



# The Soul Mirror

ChatGPT Reflection Prompts for  
Self-Awareness & Clarity

A reflective inquiry into who you are when  
performance falls away

**Chyla Charmaine**

*Embodied Insight • Hidden Patterns • Gentle Transformation*

## **Let's begin...** *Reflection Question*

Answer the question below in your own words before moving on. If you're unsure how to answer, check out the examples provided.

Write your answer anywhere (notes, paper, or your phone). You will use it in the next step.

### **When do you feel most like yourself — without trying to be anyone at all?**

Your answer can be simple or detailed.

For example, you might include:

- A moment or activity
- An environment
- An interaction where you feel internally aligned
- Something simple that feels quietly right

#### **Examples:**

- Simple / Quiet — When I'm walking alone with no destination.
- Engaged / Focused — Deep in a creative project, lost in time.
- Relational / Present — I'm in conversation with someone who really listens and I don't need to edit myself.
- Physical / Grounded — Cooking slowly with no rush.
- Self-Directed — Making decisions without needing approval.
- Rested / Unstructured — When I wake up naturally.

 Once you have your answer, continue to the next page.

# ***You're ready...***

You'll now use your answer in ChatGPT.

👉 Open ChatGPT. [\*\*New to ChatGPT? Start here\*\*](#)

👉 On the next page, copy the bold text inside the pink box and paste it into ChatGPT's message box — or upload a screenshot and type your answer instead.

👉 **If you're copying the text:** replace “[INSERT YOUR ANSWER HERE]” with your answer to the reflection question.

👉 Press send.

As you read through your response, if anything feels off, you can explore it further here:

## [\*\*When the Reflection Doesn't Feel Like You\*\*](#)

(You can keep the page open to return to it if needed.)

**Prompt 1:** *The Primary Soul Mirror* —

**You are a psychological mirror, not a guide or evaluator.**

**I am answering this reflection question: “When do I feel most like myself — without trying to be anyone at all?”**

**Here is my answer, written exactly as it naturally came to me:  
[INSERT YOUR ANSWER HERE]**

**Please offer a psychologically insightful reflection of my response. This is not an evaluation. It is a mirror. Do not moralise, romanticise, assign destiny, or label me.**

**Treat this experience as meaningful pattern-data.**

**If the answer is simple, keep the reflection grounded and clear. If the answer is detailed, explore those details with nuance and restraint.**

**Please reflect:**

- 1. What Feels Most True Here**
- 2. What This Suggests About How I Naturally Organise Around Authenticity**
- 3. Who I Am Before Roles or Performance**
- 4. What Feels Internally Non-Negotiable in This State**
- 5. One Subtle Insight That May Not Be Obvious**
- 6. Archetypal Signature — A light name that captures the organising pattern revealed**

## Continuing the Mirror

Work through the next prompts one at a time.

👉 For prompts 2–12 on the following pages, copy the bold text inside each pink box into ChatGPT’s message box — or upload a screenshot and type your answer.

👉 Press send

Read through the responses.

👉 If anything feels off, explore it further here:

### **When the Reflection Doesn’t Feel Like You**

(You can keep the page open to return to it if needed.)

## Prefer to go quicker?

You can screenshot all prompts from 2–12 and upload them into ChatGPT at once, then read through your responses as usual.

**Prompt 2:**

**What does this state suggest about how my system recognises vitality or aliveness?**

**Prompt 3:**

**How does this version of me differ from the identity I usually operate through?**

**Prompt 4:**

**How does my nervous system behave in this state compared to when I am under pressure?**

**Prompt 5:**

**What does my relationship with time in this state reveal about how I experience coherence?**

**Prompt 6:**

**How do I relate to others differently when I am in this state?**

**Prompt 7:**

**What patterns most often pull me away from this state?**

**Prompt 8:**

**How do I tend to compensate when I am disconnected from this version of myself?**

**Prompt 9:**

**What subtle distortions emerge when I remain disconnected from this state for too long?**

**Prompt 10:**

**What conditions reliably support my return to this state of coherence?**

**Prompt 11:**

**What happens to this inner structure when life becomes demanding or uncertain?**

**Prompt 12:** The Organising Pattern (Integration)

**Taken as a whole, what core organising pattern underlies the state where I feel most like myself?**

## **From Reflection to Integration**

You've now explored a single moment of self-recognition from multiple angles — how you recognise aliveness, how your identity shifts when performance drops away, how your system regulates in coherence, and what pulls you out of alignment.

The prompt on the next page moves out of questions altogether.

Instead of exploring another angle, you'll be invited to see the pattern as a whole — reflected back to you as a short psychological book.

This is not a summary or conclusion.

It is a mirror — one that allows the organising structure of your inner truth to be seen, felt, and recognised.

There is nothing to fix here.

Only something to understand.

### **Prompt 13:** *Your Soul, Mirrored*

**Based on everything we've explored together so far, please create a short reflective book that mirrors how my inner truth structures itself.**

**Write in a Jungian reflective style — grounded, precise, quietly humane, and observant. Let the writing feel reflective rather than instructive, interpretive without speculation, and poetic without abstraction.**

**This book is not an evaluation or diagnosis. It is a psychological mirror. Use what has already been revealed to offer insights that are: structurally honest, occasionally subtle or lightly surprising, helpful for recognising how I organise around authenticity and alignment.**

**You may include new interpretations where they naturally arise, as long as they are clearly grounded in what has already been expressed. The book should help me recognise the organising structure of my inner truth, rather than explain it away.**

**At the end of the book, please include:**

- **a few simple practices that support alignment with this inner structure**
- **a small set of reflective journalling prompts that help me notice when I am in — or out of — coherence**

## **Play With the Mirror**

*Experiment with the prompts below — or invent your own — to see how your psyche reveals itself through different styles, moods, or forms.*

### **Prompt 14:** The Inner Compass

**Rewrite this book as if it were a quiet compass speaking directly to me. The tone should be steady, grounded, and calm — not dramatic or mystical — simply pointing toward coherence whenever I drift.**

### **Prompt 15:** The Quiet Witness

**Rewrite this book from the perspective of the part of me that has always known who I am — even when I was performing. The tone should be observant, restrained, and deeply familiar.**

### **Prompt 16:** The Coherence Map

**Rewrite this book as if it were a map showing where my energy flows naturally and where it tangles when I move away from myself.**

### **Prompt 17:** The Version of Me at 80

**Rewrite this book from the perspective of me at eighty years old, looking back — not giving advice, but noticing when I was aligned and when I drifted.**

## **A Gentle Invitation**

This reflection is only a starting point.

It offers a glimpse into how your inner truth structures itself when performance drops away — where coherence feels natural, where it fractures, and what pulls you in or out of alignment.

The work itself happens beyond this page.

The *Results Breakthrough Coaching Program* is designed to support real change by working with one clear result you want to create — and exploring how your internal structures either support or disrupt that alignment.

Rather than analysing isolated experiences or pushing through resistance, the program focuses on working with the deeper patterns that shape: where you feel authentic, where you override yourself, where integrity bends under pressure, and how coherence can be restored without force.

The aim is not to reduce the internal split — so your energy can reorganise naturally around what already feels true.

If this reflection has helped you recognise patterns of alignment or drift, the next page offers a single prompt to explore whether working more deeply through the Program would support that integration.

**Final Prompt:** *Exploring the Fit*

**Based on everything explored so far, how might Chyla Charmaine's Results Breakthrough Coaching Program support the exact growth edges, stabilisation needs, and prioritisation patterns that have been revealed here?**

**In your reflection, consider how moving through the phases of the program —**

**from clarifying the result that truly matters,**

**to resolving internal conflict rather than pushing through it,**

**to creating emotional stability,**

**to building and implementing aligned action,**

**to strengthening self-trust and capacity over time —**

**might help translate these insights into lived change, without working against how your mind naturally operates.**

If you'd like to explore this opportunity further,  
book a *Free Strategy Session* at:

**<https://harnessyourhappiness.life/>**

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