

WRITTEN IN THE BODY

You Know Something Needs to Change.

BODY-LED CLARITY GUIDE

A gentle, practical workbook for women caught between the life they know and the change they can feel coming.

REFLECTION • SOMATIC AWARENESS • CLARITY • NEXT STEPS



WELCOME

YOU'RE IN THE RIGHT PLACE.

If you're here, it likely means you've been feeling a gentle—or not-so-gentle—nudge that something needs to shift. Maybe you feel stuck, uncertain, overwhelmed, or simply disconnected from what truly lights you up.

This guide is an invitation to slow down, turn inward, and get curious about what your body already knows. Through a series of reflections, somatic practices, and guided exercises, you'll begin to notice what's holding you back and uncover one meaningful next step toward a more aligned, fulfilling life.

> *You don't have to have it all figured out to begin. You just have to begin.*

HOW TO USE THIS GUIDE

Move slowly. Write honestly. Skip anything that does not feel useful. Body sensations are clues—not commands—and your practical realities matter too.

Pause & Arrive

A MOMENT FOR YOU

Before we dive in, take a moment to land here. This is your time, your space, and your permission to be honest with yourself.

SOMATIC GROUNDING PRACTICE • 3 MINUTES

1 Find a comfortable seated position. Feel the support beneath you and place one hand on your chest or belly.

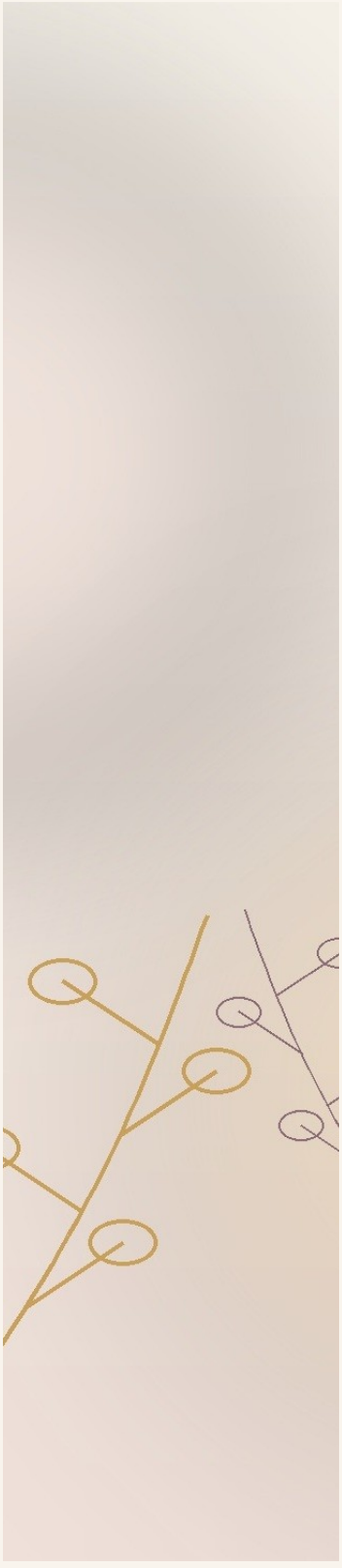
2 Take one slow breath in through your nose and a longer breath out. Let the exhale be easy, not forced.

3 Notice your jaw, shoulders, throat, chest, and belly. There is nothing to fix—just notice.

4 Ask quietly: “What do I need right now to feel a little more supported?” Let a word, sensation, image, or silence be enough.

You've just taken the first step: choosing to listen to yourself.

What's Stirring?



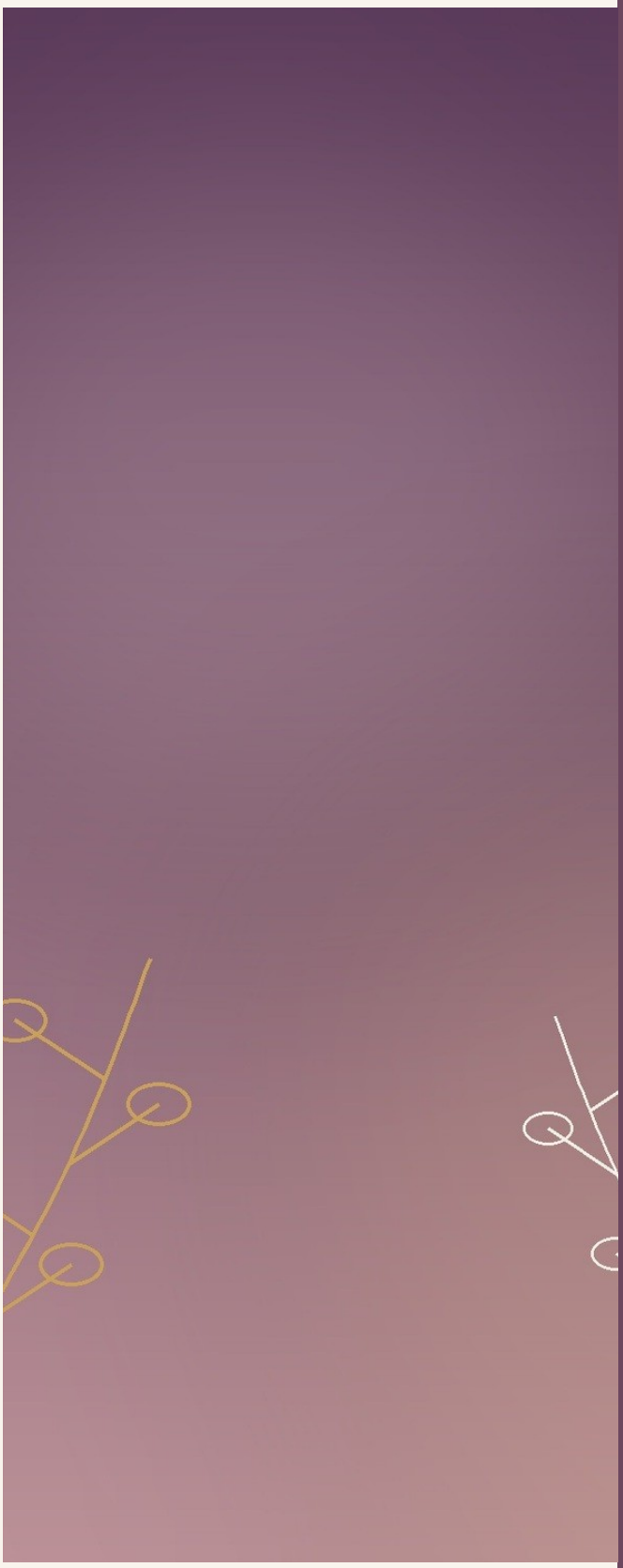
GETTING CURIOUS ABOUT WHERE YOU ARE

Change often begins with a quiet knowing—a sense that something isn't quite right. In this section, you'll explore what's been coming up for you.

What have I been feeling, thinking, or noticing most often lately?

Where in my life do I feel the most stuck, constricted, or unfulfilled?

What do I think I need, but haven't been allowing myself to have?



YOUR BODY IS ALWAYS SPEAKING.

It whispers. It nudges.
It tightens. It softens.
It pulls. It pauses.

Change often begins not in the perfect answer, but in the sensations you notice beneath the noise.

Keep listening with curiosity—certainty is not required.

Listen to Your Body

WISDOM YOU CAN FEEL

Your body can offer valuable information about stress, desire, fatigue, fear, and support. This exercise is not about treating sensations as infallible instructions—it is about noticing what is present.



BODY AWARENESS EXERCISE

1 Bring one current decision, transition, or area of uncertainty to mind.

2 Notice where you feel sensations: jaw, throat, chest, belly, shoulders, hands, or elsewhere.

3 Name the quality without interpreting it yet: tight, warm, hollow, heavy, open, restless, neutral.

4 Ask: “What might this sensation be asking me to pay attention to?”

What sensations came up? What did I notice before I began explaining them?

What practical information do I still need before I make a decision?

What Do You Need?

CLARITY THROUGH SELF-INQUIRY



When we slow down and ask better questions, clarity usually becomes less about finding a perfect answer and more about recognizing what actually matters.

01

What would feel nourishing, supportive, and aligned for me right now?

02

If I knew I couldn't fail, what would I choose—or at least explore?

03

What is one thing I can let go of that no longer serves me?

04

What is one thing I can say yes to that feels expansive and realistic?

Your Next Step

FROM AWARENESS TO ACTION

You don't need to have the entire path mapped out. Sometimes clarity comes from one small, meaningful step that creates new information.

ACTION PLANNING

What is one small step I can take in the next 7 days?

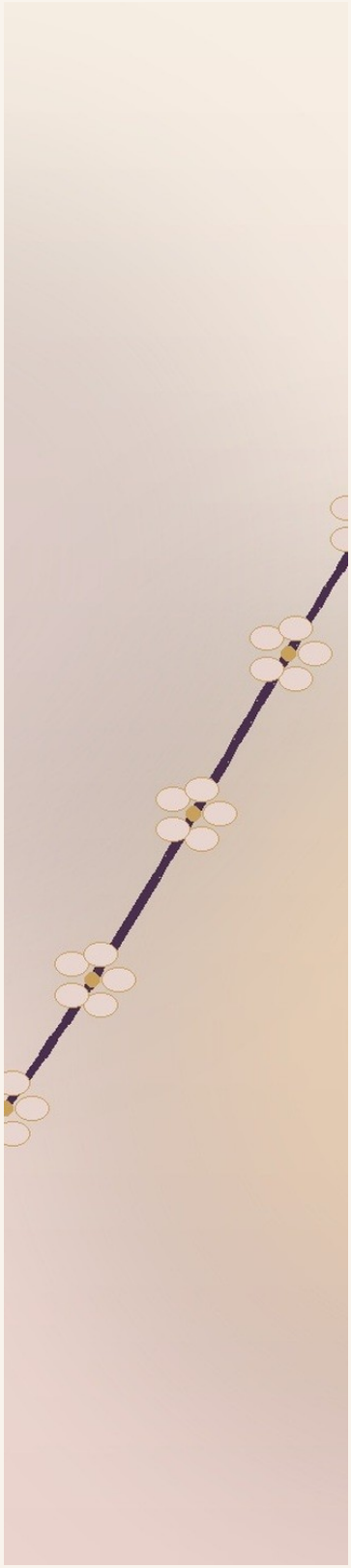
SUPPORT

What conversation, information, resource, or boundary would make that step easier?

COMPASSION

What might get in my way, and how can I prepare without shaming myself?

Progress is a series of small, brave steps.



A BONUS PRACTICE

The Sacred Somatic Yes

A guided audio practice

When you're ready, make a little space to listen. You don't need to arrive with an answer.

LISTEN TO THE SACRED SOMATIC YES →

Select the link above to open the audio in Google Drive.

After listening

What did I notice? What would I like to carry with me?



You Don't Have to Figure It All Out Alone.

If you're craving support, clarity, and a compassionate space to explore what's next, I'd love to connect.

BOOK YOUR FREE 30-MINUTE CLARITY CALL →

A 30-minute conversation to help you name what is happening, identify what you need, and explore whether working together feels like a good fit.

WITH LOVE AND FIRE,

Stephanie

This workbook is educational and reflective, not therapy, medical care, or a substitute for professional advice. If a decision involves safety, health, finances, or legal matters, seek qualified support.

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BODY-BASED WELLBEING & SOMATIC HEALING

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