TRUE ESSENCE HEALTH

Guided Reflection

A few gentle questions to help you pause, notice, and respond with kindness.

There are no right answers and no need to fix everything today. Begin with the question that feels most relevant, and let your responses be honest, simple, and your own.

1. **What have I been noticing in myself lately?**
   What changes in energy, mood, connection, patience, or rest have been catching your attention?
2. **What seems to be asking the most of me right now?**
   Consider responsibilities, relationships, uncertainty, work, caregiving, health, or other demands.
3. **What feels hardest at the moment?**
   Is it steadiness, rest, enjoyment, focus, support, boundaries, or something else?
4. **What helps me feel more steady, restored, or like myself?**
   Think about people, places, rhythms, practices, or small moments that genuinely help.
5. **What kind of support would actually help?**
   What could be shared, simplified, postponed, or spoken aloud?
6. **What feels within my control today?**
   Choose one small, realistic step that fits your real life.
7. **What do I want more room for?**
   Rest, connection, joy, honesty, ease, clarity, meaning, or something else?

You deserve rest.
You deserve support.
You deserve a life that supports your wellbeing.

Continue Your Reflection

- Finding Your Footing: A Whole-Person Wellness Guide
- Your Emotional Reserves Check-In

www.trueessence.health

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Educational resource only. It does not replace individualized medical or mental health care.