

Inspirational Guidance



We have created a space to support women looking to live with purpose, build self-confidence, and feel more in control of the choices they make — one grounded step at a time.

www.inspirationalguidance.com

Getting Started With Inspirational Guidance

Welcome — and thank you for joining.

This space was created as a quiet landing place for women navigating change. Whether you're in a season of transition, tired of the noise, or just feeling the tug to learn how to live with purpose... you're in the right place.

As a free member, you already have access to a growing library of tools, reflections, and downloads designed to support your journey — gently, at your own pace.

Here's what's waiting for you inside your member dashboard:





What You Can Access Right Now

Your **dashboard** is your personal space — a place to land, reflect, and track your progress.

Inside, you'll find:

✓ Access to all your digital downloads

Any free or paid resources you've claimed will appear in your dashboard, ready to use.

 Inspirational Guidance Shop  Dashboard M manager







Welcome back, Diane

This is your personal space for tracking progress, downloading content, and staying on track.

Your Stats

Purchased Products 3	Saved Prompts 6	Goals Set 1	Account Status Active
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Quick Actions

 My Orders Download Orders	 Update Profile Edit your info	 Get Support Help & FAQs
 Browse Shop Explore our store	 Order History Past Orders	 Tracker Set Your Goals



Saved journal prompts

You can favourite and return to any prompt that resonates with you.

Journal & Affirmation Prompt Generator

Generate focused prompts for journaling — tailored by category, time, and style.
There is an option to **save prompts when logged in**. Perfect for days when your brain is too full to think but too busy to rest.

Category

Challenges

Time Required

Medium (15-20 minutes)

GENERATE PROMPT

Success! Prompt added to your profile!

Use the dropdowns to customise your prompt — or click 'Generate' for a surprise. Save the prompts you love in your account. [Login Here](#)

Your Writing Prompt

How do you typically respond to obstacles? Reflect on your patterns and whether they serve you.

Category: Challenges

Time Required: Medium (15-20 mins)

Get Another Prompt

Your Prompts

Saved Prompts

What small gesture from someone else made you feel appreciated recently?

Category: Relationships

Time: Quick (5-10 minutes)

Describe a relationship that didn't work out but taught you something valuable about yourself.

Category: Relationships

Time: Medium (15-20 minutes)

What small win did you experience today that deserves recognition? Why did it matter to you?

Category: Achievements

Time: Quick (5-10 minutes)

Write down three words that describe who you are when no one is watching. Do these surprise you?

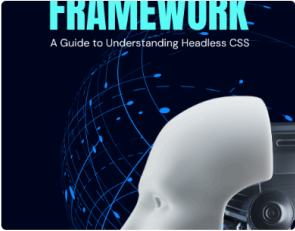
Category: Self Discovery

Time: Quick (5-10 minutes)


💡 Your own personal wish list

Like something but not ready to commit? Add it to your list to revisit later.


Your Wish List



Building Self-Confidence
\$19.97
[View Product](#)



Design Your Life With APIs
\$37.99
[View Product](#)




Unleash Your Inner Girl Boss
\$7.99
[View Product](#)

📦 View your orders

Keep track of your purchases, and download them.

IG Inspirational Guidance

Shop 

Dashboard

My Purchases

Order #15
Purchased on July 21, 2025

Completed

Digital Marketing Blueprint: SEO Mastery
Quantity: 1

£7.99
[Download](#)
Downloads left: 5 / 5

Total £7.99

Order #8
Purchased on July 20, 2025

Completed

Design Your Life With APIs
Quantity: 1

£14.78
[Download](#)
Downloads left: 4 / 5

Total £14.78

Your Goal Tracker

This powerful tool lets you create goals, track your progress, and celebrate your wins. Whether you're setting daily intentions or working towards long-term shifts, your tracker is your steady companion.

Goal Progress Tracker

Track your progress by setting clear goals and logging your activity. You can record how often you want to complete a task and reflect on what you accomplished each time. Whether it's writing, exercise, or daily habits — measure your effort and see your progress grow.

Create New Goal

Custom Goal
E.g. "Visit gym 4 times per week"

Writing Goal Type
Minutes per session

How many times per selected period?
E.g. To visit the gym 4 times per week select 4 here, then frequency is weekly.
e.g., 30 minutes, 500 words, etc.

Frequency
Daily

Start Date
30/07/2025

End Date (Optional)
dd/mm/yyyy

Leave blank for ongoing goals

Notes (Optional)
Why did you set this goal? What are you working towards?

Record Progress Session

Date
30/07/2025

Minutes Spent
e.g., 30

Word Count (Optional)
0

How do you feel about what you accomplished?
Neutral

Notes on what you accomplished.
What did you accomplish during this session?

Tracker

Goal Summary

Active Writing Goals

Number of sessions: 5 per Daily

Progress: 40%

1 days remaining

+

New Goal

Recent Writing Sessions

Thu, 24 Jul 2025 - 5 minutes

200 words

making this up

Session mood: Enjoyable

Thu, 24 Jul 2025 - 5 minutes

54 words







Session mood: Very Enjoyable

Prompt used: **

Update your profile

Add your name, email preferences, and any other info to personalise your journey.

Quick Actions

 My Orders Download Orders	 Update Profile Edit your info	 Get Support Help & FAQs
 Browse Shop Explore our store	 Order History Past Orders	 Tracker Set Your Goals

Support if you need it

If something doesn't work or you have a question, we're here. You don't have to figure it all out alone.

Free Member Resources

Browse and download our collection of no-cost journals, checklists, and calming tools — new ones are added regularly.

Free Member Resources



A Story About Being Stuck

Rita has the power to get unstuck but will she press the bu...

[Download PDF](#)



Small Steps To Realignment

Self-guided worksheet for those tired of hustle culture and...

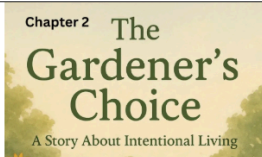
[Download PDF](#)



Gardener's Choice Worksheet

Use these questions to explore The Gardener's Choice parabl...

[Download PDF](#)



The Gardeners Choice

The complete story. A parable about living with intention. ...

[Download PDF](#)



Know Your WHY

A worksheet to help you know why you are doing what you are...

[Download PDF](#)



Mental Fitness Starter Kit

Designed for women who are tired of being the strong one.

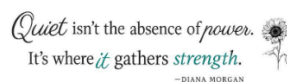
[Download PDF](#)



Tiny Truths In Six Words

We don't always have time for long reads or deep dives.

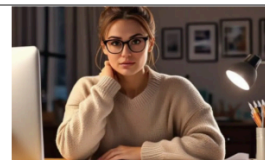
[Download PDF](#)



101 Things to Know About Being an Introvert

Being an introvert in an extroverted world isn't a flaw — i...

[Download PDF](#)



The Quiet Strength Map For Introverts

Reflective worksheet for identity clarity To be used in co...

[Download PDF](#)

Inspirational Guidance Tools

Journal Prompt Access

The journal prompt generator is available to you on the homepage. You can also use the journal prompt generator on the [dedicated prompt page](#).

If you want to go deeper, consider starting with one of our free guides. Many of them contain journal prompts, reflective questions and/or affirmations.

Reflection Questions

Use these questions in your journal or share them in a group session or discussion:

1. What train station am I standing in right now?
2. What does my “button” look like, the action I keep avoiding?

The station where no one leaves

<https://www.inspirationalguidance.com>

3. What stories am I telling myself about why I can’t move yet?
4. Who or what around me is keeping me stuck and am I choosing to stay there with them?
5. If I pressed the button today, what would be my very first step?

Affirmations for Purpose and Action

Repeat or adapt these to suit your voice:

- I don’t need perfect clarity to take my next step.
- My power lives in my choices, not in waiting for permission.

🧭 Goal Tracker Tool

I already talked about this amazing tool earlier but it's definitely worth a second mention. Our tracker helps you set intentions, log your progress, and stay grounded in what really matters to you.

🌊 Calming Games

Need a pause? Pop calming bubbles or chase floating circles — two mindful tools designed to help regulate your nervous system in just a few minutes.

[Try them here](#)



A Few Ways to Use Your Membership

- Use the **goal tracker** to stay committed to your own pace — not someone else's timeline
- Check the homepage journal prompt for a new reflection each visit
- Download a free PDF and begin with 10 quiet minutes of writing
- Add a product to your wishlist and revisit when it feels right
- Use the calming tools as a 2-minute breather between tasks
- Save prompts and resources to return to later — this is a space that evolves with you

Final Thoughts

Inspirational Guidance was created to offer something different. A personal development hub that promotes the power of transformation.

This isn't about fixing or proving.

It's about returning — to your voice and your priorities.

And this is just the beginning.

We'll continue adding new resources and tools over time. You'll be the first to hear when they go live. If you are interested in what guides us you will find that next.

— Diana Morgan

Editor, Inspirational Guidance

Inspirational Guidance Mission and Vision

Our Mission

(The “What + How”)

To equip women with the tools to rediscover their voice and make intentional choices by providing practical tools, digital printables, guidance and small steps that make a real difference.

Our Vision

(The “Why”)

A world where more women live with purpose, speak up with confidence, and feel more in control of the choices they make that shape their lives — one grounded step at a time.

Five Pillars of *Inspirational Guidance*

This is what we believe in and what we teach.

1. Live With Purpose

Purpose isn't something you find. It's something you *choose to live by*.

This is your guiding North Star. Living with purpose means making aligned choices, not drifting. It's not abstract. It's about *meaningful direction* — chosen daily.

2. Build Self-Confidence

Confidence comes from doing — not waiting to feel ready.

You treat confidence as a *skill*, not a personality trait. This pillar focuses on action, voice, repetition, and reclaiming trust in your own judgment.

3. Empowered Living

Feeling in control starts with knowing you have a say.

Empowered living means you're not running on auto-pilot — you're making conscious choices. Not always easy, but *yours*.

4. Small Steps, Real Shifts

Progress isn't glamorous. It's practical.

This is our *methodology*. No overnight transformations. Just consistent, doable, shifts. Change doesn't have to be dramatic to be meaningful. You don't need a breakthrough. You need a *next step*.

5. It's Your Turn Now

You've held it together for everyone else. This part is for *you*.

This is our invitation. This is our rallying cry. It's about timing, permission, and readiness. There's no need to wait for a crisis. There's no age limit on change.

Core Values of *Inspirational Guidance*

1. Intentionality

We believe in living on purpose — not on autopilot.

Every product, prompt, or guide we offer helps women pause, reflect, and make meaningful choices. This isn't about chasing productivity or perfection. It's about choosing what matters and acting with clarity.

2. Self-Trust

We believe confidence is built, not borrowed.

Confidence isn't about being loud or flawless — it's about backing yourself, even quietly. We create tools that help women rebuild that inner trust one grounded step at a time.

3. Honesty

No fluff, no hype — just real guidance that respects where you're at.

No hype. No false promises. We tell the truth about what personal development actually looks like: slow, steady, often quiet. Real guidance.

4. Agency

We believe in choice — and the power of small decisions.

We never claim to give women control over everything. But we do help them feel more in control of the *choices* they make. That's where change begins: in owning your next step.

5. Momentum Over Motivation

You don't need to feel ready. You just need to start — and keep going.

We believe that **action creates clarity**. We are not focused on needing motivation to take action. Instead we teach women how to move anyway — with or without the spark.

6. Progress Over Perfection

We believe change happens through repetition, not reinvention.

We champion small steps. We honour slow growth. We know that showing up, even imperfectly, is what moves you forward. That's what our tools are made for.

7. Self-Authorship

We believe your life belongs to you.

You don't need permission to rewrite the rules. You just need a pen. We help women question the stories they've inherited — and start living the ones they choose. Even when life feels limited, you still get to choose. And that changes everything.

Inspirational Guidance

<https://www.inspirationalguidance.com>