

Free Resources

A small collection of gentle tools to help you pause, reflect and reconnect with yourself.

If you're feeling stuck, overwhelmed or unsure of your next step, these are here to support you - in your own time, and in your own way.

You don't need to have everything figured out before you begin.

Sometimes, just creating a little space to think and breathe can be the first step forward.



RESOURCE ONE

FINDING CLARITY WHEN EVERYTHING FEELS TANGLED

When your thoughts feel like they're going round in circles, it can be hard to know where to start.

This isn't about fixing everything. It's just about creating a little space to begin.

Step 1. What's on your mind?

Without overthinking, write down everything that's been sitting in your mind lately.

What's been weighing on me?

What keeps coming back into my thoughts?

What feels unresolved?



Step 2. How am I *really* feeling?

When you've been focusing on everyone else for so long, its easy to lose sight of what you need.

This is a quiet space to come back to yourself.

Take a moment to pause and check in with yourself.

How have I been feeling recently?

Where do I feel this in my body?

What emotions keep showing up?



Step 3. What do I need right now?

Not what you should do – just what feels supportive.

What would help me feel a little calmer?

What do I need more of right now?

What feels important to me at this moment?



Step 4. One small step

You don't need to figure everything out. Just one step is enough

What is one small thing I could do for myself?

What feels manageable right now?

Is this helping me or holding me back?

If nothing was holding me back, what would I do

You don't have to have all the answers today.

Sometimes clarity comes from giving yourself the space to pause, reflect, and gently move forward – one step at a time.

