



A PLACE TO BEGIN

Where do I feel the weight?

You do not have to wait until life feels unbearable to notice that something is off. Be honest with yourself, without trying to get it right.

- **Where in my life do I feel confused, heavy or unfulfilled?**

- **Where do I sense that I am not living in line with what I want?**

- **What is it costing me to keep going as I am - in time, energy or wellbeing?**



LISTEN BENEATH THE EXPECTATIONS

What feels true for me?

Set aside other people's opinions for a moment. What do you notice when you imagine a life guided by your own values and hopes?

- **When have I felt most alive, honest or like myself?**

- **Which dreams, values or parts of myself have I pushed aside?**

- **If my life reflected what matters to me, what might an ordinary day feel like?**



THERE IS NO TIME LIKE THE PRESENT

What am I ready to choose?

You do not need a perfect plan to take your own desires seriously. Name what you want to give more room to, and what could help you honour it.

- What expectation am I ready to question or release?

- What kind of boundary, support or courage would help me be true to myself?

- What decision or conversation could bring me closer to the life I want?

A REMINDER FOR THE ROAD AHEAD

My time, wellbeing and joy matter.

I am allowed to make a life that feels like mine.