

## Not Lost, Just Ready

A quiet reflection for those stepping away from old beliefs, intense narratives, or collapsing certainties. This space is not about fixing — it's about listening.

- What belief, idea, or story recently stopped feeling like home? How did you know?
- What emotions come up when you think about letting it go? (Grief, relief, fear, freedom?)
- Where do you feel the shift in your body? What happens when you pause and breathe there?
- If you're no longer who you were inside that story... who are you now becoming?
- What would it feel like to trust your own pace, even if no one else understands it?
- What do you know now that you didn't know before — not mentally, but in your bones?
- What kind of space or support would help you feel safe during this 'in between'?

This moment isn't about answers. It's about noticing what's real — and remembering that you're not alone.