



Weekly Reflections for Authentic and Peaceful Living

By: Karen Gage
Mental Health Coach

@happycoachKaren

Hi there! I'm Karen!
Your happiness and anxiety coach.



I am thrilled that you're taking steps to enhance your life and live more authentically according to your wants, needs, and values. When we align our lives with our true selves, we experience increased peace, happiness, and fulfillment, along with a reduction in stress levels and suffering.

But how do we go
about living
our lives
authentically?



The first step is always awareness. Before we can take actions that align with our true selves, we need to understand what we want for our lives. The best way to gain this insight is by asking ourselves important questions and learning to listen to and trust our answers.



That's why I've developed a practice of asking myself these 10 exploratory questions every week. By regularly engaging in this reflective practice, you can significantly enhance your overall well-being and daily peace and happiness levels. This practice can help you create a space for self-awareness and introspection, allowing you to connect more deeply with your inner thoughts, feelings, and desires. Through these questions, you'll gain clarity on who you are, what you truly want, and what matters most to you in life. This clarity empowers you to take intentional actions that align with your values and lead to a more fulfilling life.





Important note:

As you embark on this journey of self-discovery and reflection, it's important to recognize that our desires, goals, and values are fluid and may change over time. This is why it's crucial to regularly revisit these questions. Our natural evolution reflects our growth and evolving understanding of ourselves and the world around us. And remember, we are always allowed to change our minds. Our desires will change. Our goals will change. This is always okay and normal. By embracing this fluidity we can remain open to new possibilities, insights, and opportunities for growth, fostering adaptability and resilience on our journey toward personal fulfillment and happiness.



So, are you ready to gain a clearer sense of purpose and direction for your life?

1. Who am I?
2. What do I really want?
3. What impact do I want to make on those around me?
4. How do I want to show up in the world?
5. What do I want out of life?
6. What changes would I like to make?
7. What do I want to feel today?
8. Is anything worrying me that I can let go?
9. How can I give myself self-care?
10. What are some strong emotions have I been feeling?





Options:

Sometimes it's trial and error to find what works best for you. So treat this like an experiment and try out different options to see what works best for you.

- Write down your answers in your journal.
- Answer them in your head while on a walk.
- Complete this practice first thing in the morning or right before bed. Maybe after you get out of the shower on a Sunday afternoon. Find the time and place that will be most beneficial for you.
- Stick your questions next to your toothbrush and think about one every night you brush your teeth.