



Reflection & Alignment Guide

Create a Sacred Space

Before beginning your reflection practice, create an environment that feels calming and intentional. You may wish to:

- ✦✦ Light a candle
- ✦✦ Burn incense or herbs
- ✦✦ Sit outside in nature or sunlight
- ✦✦ Play soft instrumental music
- ✦✦ Hold a crystal or meaningful object
- ✦✦ Prepare tea or water
- ✦✦ Limit distractions and silence notifications

Allow this to become a moment of presence and reconnection.

Release

1. What am I ready to let go of in this season of my life?

2. What habits, thoughts, or patterns no longer support my growth?

3. Where have I been holding onto fear, guilt, shame, or resistance?

4. What emotions and feelings am I ready to release?

5. What would change if I trusted myself more deeply?

Reflection

6. What lessons have current situations this last season taught me?

7. When have I felt most connected to myself recently?

8. What moments or experiences have brought me genuine joy?

9. Where in my life do I feel out of alignment?

10. What parts of myself need more compassion and care?

Alignment & Growth

16. What intentions do I want to carry into this next chapter?

17. What version of myself is beginning to emerge?

18. What dreams or desires deserve more of my energy and attention?

19. What would it look like to fully honor my intuition?

20. What am I ready to welcome into my life with an open heart?

21. If I fully trusted the path unfolding before me, how would I move forward differently?