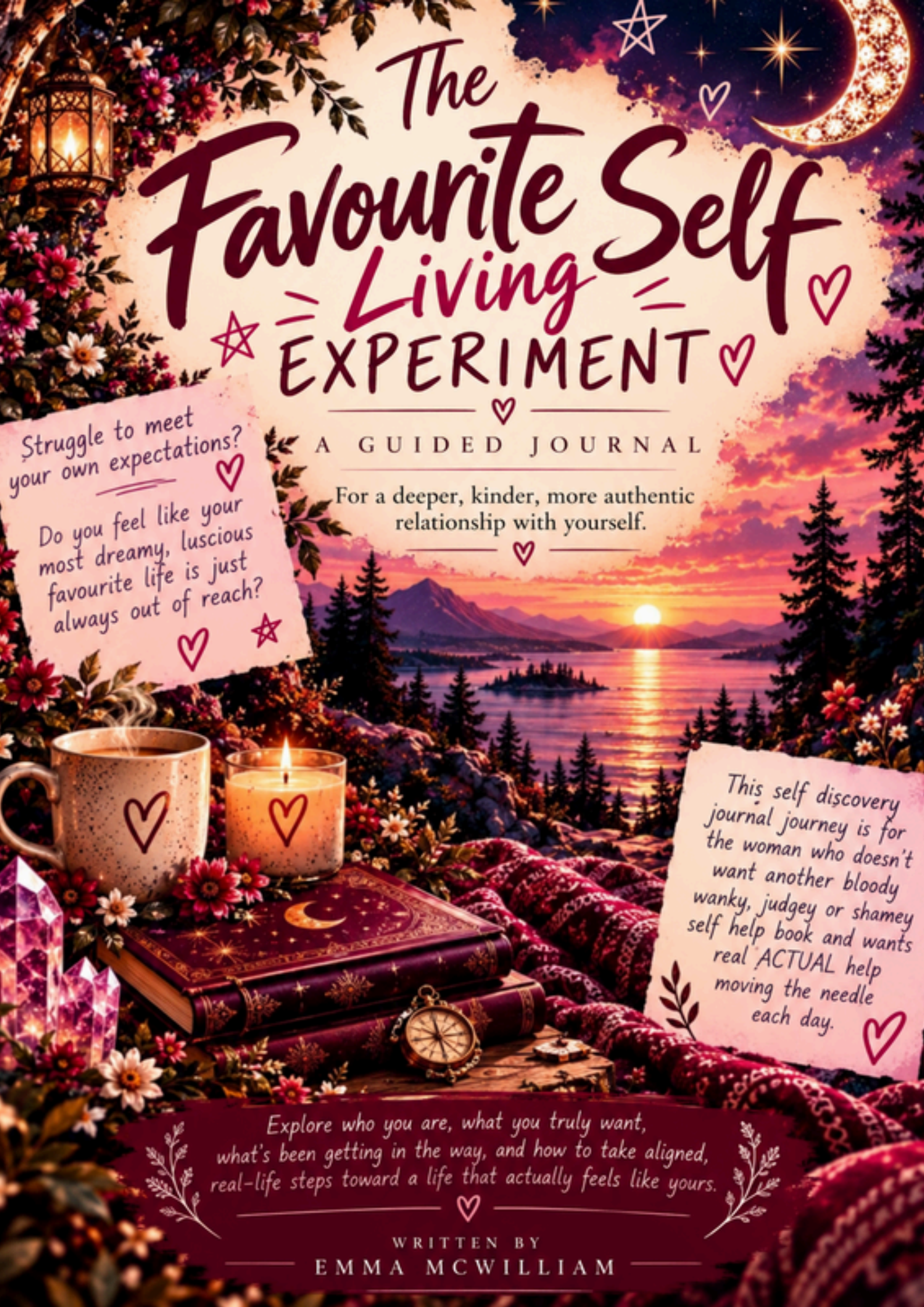

The Favourite Self Living EXPERIMENT
A GUIDED JOURNAL
For a deeper, kinder, more authentic relationship with yourself.
Struggle to meet your own expectations?
Do you feel like your most dreamy, luscious favourite life is just always out of reach?
This self discovery journal journey is for the woman who doesn't want another bloody wanky, judgey or shamey self help book and wants real ACTUAL help moving the needle each day.
Explore who you are, what you truly want, what's been getting in the way, and how to take aligned, real-life steps toward a life that actually feels like yours.
WRITTEN BY
EMMA MCWILLIAM

Hi, I'm Emma

AND I MADE THIS FOR ME FIRST.

Hi lovely,

I'm Emma. I'm a therapist, nervous-system nerd, intuitive, Human Design and astrology lover, and someone who has spent a lot of time trying to understand why I can know exactly what I want for my life... and still somehow *struggle to actually fucking live it.*

I created the Favourite Self framework because I needed something that could help me bridge that gap. Not another list of things I should be doing, not another journal asking me to become a completely different woman. I wanted something that could *meet me where I actually was.*

What would my Favourite Self do here?

And the more I explored this, the more I realised I didn't need to become her. I needed to build a better relationship with her. And with the parts of me that sometimes make that difficult.

It's not a mountaintop.

Just so you know, I'm not writing this from the other side of all of it going, "Look at me! I've figured myself out!" Absolutely not. *I am just like you* — forever building a relationship with myself and all my parts too. I still have my shadows, my off days, my big feels, my changing seasons, and plenty of moments where I look back and think... *well, that was interesting.*

How to use this journal

This journal is designed to be used over and over and over again. You are not the same woman every time you pick it up. Your capacity, priorities, relationships, body, seasons and what you want (and tolerate) will change — and hopefully your relationship with yourself will too.

1. **First time:**
   Go through the journal in order. Take your time. Get to know the framework and create your own personal reference points.
2. **After that:**
   You can jump around. Some pages are designed to be used daily, some are one-time foundation pages, and some are meant to be revisited and updated as you grow and evolve.
3. **Make it yours:**
   Use what helps. Skip what doesn't. Change your answers when they stop feeling true. Let this journal evolve with you. There is no gold star for completing every page — just a deeper, kinder, more authentic relationship with you.

This journal is your space to be real.

- To understand yourself on a deeper level.
- To get curious about your patterns (without judgement).
- To work with your shadows instead of fighting them.
- To create small, realistic shifts that actually move the needle.
- To build a more authentic, aligned and luscious relationship with yourself — in real life.

A softer, truer, more you kind of 'life isn't a destination... it's a daily practice.

I made this for me first. It helped. So I made it for you too.

WRITTEN BY
EMMA McWILLIAM

Meet Your Favourite Self

Before we start changing anything, let's get to know the version of you you actually want to be.

Your Favourite Self isn't a fixed character you have to live up to forever. She changes depending on your capacity, your time, your responsibilities, your season and what life is asking of you.

Some days your Favourite Self makes the big, hairy, scary, wildly brave choice. Some days she showers and brushes her teeth.

Both count.

REMEMBER...

- Not a fixed character
- She evolves
- She meets you where you're at
- Both big and small count
- This is about progress, not perfection.

The point isn't perfection. It's learning what your Favourite Self looks like right now.

SO... LET'S MEET YOUR FAVOURITE SELF

RIGHT NOW, I WOULD DESCRIBE MY FAVOURITE SELF AS...

SHE FEELS LIKE...

SHE VALUES...

SHE TAKES CARE OF HERSELF BY...

SHE MAKES TIME FOR...

SHE FEELS CALM BECAUSE...

SHE WOULD NEVER...

SHE IS PROUD OF HERSELF WHEN...

FOR FUN, SHE LIKES TO...

SHE RELAXES BY...

SHE STRETCHES HERSELF TO THE LIMITS BY...

A BIG JUICY GOAL SHE HAS IS

THREE THINGS SHE WOULDN'T TOLERATE:

1.
2.
3.

THREE THINGS SHE CAN'T LIVE WITHOUT:

1.
2.
3.

THE PEOPLE SHE KEEPS CLOSE MAKE HER FEEL

Your Favourite Self is already in you.
Let's get to know her – right here, right now.

TODAY'S FAVOURITE SELF EXPERIMENT

BEFORE WE BEGIN...

Let's check in with you. Not the version of you who "should" be fine. The real you, right now.
Because your Favourite Self is responsive — she knows what you have available, and she meets you there.

YOUR INNER WORLD

How are you feeling within today?

BODY

Energy + physical capacity

1 2 3 4 5

Notable sensations, health info

MIND

Mental space + clarity

1 2 3 4 5

Any mental loops or troublesome emotions?

SOUL

Connection + aliveness

1 2 3 4 5

Right now my soul feels...

YOUR OUTER REALITY

What's going on in the practical world today?

RESOURCES

Resources available today

1 2 3 4 5

My resources are...

FREE TIME

Time available for myself

1 2 3 4 5

Is there gaps for rest, self care and nourishment?

OBLIGATION LEVEL

How much is already being asked of me?

1 2 3 4 5

I'm feeling pressure from...

OVERALL INNER CAPACITY

Taking all three together — my body, mind and soul...

VERY LOW CAPACITY ← 1 2 3 4 5 → PLENTY OF CAPACITY

What does this tell me about what I genuinely have available today?
How can I give myself more love today?

OVERALL EXTERNAL CAPACITY

Taking all external influences in to account...

VERY CONSTRAINED ← 1 2 3 4 5 → LOTS OF ROOM

What is already being asked of me today?
What is the ratio of energy takers vs energy givers?

SO... WHAT KIND OF DAY IS THIS?

Look at your inner and outer capacity. What's the overall picture?

FAVOURITE SELF CHECK

Is there enough space for my Favourite Self to flourish and access some higher self aligned activities?
If not, How can I create more space and capacity?
What would my higher self tell me I need to do here?

SUPPORT CHECK

How much support do I feel I have today?

1 2 3 4 5

Are there accomodations I can access to make it easier today? (e.g. delegate, defer to another day, assert a boundary etc?)

THE ONE THING THAT MATTERS TODAY

If I were already living from my Favourite Self today, one thing I would do differently is...

Today I am choosing to...

- ☐ protect my energy
- ☐ tell the truth
- ☐ ask for what I need
- ☐ stop over-explaining
- ☐ rest without earning it
- ☐ follow through
- ☐ have some fucking fun
- ☐ other:
- ☐ trust myself
- ☐ leave what isn't mine to carry
- ☐ make the bigger choice
- ☐ be patient with myself
- ☐ nourish my body
- ☐ do something creative

Not 17 goals. Not a personality transplant. One thing.

My Favourite Self Day Plan

A gentle plan for a *real life* day. Not a perfect day. Let's choose how you want to feel, what matters most, and how you can support yourself to show up as your Favourite Self — in the life you actually have today.

A day well lived isn't about doing more, it's about being more you in the ordinary moments.

Morning

One Favourite Self thing I'll do this morning:

How I can maximise my experience:

Middle of the Day

One Favourite Self thing I'll do this middle of the day:

How I can maximise my experience:

Later

One Favourite Self thing I'll do later today:

How I can maximise my experience:

If Shit Hits the Fan

One Favourite Self thing I'll do if things feel hard, overwhelming or don't go to plan:

How I can maximise my experience:

If I Have Extra Capacity...

One Higher Self thing I could try do today that would make me feel proud AF if it could be done:

This isn't about pressure. It's an invitation. A nudge towards the version of you who knows what's possible.

If I Really Stretched Today...

What would my Higher Self request of my Favourite Self?

Not the version of me who "should" be doing more. Not the version trying to prove something. Just.... if I was willing to stretch myself a little further today, what would my Favourite Self be brave enough to do?

What would that look like in real life?

Not someday. Today.

And what might I have to risk to do it?

- ☐ being seen
- ☐ disappointing someone
- ☐ being told "no"
- ☐ getting it wrong
- ☐ asking for something
- ☐ taking up space
- ☐ setting a boundary
- ☐ resting
- ☐ letting someone else be uncomfortable
- ☐ choosing myself
- ☐ doing something before I feel ready
- ☐ something else: _____

How could my Favourite Self make that happen?

Now... Notice What Happens Inside You...

Because this is often where the Protector Self gets interesting.
Did a voice appear? Did your body contract? Did an excuse arrive?
Did you suddenly remember 17 other things you "need" to do first?
Did your brain explain why this isn't the right time?

Good. Don't judge it. Let's meet it.

When Your Inner Critic Gets Loud...

Did any inner critic, excuse or familiar story show up today?
What did the voice say?

What excuse or reason appeared?

What did it make me want to do instead?

- ☐ avoid
- ☐ procrastinate
- ☐ overthink
- ☐ people-please
- ☐ shut down
- ☐ give up
- ☐ overwork
- ☐ distract myself
- ☐ make myself smaller
- ☐ play it safe
- ☐ something else: _____

Sometimes your Protector Self doesn't appear when you're struggling. Sometimes she appears when you're about to grow.

Meet Your Protector Self

That voice might be coming from a Protector Self. She's a part of you that learned a strategy to keep you safe. Her intention isn't necessarily bad, even if the strategy is outdated.

Daily Reflection and Favourite Self Feedback

Let's look back on your day with curiosity, compassion and honesty.
Not to judge, but to understand, learn and celebrate.

Awareness is progress. Every observation is information. Every choice, however small, counts.

Did You Meet a Protector Self Today?

Your Protector Self isn't the enemy. She's a part of you that learned a strategy to keep you safe. Let's get curious about when she showed up today.

1. Did I notice a Protector Self show up today?

○ Yes ○ Maybe ○ No

If yes, describe what she did and why:

2. What was she afraid would happen?

3. What was the story, thought or excuse she brought up?

4. What was she trying to protect me from?

- ☐ Rejection
- ☐ Disappointment
- ☐ Being seen or judged
- ☐ Getting it wrong
- ☐ Feeling uncomfortable
- ☐ Change or the unknown
- ☐ Taking up space
- ☐ Saying no
- ☐ Needing support
- ☐ Resting
- ☐ Success
- ☐ Something else: _____

5. How did she show up?

- ☐ Tension or tightness
- ☐ Racing thoughts
- ☐ Feeling overwhelmed
- ☐ Shutting down
- ☐ Feeling irritated or angry
- ☐ Procrastinating
- ☐ Overworking
- ☐ People-pleasing
- ☐ Wanting to avoid
- ☐ Other: _____

6. What did she make me want to do instead?

7. How did I respond?

- ☐ I listened and rested.
- ☐ I honoured the need and adjusted.
- ☐ I pushed through anyway.
- ☐ I got stuck.
- ☐ I noticed, thanked her, and chose differently.
- ☐ Something else: _____

Sometimes your Protector Self appears when you're about to grow. Thank her for trying to keep you safe, even if her strategy is outdated.

8. What does she need to hear from my Favourite Self?

My Favourite Self Evidence

Because your brain needs receipts. Let's celebrate what you noticed, chose and created today — no matter how small. It all counts.

- Today I proved that I can...
- Today I chose myself when...
- Today I listened to myself when...
- Future me will thank today me for...
- If a past version of me saw my Favourite Self actions today they would think...

SELF REFLECTION

What am I most proud of today?

What felt good?

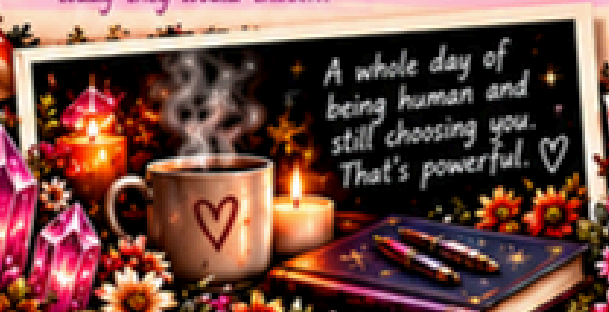
What was challenging?

What did I learn about myself?

What do I want to do more of?

What do I want to do differently tomorrow?

Is there anything I need to forgive, release or let go of?



Progress isn't perfection. It's noticing. It's choosing. It's coming back. Again and again.

TOMORROW'S INTENTION

One thing I want to carry into tomorrow:

Shit-Has-Hit-The-Fan Guide

YOU DON'T NEED TO UNDERSTAND WHAT'S HAPPENING.
JUST FIND THE CLOSEST MATCH AND DO THE THING BESIDE IT.

RIGHT NOW I'M ...	DO THIS NOW ...
Unable to make a decision.	**Don't make it yet.** Unless it's genuinely urgent, say "I need some time before I answer." Eat, move, breathe, let the emotion settle and check again later. **You can also use the Decision Matrix to help you get clear (See Appendix).**
Thinking in fucking circles.	**Stop trying to solve it.** No more Googling, asking people or replaying it. Write the question down and physically do something else for 20 minutes.
Convinced I know exactly what something means.	**Separate FACT from STORY.** Write one sentence for what actually happened. Then one sentence for what you're assuming it means. Don't act on the second sentence yet.
Feeling like EVERYTHING is wrong.	**Body first. Life later.** Food. Water. Shower. Comfortable clothes. Outside. Walk. Sleep. Choose whichever one your body needs most. No major life conclusions yet.
Frustrated and forcing shit.	**Stop one thing.** Ask: "What am I pushing that I don't actually have energy for?" Pause, postpone, delegate or drop ONE thing.
Feeling guilty for saying no.	**Ask:** "Did I actually hurt someone?" If no, don't immediately reverse your boundary just to make the guilt disappear. Let the uncomfortable feeling move first.
Trying to fix myself again.	**No self-improvement today.** Find one thing you're treating like a problem and deliberately leave it alone. You are allowed to be unfinished.
Managing everybody else's mood.	**Locate yourself first.** Put both feet on the floor and ask: What do I feel? What do I need? What do I have capacity for? Start there.
Unable to hear myself.	**Reduce input.** Put the phone down. Leave the conversation. Change rooms. Go outside. Stop asking for opinions. Give yourself ten minutes with nobody requiring anything from you.
Wanting to disappear.	**Take intentional space instead** of vanishing indefinitely. Decide what you need: 30 minutes, an evening, a sleep, a day. Take it. Then reassess.
Interested in 47 things and about to reorganise my entire life.	**Don't commit to any of them today.** Put the ideas somewhere safe. Tomorrow, notice which ones still have energy.
Getting an intuitive hit or weird knowing.	**Write down ONLY what arrived.** No interpretation. No research. No building a theory. Date it and leave it alone. See what happens.

TOO OVERWHELMED TO EVEN PICK ONE?

FORGET THE TABLE. DO THESE IN ORDER.

1. **STOP.** Don't make the decision, send the message or fix the thing yet.
2. **BODY.** Water. Food. Toilet. Medication if due. Comfortable temperature. Breathe.
3. **REDUCE INPUT.** Phone down. Less talking. Fewer opinions. Fewer demands.
4. **CHANGE SOMETHING PHYSICAL.** Stand up. Walk outside. Shower. Change rooms. Lie down. Stretch.
5. **ASK ONE QUESTION.** "What would make the next ten minutes 10% easier?"
6. **DO ONLY THAT.** You don't have to do more right now.

You do not need to understand why you're overwhelmed before you're allowed to support yourself. ♡

PAUSE ♡ BREATHE ♡ REGULATE ♡ RECONNECT ♡ YOU'VE GOT THIS ♡

Professional Support for Your Favourite Self Journey ♡

You don't have to do this alone. Sometimes the bravest thing you can do is ask for support. ♡

GUIDANCE SUPPORT INTEGRATION ♡

SAME YOU
MORE SUPPORT
BRIGHTER TOMORROWS

New perspectives can create new possibilities. ♡

HEAL EXPLORE ALIGN GROW ♡

Support yourself. It's part of the plan. ♡

SOMETIMES YOU MIGHT WANT GUIDANCE, A FRESH PERSPECTIVE OR A LITTLE EXTRA SUPPORT TO HELP YOU MOVE FORWARD.

You don't have to do it all alone.

DIFFERENT PATHS. SAME DESTINATION.

Whether you're seeking intuitive insight, therapeutic support, practical guidance or a mix of it all — each offering is here to help you reconnect with yourself and move forward in a way that feels right for you.

A SPACE TO BE REAL.

Bring your questions, your stuckness, your big feelings, your ideas, your dreams. This is a safe, non-judgemental space to be fully you.

GUIDANCE MEETS REAL-WORLD TOOLS.

I combine intuitive insight with therapeutic wisdom, somatic awareness and practical strategies to help you create meaningful, lasting change.

YOU ALREADY HAVE THE ANSWERS.

Sometimes you just need a little support to hear them more clearly, feel them in your body, and take the next step.

MY SUPPORT OFFERINGS

CHOOSE WHAT FEELS ALIGNED FOR YOU RIGHT NOW.

INTUITIVE GUIDANCE

Tap into intuitive insight and energetic guidance to gain clarity, explore possibilities and receive supportive direction for your journey.

Includes psychic insight, energy reading and practical takeaways.

Clarity for what's next. ♡

THERAPEUTIC GUIDANCE

Trauma-informed therapeutic support to explore patterns, process emotions and create change. A deeper space to feel, release and reconnect.

Combines psychotherapy principles, somatic awareness and mind-body tools.

Heal what's heavy. Make space for more. ♡

FAVOURITE SELF COACHING GUIDANCE

Practical, heart-led support to help you apply your insights, overcome stuckness, stay accountable and take aligned action toward your Favourite Self life.

Integrates your Human Design, Astrology, Gene Keys and personal goals.

Ideas into action. You've got this. ♡

COMBINATION SESSIONS

A tailored blend of intuitive, therapeutic and coaching support — because sometimes you need a little bit of everything.

We'll co-create the session based on what you need most in the moment.

A bespoke space for you. ♡

ASK FOR SUPPORT
DEEPER INSIGHT
REAL CHANGE

READY TO WORK TOGETHER?

If you feel called to book a session or just have a question, I'd love to hear from you.

Contact Emma here:
hello@empoweredhealinghub.com.au

The right support at the right time can change everything. ♡

KINDER
BRAVER
CLEARER
YOU

SUPPORT ♡ CLARITY ♡ HEALING ♡ ACTION ♡ YOU

A calmer you. A kinder you. A brighter tomorrow. ♡