



A RETURN *to* CENTRE

A gentle self-awareness workbook
for when life no longer
feels aligned.

A SPACE TO PAUSE
A SPACE TO LISTEN. A SPACE TO RETURN TO YOU.





HOW TO USE THIS WORKSHEET



Find a quiet space where you won't be disturbed.



Be honest and gentle with yourself.



There are no right or wrong answers.



Return to these pages whenever you need to.

Remember

Your are not behind.
You are becoming.
And you are allowed
to return to you.

1. WELCOME



You are not here because
something is wrong with you.

You are here because something within you is
asking to be heard.

This worksheet is a gentle beginning — a
place to pause, notice, and return to what is
true beneath the noise of daily life.

Do not rush through it.

Let each question meet you honestly.



2. THE FIRST NOTICING



What feels heavy in my life right now?

Write freely:



Where do I feel most disconnected from myself?



3. THE REPEATING PATTERN



What situation, feeling, or relationship pattern keeps repeating?

What do I usually do when this pattern appears?

- Withdraw
- Overthink
- Over-explain
- Numb myself
- Please others
- Pretend I am fine
- Shut down
- Other: _____
- Become angry



4. THE EMOTIONAL TRUTH



What emotion might be sitting underneath this pattern?

- Sadness
- Resentment
- Fear
- Loneliness
- Anger
- Powerlessness
- Shame
- Not feeling valued
- Grief
- Not feeling safe
- Other:



What have I not allowed myself to fully acknowledge?

5. RETURNING TO CENTRE



One truth I am ready to admit to myself is:



One small act of self-honesty I can take this week is:



One thing I no longer want to ignore is:



Awareness is the beginning.
You do not need to change
everything today.
You only need to stop abandoning
what you already know.

