

A FREE REFLECTION GUIDE

A Little Step Back to Yourself

A gentle guide to reconnecting with yourself, one small step at a time.

by Kveta Duncan

A PERSONAL WELCOME

A Little Note From Me to You

I'm glad you're here. Maybe life hasn't been easy lately. Maybe you've been through things that changed the way you see yourself, or you've spent so much time trying to make things work for everyone else that you've forgotten about yourself.

I know how easy it is to lose yourself along the way. Sometimes, you reach a point where you don't feel like yourself anymore, and you're not even sure how to find your way back.

If you feel that way, I want you to know that you don't have to figure everything out today. You don't need to have all the answers or know exactly what comes next.

I created this little guide to give you a moment to slow down and focus on yourself for a change. To think about how you're really feeling, what you need, and what you might want for yourself.

Take your time with the questions. Write down whatever comes to mind, even if it doesn't make sense at first. And if you don't feel ready to answer something, that's okay, too.

This isn't about fixing yourself or becoming someone else. It's about giving yourself a chance to understand yourself a little better.

Be patient with yourself. I know that isn't always easy, but you deserve the same care and understanding you give to others.



A quiet moment, just for you.

BEFORE WE BEGIN

This Is Your Time

Sometimes, we get so caught up in everything happening around us that we forget to check in with ourselves. We're busy taking care of others, trying to make things work, or dealing with whatever life brings our way.

And somewhere along the way, we can lose touch with what we need.

So, let's take a little time for you. Find a quiet moment, take a few deep breaths, and give yourself permission to slow down. You don't need to find the perfect words or have all the answers.

Just be honest with yourself. You can write your thoughts down or simply think about the questions. Take whatever time you need.

This is your time. There's no right or wrong way to do this.

A small moment for you

Before moving on, ask yourself:

What is one thing I need more of in my life right now?

You don't need to answer immediately. Just notice what comes up.

REFLECTION 1 OF 5

How have I really been feeling lately?

Not just what you tell other people when they ask how you're doing, but how you actually feel when you have a moment to yourself.

What have I been feeling lately, and what has been on my mind?

MY THOUGHTS

REFLECTION 2 OF 5

Have I been putting myself last?

Think about the things you need or want for yourself. Maybe there are things you've stopped doing, dreams you've put aside, or needs you've been ignoring because someone else needed you.

What have I been missing, and what would I like to make more time for?

MY THOUGHTS

REFLECTION 3 OF 5

When do I feel most like myself?

Think about the moments when you feel happy, peaceful, comfortable, or simply good in your own skin. Maybe it's being out in nature, listening to music, creating something, or spending time with someone you can truly be yourself around.

What makes me feel like me?

MY THOUGHTS

REFLECTION 4 OF 5

Is there something I have been carrying for too long?

Maybe it's a disappointment, something that happened in the past, guilt, worries, or expectations you've placed on yourself. You don't have to work through everything right now. Just notice what comes up.

Is there something I need to let go of, make peace with, or stop blaming myself for?

MY THOUGHTS

REFLECTION 5 OF 5

What would I say to someone I love?

We can sometimes be much harder on ourselves than we would ever be on someone we care about. We tell ourselves we should be stronger, do better, or have moved on by now. But what if you offered yourself the same

understanding you would offer them?

What do I need to hear right now, and what would I like to remind myself of?

MY THOUGHTS

A GENTLE REMINDER

Before You Move On

Take a moment to think about your answers. You don't have to do anything with them just yet.

Maybe something became a little clearer. Maybe you noticed something you've been missing, or something you haven't allowed yourself to feel.

Whatever came up for you, that's okay. You don't have to have everything figured out. Sometimes, it starts with simply listening to yourself again.

Even if all you did was stop for a few minutes and think about yourself, that matters. You deserve those moments, too.

One thought I want to take with me...

What did I notice about myself that I'd like to remember?

You can return to these pages whenever you need to.

A LITTLE TIME FOR YOU

What Do I Need Right Now?

Sometimes, life gets so busy or difficult that we forget about ourselves. We keep going because we feel we have to. We try to make things work, be there for the people we care about, and somehow find the strength to get through another day.

And before we realise it, we've spent so much time thinking about everyone and everything else that we've stopped asking ourselves a very simple question.

What about me?

How am I really feeling? What do I need? What would make me happy?

If you recognise yourself in any of this, you don't have to figure it all out today.

So, for a few minutes, let everything else wait. Let's focus on you for a change.

You are allowed to matter in your own life, too.

GENTLE REFLECTION

A Little Moment for Yourself

Don’t overthink your answers. Just notice what comes up.

Right now, I'm feeling...

I wish I had a little more...

GENTLE REFLECTION

Listening to What You Need

Don’t overthink your answers. Just notice what comes up.

I could do with a little less...

Something I've been needing but haven't given myself is...

ONE SMALL ACT OF KINDNESS

One Small Thing I Can Do

You don't need to make a big change to start feeling a little more like yourself.

Maybe you need some time alone. Maybe you miss doing something you used to enjoy. Maybe you need to talk to someone who really listens, spend some time outside, or stop saying yes to things when everything in you wants to say no.

Or maybe you're simply tired, and what you need most is a little rest. Whatever it is, try not to tell yourself that it's not important.

What is one small thing I could do for myself today?

LOOKING AHEAD

One Small Step Forward

You have taken a little time for yourself. You've paused, explored your feelings, and given yourself space to think about what you need. That may seem like a small thing, but it's important.

You don't have to become a different person. You don't have to have a perfect plan for your future. You can begin right here, with what you know today.

Sometimes, moving forward means making a change. Other times, it means resting, setting a boundary, asking for help, or simply being a little kinder to yourself.

There is no single right way to find your way back. Your journey belongs to you.

One thing I want to give myself permission to do is...

YOUR NEXT SMALL STEP

At Your Own Pace

You don’t need to choose the biggest or most impressive step. Choose something that feels realistic and right for you.

A small step I can take this week is...

When I need a reminder to be kind to myself, I want to remember...

A LETTER TO YOU

Before You Go...

I want you to remember that you don't have to figure everything out on your own, and you don't have to rush.

There may be days when you feel strong and hopeful, and other days when everything feels difficult again. That doesn't mean you've failed or lost your progress. It means you're human.

Please be patient with yourself. Give yourself the same understanding you would give someone you love.

And most importantly, don't forget yourself while trying to make life work for everyone else.

You matter. Your feelings matter. Your dreams matter, too. You deserve a life in which you feel comfortable being yourself.

You can take your time getting there, one small step at a time. I'm glad you gave yourself this moment. And I hope it's the beginning of many more.

With warmth,



I'D LOVE TO STAY CONNECTED

This Is Not Goodbye

I'm glad you took this little time for yourself. I hope these pages helped you pause, listen to your feelings, and remember that your needs matter, too.

You don't need to figure everything out today. And you don't have to do it all at once. Your journey belongs to you, and you deserve to move through it at your own pace.

If you'd like to keep going, I've created courses to help you reconnect with yourself, rebuild your confidence, and find your own way forward. Start wherever you feel comfortable. There is no rush.

Where to go from here

Explore my courses whenever you're ready:

Start With Yourself · Coming Back to Yourself

Growing Into Yourself

I'd love to stay connected.

With warmth,



Kveta Duncan