

LOOKING BACK TO MOVE FORWARD



Welcome

Thank you for choosing Solace Forest to guide you on this journey of reflection.

Each question has been created to help you explore corners of yourself and your life more profound than you can alone.

We learn what worked for us, what supported us, and what nourished us through awareness.

Awareness gives you the power to make choices that will carry you forward with ease and joy.

In our day to day life, we often run on autopilot and get lost in trying to meet the needs of others. This space is for you. Put everyone else aside and focus on you and what this year has brought to your world and consciousness.

Looking back is not
something to
be feared.

Looking back can feel daunting or scary, but you don't have to do it alone. I am always here to do the exploration with you, to support you and to help you gain insights you may not be able to see.

If you would like to go on an interactive journey of reflection and growth with me, you can do that in written form via Journey book or via conversation in one to one coaching sessions.

If you are unsure, which is best for you, get in touch, and let's have a chat.

Life is busy, there will always be reason why you can't take time to focus on yourself but the truth is no reason excused self neglect.

I encourage you to carve out some time to really focus on yourself. Why not let this workbook be the start of a self-connection / self-relationship ritual you incorporate into your lifestyle as you move forward.

The words you use and
the lens you see your
life through are within
your power to control.

When filling out the workbook sections try and use positive words and phrases. This will keep your relationship with your life choices and intentions strong and empowered.

It can feel alien and selfish to actively put your relationship with yourself before others, or give yourself as much as you give others.

We are conditioned to meet other peoples needs and not ask too much for ourselves.

Who started this lie, and how are we still falling into its trap?

The longest relationship we have in this life is with ourselves; we are literally trapped in a body and mind with ourselves 24/7, with no vacation time or option for a refund or transfer. Therefore we need to put as much kindness, goodness and love into ourselves as we do in our relationship with others.

*This is your one and
only life. You get to
choose how you live it.*


Trust this space
and
trust in yourself

Lets start with the most
important question !

How are you right now?



How does this compare with other times in your life?



What notable things have challenged,
encouraged and shaped you and your life, along
your journey so far?

What are you doing in your life because you think you “should”?



What would happen if you phased out, or reduced these things?



How has the last year been for you?



Were part of the last year felt forced upon you
and which felt like your choice?


What limitation did you knowingly, and in hindsight unknowingly, put on yourself and your life last year ?

What are you grateful for in the last year?

If you could go back in time to one day last year,
which would you pick and why?

How have you calmed and soothed yourself during recent difficult times, and what worked in the past?

What advice would you give your past self?



What advice would you give your future self?



What would your dream daily lifestyle look like?




What aspects of your current life match your dream life?



Going forward what could you start doing to bring you closer to your living your dream life?



Picture this time next year, What would you like your life to look like?



In this box, write the commitments you want to make to yourself moving forward?

Thank you for taking this time for
yourself.

I hope you found this workbook
beneficial.

If you enjoyed this workbook, you will love the
Journey Book.

Step into the wilds with your bespoke interactive workbook. You will be guided in seeing your path forward through a blend of self-led work and my interactions of insight, encouragement and support. This can all be done while you remain anonymous to me if you wish for total anonymity.

The Journey Book is a product that brings a client on a deep journey of learning and growth through the written word.

If you would like to learn more about working with me, check out my website or get in touch via email or instagram.

