A FREE GUIDE FROM CONSCIOUS AWAKENING COACHING

# The Reconnection Starter Workbook

Five simple, nature-grounded practices to help you pause, reconnect with what matters, and take one small step toward the life you actually want.

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# Before You Begin

This workbook is intentionally short. It isn't meant to be another thing to finish — it's meant to be a doorway back to yourself. Find fifteen quiet minutes, a pen, and somewhere you can hear your own thoughts. Move through these five practices in any order, at any pace. There is nothing to get right here.

PRACTICE ONE

## Name What You're Carrying

Before you can move forward, it helps to name what's weighing on you right now — a role, a story, an expectation that isn't yours. Write down three things you've been carrying that you're ready to set down, even for just this week.

> *Prompt: "What am I still carrying that was never mine to hold?"*

PRACTICE TWO

## Ten Minutes Outside, No Phone

Step outside — a yard, a park, a trailhead, doesn't matter. Leave your phone behind. Notice five things you can see, four you can hear, three you can physically feel. This isn't a walk for exercise; it's a walk for attention.

PRACTICE THREE

## The Values Inventory

List the three moments from the past year when you felt most like yourself. What was actually present in each moment — not the circumstances, but the quality of experience (freedom, connection, mastery, stillness)? Those qualities are your real values. Circle the one you've honored least this year.

PRACTICE FOUR

## Write the Letter You Haven't Sent

Write a short letter — to yourself, to a past version of you, or to someone you haven't been fully honest with. You don't have to send it. The goal is to say the true thing on paper first.

PRACTICE FIVE

## One Small Honest Step

Not a five-year plan — one thing, small enough to actually do this week, that moves you one inch toward the life the first four practices just pointed toward. Write it down. Tell one person.

> *Prompt: "What is the smallest true step I can take this week?"*

# Where to Go From Here

If any of these five practices stirred something loose, that's the point — awareness is always the first step, and it's one you don't have to take alone. Coaching is simply having a steady, experienced guide beside you as you turn that awareness into a life that actually fits.

If you'd like support integrating what came up in this workbook, a free 30-minute Discovery Call is a good next step — no pressure, no pitch, just a conversation about where you are and where you'd like to go.

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