A LITTLE SPACE TO REFLECT

Beyond *"What do I want?"*

5 questions to hear yourself more clearly

Five new questions, a page to reflect, and a gentle next step if something comes up.



A NOTE FROM ME

Smaller questions, clearer answers

I'm Deborah, a reflective life coach and final-year psychotherapist. I came to this work through music and education, after seeing how many of my students were quietly struggling.

What I've learned: people rarely lack answers. They're just asking questions that are too big, too fast.

Deborah

SENIOR MEMBER ACCPH · INSURED · ENHANCED DBS

HOW TO USE THIS

1 **Read all five**
Notice which one makes you pause.

2 **Pick one**
The one you'd rather skip is often the one.

3 **Give it five minutes**
Use the space on page 3 if you're printing this, or write your answers in a notebook.

> "You don't always find clarity by demanding a bigger answer from yourself. Sometimes you find it by asking a *better question.*

THE FIVE QUESTIONS

Start with what you can *notice*

01

When did I last feel most like myself?

Think of a real moment, even an ordinary one.

02

Where in my week do I quietly put myself last?

Notice where you automatically make room for others.

03

What have I started calling "normal" that no longer feels right?

What have you stopped questioning?

04

What am I hoping someone will notice without me saying it?

A need, a frustration, or something you've been carrying alone.

05

What small choice this week would feel more like mine?

Keep it small. One conversation or one hour counts.

You don't need all five answers. One honest answer is enough to begin.

TAKE FIVE MINUTES

One honest answer. *One small step.*

AN EXAMPLE OF WHAT THIS CAN LOOK LIKE

THE QUESTION	*02 · Where do I quietly put myself last?*
WHAT I NOTICED	*Evenings. I say yes to everyone else's plans and keep my own walk for "later", which never comes.*
WHAT I MIGHT NEED	*Time that's protected, not just whatever is left over.*
ONE SMALL STEP	*Thursday, 6pm. Twenty minutes outside, phone left at home.*

I. THE QUESTION I CHOSE

II. WHAT I NOTICED WHEN I ANSWERED HONESTLY

III. WHAT THAT MIGHT BE TELLING ME I NEED

IV. ONE SMALL THING I CAN TRY THIS WEEK

IF SOMETHING CAME UP

When something *keeps coming back*

It might be worth talking it through if:

- You keep landing on the same answer, but nothing around it changes.
- You know what feels heavy, but not what to do about it.
- One question made something tighten, and you moved past it quickly.

WHAT HAPPENS ON A FREE DISCOVERY CALL

01

You talk, I listen

Nothing to prepare.

02

We slow it down

Hear what you really think.

03

You decide

No pressure, ever.

> *I just had to share this, my mind is literally blown at how I haven't made the connection before. I feel like I'm making big steps forwards.*
>
> CLIENT REVIEW · GOOGLE

YOUR NEXT STEP

Let's talk it through, *gently*

Book your free 30-minute discovery call →

FREE · 30 MINUTES · VIDEO OR IN PERSON · NO OBLIGATION

Not ready for a call? Reply to my Instagram message with the number of the question that stayed with you. You don't need to share your answers.



With warmth, Deborah