

A FREE GUIDED JOURNAL

*Coming back to
yourself.*

A GUIDED RESET TO REALIGN, LET GO, AND RECONNECT

by Julie-Anne

BEGIN HERE

You're not lost.

You're just *out of alignment*.

This isn't about becoming someone new — it's about uncovering who you already are. The pages ahead are a quiet space to listen to yourself again, honestly.

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Coming back to yourself is the most radical thing you can do.

Notice what feels off.

Sit with each prompt for a moment before you answer. There are no wrong responses — only honest ones.

What feels off in my life right now?

Where am I not fully myself?

What am I tolerating?

Where do I feel drained?

HOLDING ONTO

What you grip too tightly.

Some things we keep out of love. Others, out of habit. Notice the difference.

What am I holding onto out of fear or comfort?

What feels familiar — but misaligned?

What am I afraid to release?

LETTING GO

Permission to release.

You don't have to know how. You only have to be willing.

What do I need to release?

What would shift if I did?

A SMALL VOW

I am ready to release _____ because

_____ .

Honour what's leaving.

Even what no longer fits deserves to be thanked. Grief is part of becoming.

What am I grieving?

What did this give me?

What do I want to thank it for?

Where you feel most yourself.

Notice the moments your body softens. Those are clues.

When do I feel most like myself?

What feels calm and clear?

What feels right — even before I can explain it?

RECONNECT

Come home to what matters.

Your values were never lost. You just stopped listening to them.

What do I value at my core?

What feels true for me?

Where can I choose myself more?

ACTION

One small step.

Alignment isn't a leap. It's a series of small, honest choices.

One aligned step I can take this week.

Where can I choose differently?

What does showing up for myself actually look like?

REFLECTION

Read yourself back.

Look gently over what you wrote. Let it speak to you.

What stood out?

What felt true?

What do I not want to ignore?

IF THIS IS YOU

When you're ready for more.

Sometimes the work of coming back to yourself needs a witness. If any of these feel true right now, that's a sign — not of failure, but of readiness.

- You're aware, but stuck.

- The same patterns keep repeating.

- You've outgrown things, but don't know how to leave them.

- You're tired of doing this alone.

None of this means something is wrong with you. It means you're listening.

You don't have to do this *alone.*

This is the work I do. Helping you realign with what feels true, and understand yourself with more clarity and compassion.

→ Book a one-to-one session

→ Explore ongoing coaching

→ Reach out, just to say hi

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With warmth,

Julie-Anne