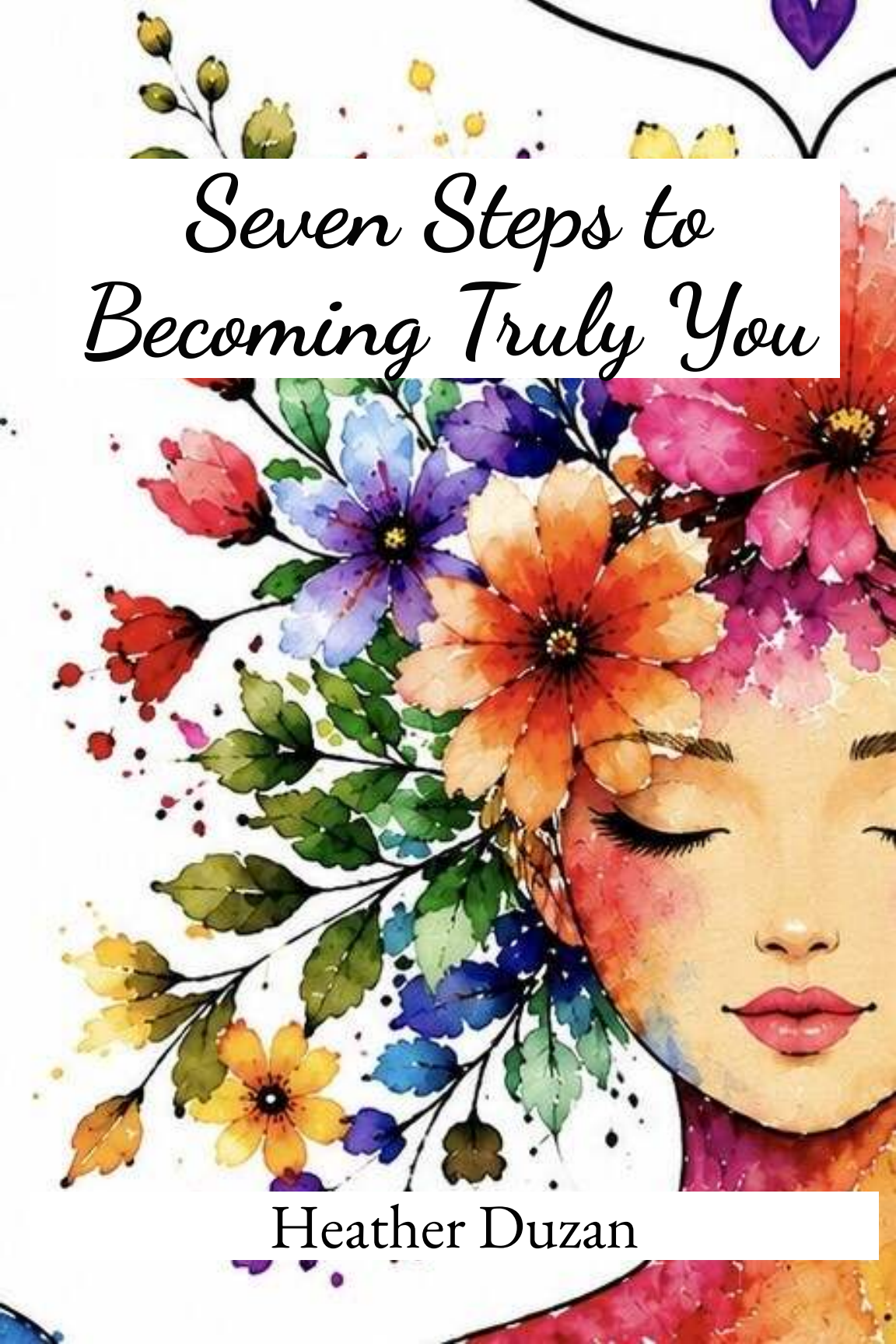


A watercolor illustration of a woman's face, partially obscured by a dense arrangement of colorful flowers. The woman has her eyes closed, a serene expression, and is wearing a purple headband. The flowers include large orange and pink blossoms, smaller blue and yellow flowers, and green leaves. The background is white with scattered watercolor splatters. The title text is overlaid on a white rectangular banner at the top.

Seven Steps to Becoming Truly You

Heather Duzan

Seven Steps to Becoming Truly You



A little journey back to the woman God created you to be

MY WHIMSICAL LIFE

A gift for members of The Whimsy Tribe

Welcome, Beautiful Soul

Somewhere along the way, many of us became very good at being who we thought we were *supposed* to be.

We learned to accommodate. Achieve. Keep the peace.

Meet expectations. Be responsible. Be strong.

And sometimes, underneath all that becoming, we lose touch with **ourselves**.

But God never lost sight of you.

Seven Steps to Becoming Truly You

This little guide isn't about reinventing yourself. It's an invitation to uncover the woman He created before the expectations, comparisons, disappointments, and labels began telling you who you should be.

Grab your coffee. Find a comfortable chair.

Let's rediscover her.

— Heather Duzan

Seven Steps to Becoming Truly You

Ask yourself: **What parts of my life genuinely feel like me**
—and what parts am I maintaining because they're
expected of me?

Don't judge your answers. Just notice them.

WHIMSY PROMPT If nobody expected anything from
me, I would _____.

Authenticity begins with curiosity, not criticism.

Remember What Made You Come Alive

Think back before life became quite so practical.

Get Curious About Who You've Become

Before we can discover what is authentic, we have to notice what isn't.

What fascinated you? What did you create? What could you spend hours doing? What made you laugh until your stomach hurt?

Somewhere inside those memories are clues.

WHIMSY PROMPT Write down three things you once loved that somehow disappeared from your life.

Now circle one. Could you bring a tiny piece of it back this week?

Question the Labels

We accumulate labels throughout our lives.

Too much. Too sensitive. Difficult. Shy. Loud.

Scatterbrained. Not creative. Not smart enough. Too old.

Eventually, someone else's description can become our identity.

But there's a better question: **What does God say about me?**

You are His workmanship. — Ephesians 2:10 You are wonderfully made. — Psalm 139:14 You are chosen and dearly loved. — Colossians 3:12

Seven Steps to Becoming Truly You

WHIMSY PROMPT Write down one label you've carried that you are ready to release.

Cross it out.

That may have been said about me. It does not define me.

Stop Editing Yourself

Have you ever walked into a room and unconsciously calculated: *Who do I need to be here?*

Authenticity doesn't mean saying everything you think or refusing to grow. It means you no longer have to **perform for belonging**.

Your kindness can be authentic. Your boundaries can be authentic. Your faith, humor, creativity, opinions, tenderness, strength—and even your quirks—can all belong in the same woman.

WHIMSY CHALLENGE Today, notice one moment when you're tempted to shrink, perform, or seek approval.

Seven Steps to Becoming Truly You

Instead ask: What would the authentic version of me do here?

Then give her a little room.

Give Yourself Permission to Change

And here is where our watercolor ladies come in:

"You've changed."

"No, I have become the person I was always meant to be."

Growth isn't betrayal. Changing your mind isn't necessarily failure. Outgrowing an old version of yourself doesn't mean she was wrong.

She may have been exactly who you needed to be for that season.

Thank her. And keep growing.

WHIMSY PROMPT The woman I used to be taught me _____.

The woman I'm becoming is learning

_____.

Make Room for Wonder

Whimsy isn't frivolous.

It's the willingness to remain awake to beauty, possibility, creativity, laughter, and wonder.

Buy the ridiculous flowers. Wear the bright shoes. Take the scenic route. Start painting badly. Dance in your kitchen. Order dessert.

Sit outside with God and watch the sunset without accomplishing one single thing.

YOUR WHIMSY ASSIGNMENT Do one completely unnecessary thing this week simply because it delights you.

Live From Identity, Not Approval

Authenticity becomes powerful when it moves from discovery into daily life.

You don't need everyone to understand the woman you're becoming. You need the courage to live in agreement with who God says you are.

Before making a decision, ask:

Am I choosing this from fear—or freedom? Am I trying to earn approval—or living from love? Does this move me closer to the woman God created me to be?

Then take the next small step. Not perfectly.

Authentically.

A Little Declaration for Your Journey

I give myself permission to grow.

I release the need to become who everyone else expects me to be.

I will honor the woman I have been, embrace the woman I am, and remain open to the woman God is still revealing.

I am wonderfully made, deeply loved, and created with purpose.

I will make room for joy. I will make room for wonder.

I will make room for God.

.....

And I will make room for me.

Welcome to The Whimsy Tribe.

Pull up a chair. Bring your coffee. You belong here.

Heather Duzan *My Whimsical Life*

Seven Steps to Becoming Truly You

© 2026 Heather Duzan. All Rights Reserved. No part of this publication may be reproduced, distributed, or transmitted in any form without prior written permission from the copyright owner.