

**Title:** *The Book of U*  
**Subtitle:** *3 Days of Inner Discovery*  
**By:** Y.B.

---

## **Welcome Page**

### **Welcome**

This isn't just a workbook. It's a mirror.

Inside these pages, you're not being asked to perform. You're being invited to remember. To reconnect with the part of you that's been quietly waiting beneath the noise, beneath the patterns, beneath the programming.

*The Book of U* is a sacred invitation—a 90-day journey inward, where each reflection becomes a step toward your truth.

This 3-day preview is your first step.

Three days. Three questions. Three moments to pause and listen. No rush. No pressure. Just space. Space for you to come home to yourself.

Take your time. Write honestly. Breathe between the lines. And if something stirs—keep going.

**Peace and Blessings,**  
**Y.B.**

---

## **Day 3 – Your Mental Meal**

“What is your most often repeated limiting thought?” – Y.B.

### **Reflection Prompt**

What limiting thought do you find yourself repeating most often?

### **Your Thoughts & Insights**

*(Include lined space for writing)*

### **Check-In**

- How does recognizing this thought make you feel?
- Does this awareness motivate you to challenge it? Why or why not?

### **Gratitude Note**

“I give thanks for all of my blessings.”

### **Closing Affirmation**

“I feed my mind with thoughts that nourish my spirit.”

*(Include space to write or repeat)*

---

## **Day 8 – Freedom**

“What are you most afraid of sharing verbally?” – Y.B.

### **Reflection Prompt**

What is the one thing you’re most afraid to share out loud?

### **Your Thoughts & Insights**

*(Include lined space for writing)*

### **Check-In**

- How might expressing this out loud change how you view yourself or your relationships?

### **Gratitude Note**

“I give thanks for the courage to express my truth.”

## **Closing Affirmation**

“I embrace the freedom that comes from speaking my truth.”

---

## **Day 16 – Take Care of Yourself**

“What is the kindest thing you could say to yourself today?” – Y.B.

### **Reflection Prompt**

What is the kindest thing you could say to yourself today?  
How might saying this shift your mindset or influence your actions?

### **Your Thoughts & Insights**

*(Include lined space for writing)*

### **Check-In**

- How does practicing self-kindness make you feel?
- What steps can you take to carry this kindness with you throughout the day?

### **Gratitude Note**

“I am grateful for the opportunity to care for myself with kindness and compassion.”

### **Closing Affirmation**

“I speak to myself with kindness and treat myself with the care I deserve.”

---

## **Closing Page**

**You’ve Opened the First Page... Now Keep Writing**

These three reflections weren't just exercises.  
They were doorways—small yet sacred invitations to witness  
yourself with more honesty, more softness, more intention.

If you felt something shift, even slightly, that's the beginning.  
That's the voice of your deeper self rising through the noise.

*The Book of U* is a 90-day journey of remembering, rewriting, and  
rising into the truth of who you are.  
One reflection at a time. One day at a time. One step closer to the  
life that's already living inside you.

When you're ready, the rest of the path is waiting.

**[ Begin the Full Journey – Get Your Copy Now ]**

**Peace and Blessings,  
Y.B.**

---

That's your complete 3-day preview