

UNCHAINED WOMANHOOD

PART II WORKBOOK & TRANSITION GUIDE

Reflection Questions — A Gentler Way Forward

1. Where have I felt pressure to believe I am “too late,” and how does this section challenge that belief?

2. What would it look like to orient my life toward God’s design without panic or regret?

3. Which parts of “trad in spirit” feel accessible to me right now?

4. What does home mean to me in this season of life?

5. Where have I carried more than was ever meant for one person?

6. What grief around unmet desires do I need to acknowledge honestly?

7. Which small, quiet changes could help me move toward a more ordered life?

8. How has hustle or self-definition shaped my identity?

9. What does it mean to trust God with what I cannot yet change?

10. What invitation do I sense God offering me as I move forward?
