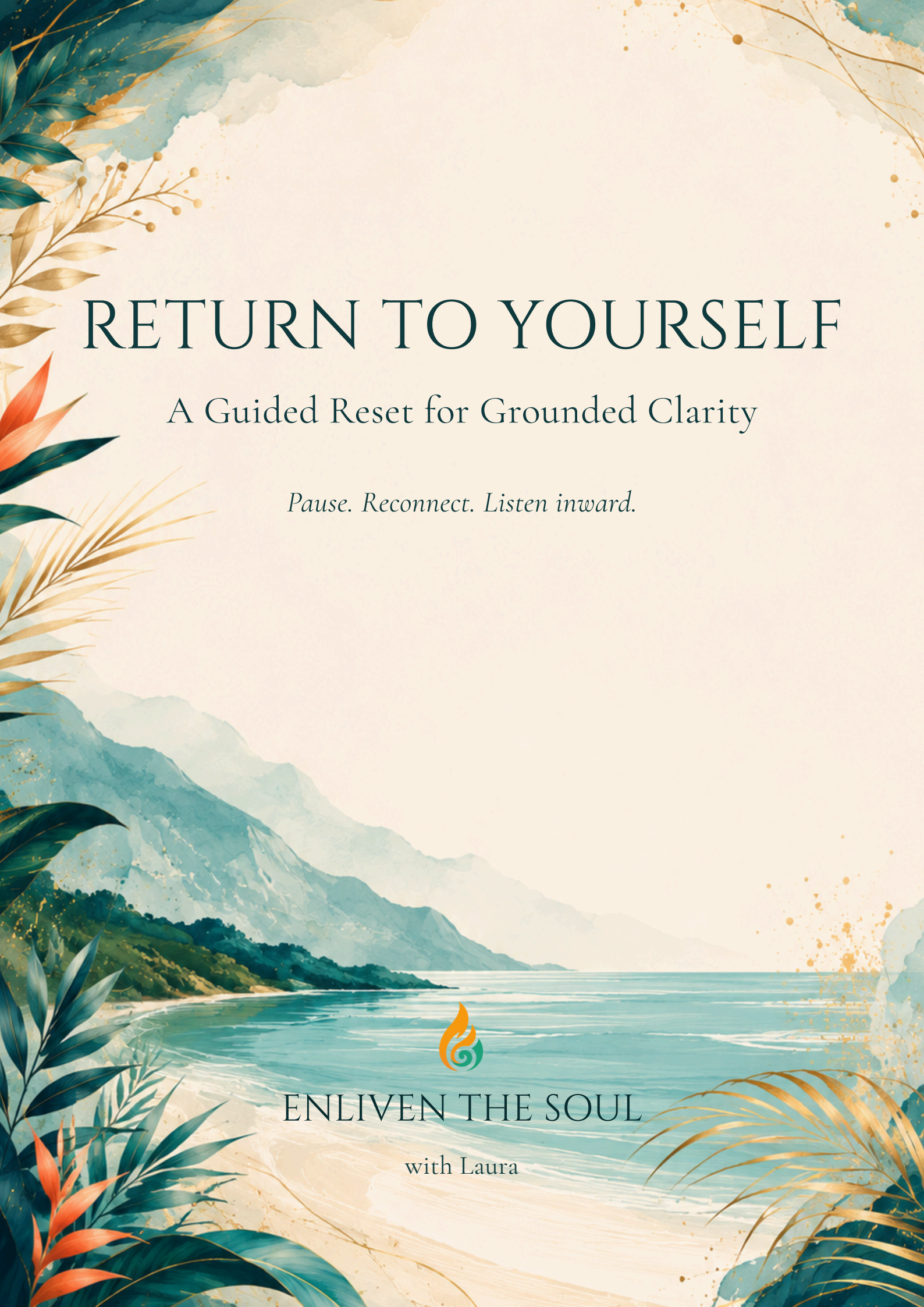




RETURN TO YOURSELF

A Guided Reset for Grounded Clarity

Pause. Reconnect. Listen inward.



ENLIVEN THE SOUL

with Laura



A MOMENT TO COME BACK TO YOURSELF

This reset is an invitation to pause.

When life gets busy, noisy or demanding, it's easy to spend so much time responding to everything around you that you lose touch with what's happening within you.

There's nothing you need to achieve here. Give yourself a few minutes to slow down, notice what's present, and reconnect with your own inner sense of clarity.

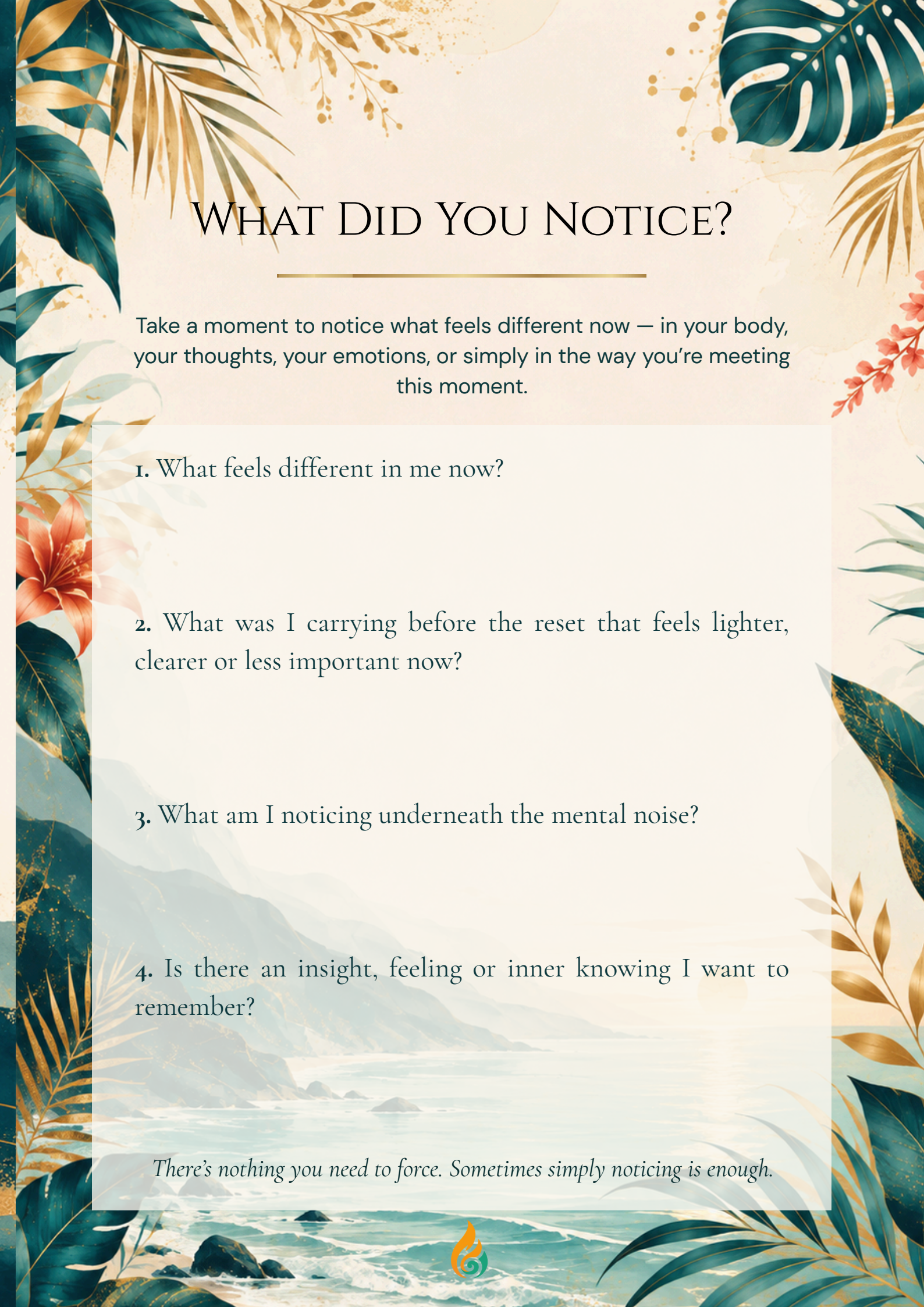
Find somewhere comfortable and undisturbed to listen to the guided reset. Headphones can help, but they're not essential. Afterwards, use the next few pages to notice what shifted, capture any insights, and choose one small step you'd like to carry forward.

Before you begin

- Give yourself around 10–15 minutes.
- Find a position that feels comfortable.
- Let your phone and other distractions wait if you can.
- There's no “right” experience to have.

You don't have to work everything out. Sometimes clarity begins by becoming quiet enough to hear yourself again.



The background of the entire page is a soft, artistic illustration. It features various tropical leaves in shades of teal, green, and gold, scattered around the edges. In the lower portion, there's a serene beach scene with waves crashing onto a sandy shore, with dark rocks visible in the water. The overall color palette is warm and calming, with a mix of natural greens, blues, and earthy golds.

WHAT DID YOU NOTICE?

Take a moment to notice what feels different now — in your body, your thoughts, your emotions, or simply in the way you're meeting this moment.

1. What feels different in me now?
2. What was I carrying before the reset that feels lighter, clearer or less important now?
3. What am I noticing underneath the mental noise?
4. Is there an insight, feeling or inner knowing I want to remember?

There's nothing you need to force. Sometimes simply noticing is enough.





RETURNING TO YOURSELF

Coming back to yourself isn't only something you do in a meditation. It can become a way of noticing when you've become pulled away from what you need, what you know, or what matters to you.

1. If I gave myself permission to return to myself more regularly, what might change?
2. What helps me feel most grounded, clear and connected to myself?
3. From this clearer place, what is one small choice or action I want to take?

MY NEXT GROUNDED STEP

I don't need the whole path — only the next clear step.





COME BACK TO YOURSELF

You don't have to wait until everything feels overwhelming to pause. The more often you create small moments to come back to yourself, the easier it becomes to notice what you need, hear what feels true for you, and respond from a clearer place rather than simply reacting to everything around you.

You can return to this reset whenever you feel scattered, stretched, stuck in your head, or simply ready for a few quiet minutes with yourself.

**You don't need to have everything figured out.
Sometimes the next step becomes clearer when you give
yourself space to listen.**

STAY CONNECTED

If this reset has supported you, you're warmly invited to keep exploring ways to reconnect with yourself through Enliven the Soul.

Explore more

YouTube • reflections • resources

Work with me

Intuitive clarity, pattern work and grounded next steps

Thank you for taking this time for yourself.



ENLIVEN THE SOUL