

LETS GAIN 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.

This space is an invitation to slow down and reconnect with yourself beneath the noise, pressure and expectations of everyday life.

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.

There is no judgement, only compassion. Try to answer from your body, unedited with a raw honesty. It will lead to wonderful things!

Find some paper or a journal & write, unedited, from the heart.

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 · anxiety · restlessness

YOUR REFLECTIONS:

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 · aliveness · ease

YOUR REFLECTION:

How present do I feel in my body right now – and what is my body most asking for?

We spend so much of our lives living from the neck up – thinking, planning, managing, achieving – that the body's quieter signals can go unheard for years at a time.

This question is an invitation to drop down out of your thoughts and into your physical experience, even just for a moment. There is no right answer here. 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 in a way you haven't allowed yourself to yet

Sometimes placing your hands on your heart helps you drop into the body more easily.

YOUR REFLECTION:

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

THIS COULD RELATE TO:

work · relationships · rest · your body · ageing · self-worth · creativity · purpose · the way you speak to yourself · a life chapter that is changing or ending

YOUR REFLECTION:

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

THIS may REVEAL HIDDEN PATTERNS AROUND:

pressure · perfectionism · scarcity · validation · over-functioning · appearance · productivity · worthiness · other people's opinions

YOUR REFLECTION:

How comfortable am I with receiving?

Eg support, rest, money, love or help?

Most of us are far more practised at giving than receiving. We give our time, our energy, our attention, our care. And when someone offers us help, support or ease – we might deflect, minimise or find a quiet reason why we don't quite deserve it yet.

NOTICE AS YOU SIT WITH IT:

Do you find it easier to help others than to ask for help yourself?

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 allow yourself to receive it?

Is there a part of you that believes abundance – in any form – is for other people?

Do you show up for your own needs with the same care you offer to others?

YOUR REFLECTION:

How do I feel about this season of my life – and is there something changing, ending or waiting to begin?

Sometimes the longing for something different is not about fixing what is wrong. It is about honouring a chapter that is completing and feeling into what wants to emerge next.

NOTICE AS YOU SIT WITH IT:

Is there a part of your life – a relationship, a role, a chapter – that feels like it is shifting or ending?

Do you feel a sense of invisibility, disconnection from your body or uncertainty about who you are becoming?

Is there something you have been putting off – a dream, a change, a version of yourself – that keeps quietly returning?

Do you find yourself wondering what this next chapter is actually for?

Is there a part of you that senses more is possible – but you haven't quite given yourself permission to look for it yet?

YOUR REFLECTION:

How do I currently treat myself when I fall short or make a mistake – and 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 – perhaps for the first time in a while.

NOTICE:

Is your first instinct toward self-compassion or self-criticism?

Do you tend to punish yourself with words, withdrawal or relentless pressure to do better?

Is there a part of you that believes being hard on yourself is what keeps you going?

If a woman you loved spoke to herself the way you speak to yourself – what would you want to say to her?

YOUR REFLECTION:

What kind of woman am I becoming – emotionally, physically and 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, in the process of becoming.

HOW DOES SHE:

move through her life?

care for herself?

respond to stress?

relate to her body and her age?

speak to herself?

receive support, love and abundance?

show up in the world?

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

YOUR REFLECTION:

What feels most important for me to nourish, 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 toward in this season.

THIS MIGHT INCLUDE:

calm · confidence · health · vitality · self-worth · emotional freedom · abundance · purpose · rest · joy · aliveness · self-trust · belonging · peace

YOUR REFLECTION:

There is no wrong answer.

Take your time. No editing.

WHERE TO BEGIN

Based on your reflections, here is where to start:

Peaceful

If your answers touched on overwhelm, exhaustion, anxiety, a mind that won't slow down, the feeling of always being behind or a longing for genuine stillness and rest.

Confident

If your answers touched on self-doubt, shrinking, people pleasing, fear of being seen or judged, the inner critic or a longing to take up space without apology.

Radiant

If your answers touched on ageing, feeling invisible, disconnection from your body, a significant life transition or ending, or a longing to feel genuinely alive and at home in yourself again.

Abundance

If your answers touched on difficulty receiving, scarcity thinking, guilt around rest or ease, the feeling of carrying too much alone or a longing for financial freedom, love or support.

Explore

If your answers touched on a quiet sense that there is more available in your life, a curiosity you haven't followed, a dream you keep putting back on the shelf – or simply a feeling of not quite knowing what you want, but knowing it isn't this.

Trust what you are drawn to & feel free to hit play on a session that just calls to you.