ZORAYA SIN FILTROS

MY NEW STORY BEGINS TODAY

A space to listen to yourself, revisit limiting beliefs, and choose one possible step.

Answer at your own pace, save your progress, and return whenever you wish.

1. Words that do not define me

What label or opinion from others have I started repeating to myself?

Who said it? What evidence supports or challenges it?

Someone’s opinion of you is not a verdict on your future.

2. Facts, interpretations, and support

What happened (verifiable facts):

What I am interpreting:

What information, rest, or support I need:

Your answers stay in the copy you save; they are not sent to Zoraya Sin Filtros.

3. Authenticity and inner peace

When do I feel I must wear a mask to please others?

What value or boundary matters to me? How can I express it safely?

Where there is dependency or danger, prioritize safety and seek suitable support.

4. Love also begins with me

What act of self-care do I need this week?

Who could listen, guide me, or help share responsibilities?

Caring for others matters. Your needs matter too.

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5. My age, my opportunities

What experience did I dismiss because someone said “too late”?

What is possible now, and what barriers do I need to address?

Being the right age to love or learn is a personal conviction, not a guarantee.

6. Success with meaning

Which meaningful moments would I like to enjoy more?

What goal feels meaningful at this stage of my life?

7. One possible step

My specific goal:

One small, realistic action:

When I will review it and what support I need:

Resting, asking for help, or changing the plan can also be valid.

To close

If others' opinions no longer defined you, what opportunity would you give yourself?

The best day to start loving yourself is always today.

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HOW TO FILL IN AND SAVE

1. Download the PDF and open it in a PDF reader that supports forms.

2. Tap the fields and type your answers. You may skip any question.

3. Choose “Save a copy” and select a private folder.

4. Reopen your saved copy whenever you wish to continue.

Avoid shared devices. Cloud storage is subject to the provider’s privacy terms.

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