

ON MY WAY BACK TO YESTERDAY

A JOURNEY TO AUTHENTICITY

WORK BOOK

By Chantale C. Nyonka, Award-Winning Author

Award-Winning Author | Registered Nurse | Mindset Transition Coach

"Living an authentic life is freedom."



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Contents

1. Welcome
2. Before You Begin: Why Read the
Memoir First
3. How to Use This Workbook
4. Section One: Self-Reflection
5. Section Two: Healing & Acceptance
6. Section Three: Resilience & Growth
7. Section Four: Authentic Living
8. Section Five: Purpose in Action
9. 30-Day Authenticity Challenge
10. Healing Toolkit
11. Closing Page
12. Notes & Reflections
13. Final Affirmation

Welcome

Welcome to the ***On My Way Back to Yesterday: A Journey to Authenticity Workbook***.

This workbook was designed as a companion to my award-winning memoir.

In these pages, you'll find space for reflection, exercises to guide your healing, and prompts that invite you to discover your truest self.

I created this workbook with the same heart that poured into my book , a heart that has known and felt brokenness, but also the power of resilience, grace, and transformation.

As you walk through these exercises, you will not just write on these pages, but begin to rewrite your story from a place of authenticity and freedom.

You are not here by mistake. Every word you write is part of your healing journey. Take your time, be honest with yourself, and remember, healing is not about rushing, it's about becoming.

Living an authentic life is freedom.



Why Read the Book First?

Before You Begin Your Journey

This workbook is a companion to my award-winning memoir, *On My Way Back to Yesterday: A Journey to Authenticity*.

While you can start using this workbook on its own, reading the book first will give you a deeper connection to the exercises you'll find here.

My story is not just words on pages, it's a mirror of resilience, survival, healing, and transformation. It's the foundation for every reflection, journaling prompt, and affirmation you'll encounter in this workbook.

Advantages of Reading the Book First:

Deeper Connection – You'll see where each exercise is rooted in real experiences and healing moments.

Emotional Safety – The book prepares your heart for the vulnerable work of self-discovery.

Inspiration & Courage – My story proves that no matter how broken things may feel, healing and authenticity are always possible.

Guided Healing – The workbook then takes you beyond my story and turns the focus inward, to your story, your voice, and your transformation.

 **My recommendation:** Read the memoir first, then return to this workbook ready to walk into your own authentic journey.



How to Use This Workbook

- Read the memoir first for context and courage.
- Go at your own pace, one prompt per day or per week.
- Write freely and honestly; these pages are a safe space.
- Engage the prompts with intention, depth over speed.
- Use the Notes section at the end for extra reflections.
- Return as needed, each pass reveals new insight.

Disclaimer: This workbook supports personal growth. It is not a substitute for professional therapy, counseling, or medical advice. If you feel overwhelmed, please seek licensed support. Your well-being matters.

Before You Begin: Why Read the Award-Winning Memoir First?

This workbook was born from my award-winning memoir.

- Reading the book first deepens your connection to each exercise and prepares your heart for vulnerable work.
- Understand the context behind each prompt.
- See transformation is possible, from pain to purpose.
- Engage with hope rooted in lived experience, not theory.
- Walk alongside my story as you write your own.

Section One: Self-Reflection

Every journey begins with self-reflection. Before we can heal or grow, we must first face ourselves honestly.

1. Name three experiences that shaped you — positively or negatively.

2. What areas of your life feel heavy or unfulfilled? Why?

3. How do you respond when life feels overwhelming (retreat, numb, push through, ask for help)?

4. Which of the limiting beliefs have you been carrying that no longer serve you?

5. Growing up as a child, who you were taught to be vs. who you truly are — describe both.

6. Childhood memories: what brought you joy and what left you feeling unseen?

7. What masks do you wear to make others comfortable? Where do you feel most authentic?

8. If no one would judge you, what would you admit you truly desire?

Affirmation: I honor my story and welcome who I am becoming.

Section Two: Healing & Acceptance

Healing begins with acceptance, not approval of what happened, but release of what you cannot control.

1. What are you ready to accept today that you resisted yesterday?

2. Write a Letter of Release to yourself or someone who hurt you.

3. List three ways you can practice self-compassion this week.

4. Where does your body hold tension when you think about the past? How can you offer it care?

5. What boundaries do you need to put in place for your peace?

Affirmation: I release what I cannot change and choose peace.

Section Three: Resilience & Growth

Resilience is your decision to rise again and again. Growth comes from small, consistent steps.

1. Name a time you got back up after falling. What helped you rise?

2. List some baby-step positive habits you can commit to this month (5–10 minutes each).

3. Who are your resilience allies (people, practices, faith)?

4. What does 'progress, not perfection' look like in your life?

5. Write a letter from your future self thanking you for not giving up.

Affirmation: I am stronger than I remember and softer than I allow.

Section Four: Authentic Living

Authentic living is alignment, thoughts, words, and actions matching your values.

1. Define your top five values. Where are you in alignment? Out of alignment?

2. What would a week look like if you honored your values daily?

3. Where do you silence your voice? What truth needs to be spoken?

4. Create your Authenticity Blueprint: three habits to live your truth.

5. What relationships need honest conversations for you to stay authentic?

Affirmation: Living authentically is my birthright.

Section Five: Purpose in Action

Purpose is not a destination, it's who you become each day you choose truth, service, and love.

1. Write a Future-Self Letter (1 year ahead). What are you grateful for?

2. List your gifts and how you can serve with them this season.

3. What fears still hold you back? How will you move through them?

4. Design a simple weekly rhythm that supports purpose (rest, work, service, joy).

5. Define 'wholeness' for your life in one paragraph.

Affirmation: I am whole, I am free, and I walk in purpose.

30-Day Authenticity Challenge

Choose one small practice each day. Check it off and write one sentence about how it felt.

Day	Practice (journal 10m, walk, prayer/meditation, gratitude 3x, be honest	
1		
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Healing Toolkit

- Daily Affirmations (repeat morning & night).
- Breath Practice: Inhale 4, hold 4, exhale 6 (3 minutes).
- Body Scan: Notice where you hold tension and soften it.
- Boundaries: One kind 'no' per week to honor your peace.
- Gratitude 3x: Write three things you're grateful for daily.
- Reach Out: Text someone safe and honest once a week.

Write your custom tools below:

Closing Page

Thank you for walking this journey with me. Remember:

Your yesterday does not define you. Your authenticity does. If this workbook has helped you, share your reflections with me and consider leaving a review on my Facebook page.

Stay Connected

- [Memoir on Amazon](#)
- [Website](#)
- [Instagram](#)
- [Facebook](#)
- [YouTube](#)
- [Contact Me \(email\)](#)

Notes & Reflections

Use these pages for anything that doesn't fit elsewhere, breakthroughs, prayers, or plans.

I'd love to hear about your journey. You can share via any of my links, and please consider leaving a review on my Facebook page.

Final Affirmation

I am whole. I am free. I am aligned with my divine purpose.



*With love & authenticity,
Chantale C. Nyonka*