

## GAIN CLARITY

Reminder :

If you feel clear about what you want today, you can head straight to the Pathways section.

If you're new here or can't quite "name it" today, then the following questions will help.

No-one else will read them apart from you. The questions are intended to help you to dig a little deeper.

Let's get some clarity.

So often, we move through life reacting, rushing or trying to become more without truly understanding what we deeply desire emotionally, mentally and energetically.

As you move through these reflections, notice:

- what feels heavy
- what feels expansive
- what your nervous system is most craving
- and what you are truly ready to become

### CLARITY REFLECTIONS

1. What emotional state have I been living in most often recently?

Examples might include:

- overwhelm
- pressure
- exhaustion
- uncertainty
- self-doubt
- numbness
- striving
- loneliness
- frustration
- disconnection

2. What am I truly longing to feel more of in this season of my life?

Examples might include:

- peace
- confidence
- vitality
- abundance

- softness
- joy
- freedom
- self-trust
- purpose
- connection
- groundedness

### 3. How present do I feel in my body right now & what is my body most asking for?

We spend so much of our lives living from the neck up , thinking, planning, managing, comparing , achieving etc that the body's quieter signals can go unheard.

This question is an invitation to drop down out of your thoughts & into your physical experience, even just for a moment.

There is no right answer here. You are not being asked to fix anything or commit to anything. Simply notice.

Your body might be asking for:

- rest or stillness
- nourishment or gentleness
- movement or release
- more pleasure, more play, more permission to simply be
- to be seen, tended to or spoken to more kindly
- to slow down

You might also notice feelings around your body that are harder to name like - disconnection, frustration, grief, or a longing to feel more at home in yourself physically.

Whatever arises, let it be welcome here.

This question has no wrong answer.

### 4. Where in my life do I currently feel most disconnected from myself?

This could relate to:

- work
- relationships
- rest
- health
- ageing
- self-worth

- creativity
- purpose
- the way you speak to yourself

5. What do I spend the most energy trying to manage, control or prove?

This often reveals hidden patterns around:

- pressure
- perfectionism
- scarcity
- validation
- over-functioning
- appearance
- productivity
- worthiness

6. How comfortable am I with receiving, support, rest, money, love or help?

Most of us are far more comfortable giving than receiving.

We give our time, our energy, our attention, our care. We anticipate others' needs before our own & when someone offers us help, support or ease we deflect, minimise or find a reason why we don't quite deserve it yet.

This question invites you to look honestly at your relationship with receiving in all its forms.

Notice as you sit with it:

- Do you find it easier to help others than to ask for help yourself?
- Do you deflect compliments?
- Is there guilt or discomfort around rest, ease or doing less?
- Do you feel a sense of needing to earn support, love, money or care before you can allow yourself to receive it?
- Is there a part of you that believes abundance -in any form - is for other people, or that wanting more makes you greedy or ungrateful?
- What would it feel like to simply receive , without explanation, without earning it first, without apologising for the need?

Your answers here may point not just to your relationship with money or abundance, but to something deeper - your sense of worth, your right to take up space, and how safe it feels to be supported by life.

7. In my relationships (with others & with myself) do I find it easier to give or to receive?

Our relationships are often the clearest mirror we have of our inner world.

The way we give, the way we withhold, the way we shrink or overstep, the way we care for others while denying ourselves of the same.

This question is not about blame. It is simply an invitation to notice your patterns, the ones that feel nourishing, and the ones that are possibly costing you something.

As you reflect, you might consider:

- Do you tend to give more than you receive in your relationships & how does that feel over time?
- Is it easy or difficult to express what you truly need - emotionally, practically, energetically?
- Do you find yourself managing how others feel at the expense of your own needs?
- Are there relationships in your life where you feel truly seen, supported and safe to be yourself?
- And in your relationship with yourself, do you show up for your own needs with the same care and consistency you offer to others?

Some of these questions may evoke a sense of vulnerability. Be gentle with yourself.

8. How do I currently treat myself when I fall short & would I speak that way to someone I loved?

We often become so accustomed to our own inner voice that we stop hearing how harsh it truly is.

This question invites you to listen to the tone you use with yourself when things go wrong. When you make a mistake. When you fall short of your own expectations.

Notice:

- Is your first instinct toward self-compassion or self-criticism?
- Do you tend to punish yourself with words, withdrawal or pressure to do better?
- Is there a part of you that believes being hard on yourself is what keeps you going?
- And if a woman you loved spoke to herself the way you speak to yourself, what would you want to say to her?

The way you speak to yourself in your hardest moments reveals a great deal about what this work may most need to offer you.

9. What kind of woman am I becoming... emotionally, physically & energetically?

This is not a question about who you think you should be. It is an invitation to feel into the woman you are genuinely, quietly in the process of becoming, the one emerging right now.

How does she:

- move through her life?
- care for herself?
- respond to stress?
- treat her body?
- speak to herself?
- receive support, love and abundance?

This woman is not a fantasy. She is already in you.

10. What feels most important for me to reclaim or embody in this next chapter of my life?

As you close this reflection, let yourself arrive at what matters most right now, not what you think you should want, but what you genuinely feel called towards.

This might include:

- calm
- confidence
- health
- vitality
- self-worth
- emotional freedom
- abundance
- purpose
- rest
- joy
- sensuality
- self-trust

There is no wrong answer.