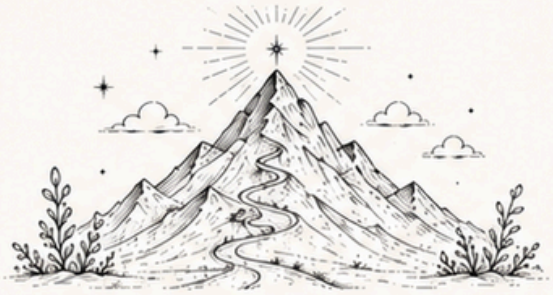
· 01 ·

THE SUMMIT



You reached the summit only to discover
the view wasn't what you expected.

Not every achievement brings you closer to yourself.
Sometimes reaching the top reveals what no longer fits.

Reflection

What have you worked hard to reach
that no longer feels right?

· 02 ·

THE SIGNAL



The truth doesn't always arrive as a dramatic realization.
Sometimes it shows up as a knot in your stomach.
A sense of dread before a meeting. A feeling of relief
when plans get canceled. Maybe a quiet feeling you
couldn't explain away. Your body often notices before
your mind catches up.

Reflection

Have you noticed any recurring feelings, reactions,
or patterns lately that might be trying to tell
you something?

· 03 ·

THE REUNION



The parts of you that feel missing are not gone.
They're often hiding beneath expectations,
responsibilities, and routines.
Sometimes rediscovery begins with remembering.

Reflection

Is there a hobby, interest, trait, or dream you've lost
touch with that you'd like to reconnect with?

· 04 ·

THE SIDE DOOR



You may be spending a lot of energy trying to
make something work exactly as planned.
Life has a funny way of introducing
possibilities we never considered.

Reflection

What feels like you're forcing it right now?

· 05 ·

THE EMPTY CALENDAR



The first instinct is to fill it.
The second is to fear it.
But sometimes an empty calendar is not a problem
to solve. It's an invitation to remember what you
enjoy when nobody needs anything from you.

Reflection

What would you do with an entirely
unscheduled day?

· 06 ·

THE BORROWED DREAM



Not every dream in your life originated with you.
Some were inherited from family, culture, ambition,
social media, or the version of success you thought
you were supposed to want.

Reflection

Which goal feels more like an obligation
than a desire?

· 07 ·

THE GOLD STAR



You learned to measure yourself through praise,
performance, and being useful.
But your worth was never the prize at the end.

You do not have to perform your way into
deserving rest, care, or kindness.

Reflection

Where are you withholding compassion from yourself
until you feel you have earned it?

· 08 ·

THE WILDFLOWER



The same flower can struggle in one place
and thrive in another.

Some environments keep us guarded.
Others invite curiosity, energy, and ease.

Where you come alive is worth noticing.

Reflection

Where—and with whom—do you
feel most like yourself?

· 09 ·

THE UNSPOKEN



There are words you've rehearsed a hundred times
but never allowed yourself to say.
To someone else.
Or to yourself.

Truth doesn't disappear simply because
it remains unspoken.

Reflection

What truth have you been avoiding saying—
to someone else or to yourself?

· 10 ·

THE FINAL SAY



You've gathered advice.
You've considered everyone's opinions.
You've researched every option.
At some point, more input won't create certainty.
The decision still belongs to you.

Reflection

What decision are you ready to
make your own?

· 11 ·

THE TRAILHEAD



You keep waiting for certainty before you begin.
A map.
A guarantee.
A sign.
You don't need the entire plan.
You don't need every answer.
Most meaningful journeys reveal themselves
one step at a time.

Reflection

What's one small step you could take this week
toward something you've been thinking about?

· 12 ·

THE HEAVY BACKPACK



You've become so capable that people assume
you can carry it all.
And maybe you can.

But capability is not the same thing as responsibility.
Not everything you're carrying belongs to you.

Reflection

What burden are you ready to put down?