



JULY 2025 LIVE SESSION SCHEDULE + DAILY PROMPTS

This is your guided Rewrite Series schedule for July 2025.

Each session features a transformational theme with a prompt to help you reflect, create, or share with confidence.

Use this schedule alongside your 1→4→4 Content Tree Template.

July 1 – Worthiness

 Prompt: What makes me feel worthy, even when no one is clapping?

July 3 – Confidence

 Prompt: Where in my life do I need to trust my own voice more?

July 6 – Reset

 Prompt: If I could start fresh tomorrow, what would I do differently?

July 8 – Identity

 Prompt: What parts of myself am I ready to own, reclaim, or redefine?

July 10 – Support

 Prompt: Where am I craving more support, and what would it look like to ask for it?

July 12 – Intention

 Prompt: What do I actually want—and am I moving in that direction?

July 15 – Labels

 Prompt: What label am I ready to let go of for good?

July 17 – Healing

 Prompt: What story in me is asking to be healed or rewritten?

July 20 – Reflection

 Prompt: What lesson have I learned that I can finally thank the past for?

July 22 – Control

 Prompt: What can I release control of, and what is fully mine to claim?

July 24 – Failure

 Prompt: What ‘failure’ actually gave me direction or clarity?

July 27 – Alignment



Prompt: Where do I feel most ‘me’—and how can I do more of that?

July 29 – Time



Prompt: What have I been telling myself it’s ‘too late’ for? Is that really true?

July 31 – Direction



Prompt: Even without all the answers, what small next step feels aligned?

Record your thoughts using the 1→4→4 method or free-write to explore each theme. Join the live sessions or catch the replays on your own time, and come back to this journal anytime you feel stuck, overwhelmed, or ready to grow.