

# Becoming: A Guided Journal for Discovering Your Voice

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What's your journey of becoming? Based on Michelle Obama's bestselling memoir, this gorgeous journal features an intimate and inspiring introduction by the former First Lady and more than 150 inspiring questions and quotes to help you discover-and rediscover-your story.

"It's not about being perfect. It's not about where you get yourself in the end. There's power in allowing yourself to be known and heard, in owning your unique story, in using your authentic voice. And there's grace in being willing to know and hear others. This, for me, is how we become." -Michelle Obama

In writing *Becoming*, a work of deep reflection and mesmerizing storytelling, Michelle Obama shared her own extraordinary journey to help create space for others to tell their stories and to give people the courage to discover the power of their own voice. With this journal, she now provides you with the encouragement to find value in your own personal journey of becoming. Printed on cream writing paper, with a grosgrain ribbon, foil-stamped cover, and removable half-jacket, *Becoming: A Guided Journal for Discovering Your Voice* includes thought-provoking prompts designed to help you reflect on your personal and family history; your goals, challenges, and dreams; what moves you and brings you hope; and what future you imagine for yourself and your community. Writes Mrs. Obama in the Introduction to the *Becoming* journal, "I hope you'll use this journal to write down your experiences, thoughts, and feelings, in all their imperfections, and without judgment. . . . We don't have to remember everything. But everything we remember has value."

These pages will help you capture your own voice and journey so you can nurture your sense of belonging. Inside, you'll find an opportunity not only to take heart in the experiences that brought you to where you are today, but also to feel empowered to take those next steps, wherever they might lead.

Michelle Robinson Obama served as First Lady of the United States from 2009 to 2017. A graduate of Princeton University and Harvard Law School, Mrs. Obama started her career as an attorney at the Chicago law firm Sidley & Austin, where she met her future husband, Barack Obama. She later worked in the Chicago mayor's office, at the University of Chicago, and at the University of Chicago Medical Center. Mrs. Obama also founded the Chicago chapter of Public Allies, an organization that prepares young people for careers in public service. She is the author of the critically acclaimed memoir *Becoming*, which has sold more than 11.5 million copies around the world, and of the # 1 New York Times bestseller *American Grown*. The Obamas currently live in Washington, DC, and have two daughters, Malia and Sasha.

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