4

How has fear held you back?

## Day 5

When do you feel safe to be vulnerable?

## Day 6

Where in your life do you exhibit too much control?

**I am  
worthy.**

## **Day 7**

What are you worthy of?

## Day 8

Write a letter to your heart.

## Day 9

You dishonor yourself when you speak or behave counter to your intuition/heart/core values.

Think about the last time you dishonored yourself. Write a letter of forgiveness to yourself.

**My voice is  
my power.**



## Day 10

bell hooks says, "Commitment to truthfulness is the first step towards healing" (p.11).

What truths have you been withholding from yourself or others?

## Day 11

In the past, who or what have you given your voice/power to?

## **Day 12**

How can your voice help you achieve the peace and wellness you are seeking?

**I don't owe  
the world  
aesthetic  
pleasure.**

## Day 13

Write a letter of gratitude to  
your body.

## Day 14

How have the European standards of beauty impacted how you view yourself?

## Day 15

Often times the only reason we look at ourselves in the mirror is to fix or judge.

Slow down for a few moments and take a look at yourself in the mirror. What do you see?

**I release  
the belief  
that work  
has to be  
hard.**



## **Day 16**

How did your family influence  
your perception of work?

## **Day 17**

Where in your life do you  
overwork yourself?

## Day 18

bell hooks discusses work from  
the stance of "right livelihood"  
(chapter 3)

How can you add more joy to  
your work life?

**I can  
choose.**

## Day 19

Because it no longer serves me,  
I am choosing to let go of ...

## **Day 20**

Because it is aligned with who I  
want to become, I am choosing  
to receive...

## Day 21

bell hooks says, "Black women are often more passionate in our rage and our suffering than we are in our loving" (p.95).

How can you be more passionate about your loving?

# Resources

## **Looking for a therapist? Check out:**

[www.therapyforblackgirls.com](http://www.therapyforblackgirls.com)

[www.psychologytoday.com](http://www.psychologytoday.com)

[www.goodtherapy.org](http://www.goodtherapy.org)

## **Other mental health resources:**

[www.nami.org](http://www.nami.org)

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

[www.samhsa.gov](http://www.samhsa.gov)



