

Five Questions to Find Your Way Back to Yourself

There are seasons when we lose the thread. When the days get loud, the to-do list gets long, and somewhere in the middle of all of it... we lose ourselves.

These five questions won't fix that.
But they might help you find the thread again.

Take your time. Write without editing.
There are no right answers.

1. What have I been carrying that was never mine to carry?
2. When did I last feel genuinely still? What was I doing?
3. What is my body asking for right now — that I keep ignoring?
4. What would I do more of, if I stopped waiting to feel ready?
5. What does returning to myself look like today — even in the smallest way?

If these questions opened something
in you,
I'd love to hold more space for that
work.

quietmage.co.nz

