

## 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 TWO

### RECONNECTING WITH YOURSELF

When life feels busy or overwhelming, it's easy to lose connection with yourself.

You might find you're constantly thinking, doing, or focusing on others – without really checking in with how you feel.

This is a gentle space to pause and come back to yourself.

#### Section 1. Slowing Down

*Take a moment to pause...*

*How have I been feeling lately?*

When was the last time I truly slowed down?

What has been taking most of my energy?



## Section 2. Listening to Yourself

*There's often a quiet voice underneath the noise.*

How have I been feeling lately?

What have I been ignoring or pushing aside?

What do I need right now?

What feels important to me at this moment?



## Section 3. Coming Back to You

*This isn't about changing everything, just reconnecting.*

What helps me feel calm or grounded?

When do I feel most like myself?

What small thing could I do just for me?



## Section 4. A Gentle Intention

*Not a goal. Not pressure. Just a small intention.*

What would I like to feel more of?

What is one small way I can support myself this week?

You don't need to rush this process.

Reconnecting with yourself happens gently - in small moments of awareness, honesty and care.

