



## Gentle Reflection Worksheet

This is a quiet space to pause. There is nothing to fix here. Take a breath, move slowly, and answer only what feels safe to explore.

### **1. Where am I right now?**

How does life feel for you emotionally, mentally, and physically? What feels heavy? What feels manageable?

### **2. Survival or support?**

Which parts of your life feel like survival mode at the moment? Where might your nervous system be asking for more rest, care, or gentleness?

### **3. A kinder question**

If you didn't need to push yourself today, what would you need instead?

*You are not behind. You are human. And you are allowed to soften.*