

“Write to Let Go”
12 Journal Prompts from The Yielded Pen

Welcome, Beautiful Soul.

This simple but meaningful collection of prompts was created to help you slow down, release what no longer serves you, and reconnect with the voice within—the one God never stopped listening to.

Inside these pages, you’ll find space to reflect honestly, surrender gently, and make room for what’s next.

You don’t have to fix everything. You just have to be willing to let go and write what’s true.

Let this be a quiet beginning to something beautiful.

Welcome to The Yielded Pen!

Zelda

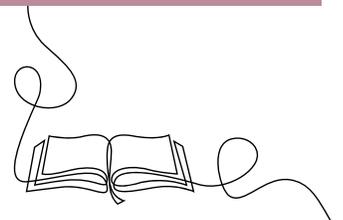
If these prompts speak to you, I’d love to walk alongside you on your journey. Visit my website to learn more about coaching, courses, and writing for growth. [[Work with Me](#)] [[Schedule a Free Session](#)]

A Gentle Invitation to Reflect, Release, and Renew

What is God restoring in you that you've almost forgotten was possible?

What fear are you carrying that is no longer serving your future?
Give it permission to rest.

Describe the last time you felt deeply seen or comforted by God. What did you learn from that moment?

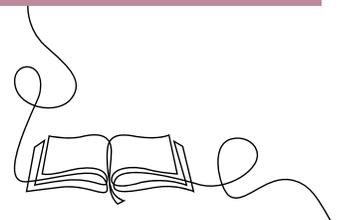


A Gentle Invitation to Reflect, Release, and Renew

What part of your story are you being called to release shame from? Write truth over it today.

What does “peace” mean to you in this season—and what boundaries or habits help you protect it?

Write out a prayer of release for one thing you’re afraid to let go of. End it with gratitude.

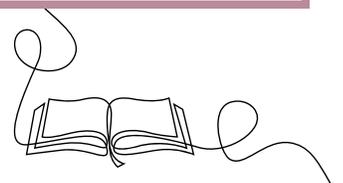


A Gentle Invitation to Reflect, Release, and Renew

If you fully trusted God's timing, what would you stop trying to control?

What have you been holding onto that God is asking you to surrender today?

Write a letter to the version of you that's tired of pretending she's okay. What does she need to hear?

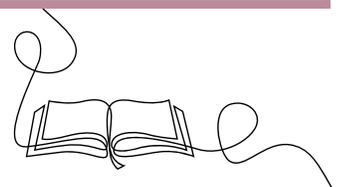


A Gentle Invitation to Reflect, Release, and Renew

Finish this sentence: "God, I yield to You in the area of..."

Who are you when you're not trying to meet everyone else's expectations? Write about the woman who shows up when you're fully free.

What are you holding onto out of fear that God is asking you to trust Him with instead? Write the fear, then write the truth.



**May your pen continue to lead you into peace.
May the words you've written become seeds of
healing, hope, and restoration.
May you feel lighter—not because everything is solved,
but because you've surrendered the weight.
And as you let go,
may you make room for joy, clarity, and God's quiet leading.**

**You don't have to strive to be more—just stay open
to what's already unfolding.**

With grace,

Zelda | The Yielded Pen

