



Inner Meridian *Life Coaching*

12 Gentle Signs Your Inner Compass Is Trying To Tell You Something

Signs you're living out of alignment
and how to reconnect with yourself

Part 1: Notice



The Inner Meridian Compass Journey

Notice - Reflect - Understand - Realign



Find your way back to yourself



Welcome

If you've downloaded this guide, I imagine there's part of you that's quietly wondering whether life could feel different. I'm so glad you're here.

So many women find themselves living on autopilot.

They're constantly trying to meet everyone's expectations, yet feeling like they aren't.

They're trying desperately to juggle everything, yet still feeling like it's not enough and they're one slip away from dropping something.

On the outside, they may look like they have it all together, but on the inside, there's a whisper - "Why does life still feel 'off'? What even is 'off' and what do I even do about that?"

If you've ever thought, "Surely life shouldn't feel this hard...", this guide is for you.

You are not broken. You are not alone.



About Me

Hi, I'm Sarah.

I'm a life coach based in the beautiful Scottish Borders.

I'm passionate about helping women reconnect with themselves and create lives that feel authentic, aligned and fulfilling.

I work with women who feel stuck, overwhelmed, exhausted or simply like something is "off"- whether they're navigating a life transition, searching for greater purpose or exploring their neurodivergence.

As a late-diagnosed neurodivergent woman, I understand what it's like to feel out-of-step with the world. That lived experience, alongside my professional coaching training and decades working in education and leadership, allows me to bring both empathy and practical support to my coaching.

My approach is warm, compassionate and gently challenging. I won't tell you how to live your life - I believe you already have the answers within you. My role is to help you uncover them and find your own path forward.

I hope this guide helps you take the first step towards finding your way back to yourself.

Sarah

What does alignment actually mean?

“The curious paradox is that when I accept myself just as I am, then I can change” - Carl Rogers

Alignment isn't about perfection...thank goodness.

It's a way of living that's consistent with:

- your values
- your needs
- your personality
- your strengths
- your season of life

“The privilege of a lifetime is to become who you truly are”- Carl Jung



🧭 12 signs you're living out of alignment

1 You're constantly tired, but rest doesn't seem to help.

You get through each day, but it feels like you're running on empty.

Even after a weekend, a holiday or an early night, the exhaustion never really lifts.

It isn't just physical tiredness. It's the feeling that life itself is draining.

And you can't seem to get out of it.



When we're living out of alignment, we use enormous amounts of energy simply getting through the day. Over time, that can leave us feeling depleted, even if we're technically "resting".

When was the last time I felt genuinely energised - not just less tired?



2 You feel like you're on autopilot.

You wake up.

Go to work.

Tick off as much of the to-do list as you can.

Repeat.

No time to pause and reflect on what and who it's for.

Life keeps moving, but perhaps you've stopped asking yourself what you actually want because there never seems to be time.

“*If I pressed pause on my life today, what would I notice?*”

Step 1: Notice



3 You've lost touch with yourself.

You know what others need and you do all you can for them.

But if someone asked, "What lights you up?", you wouldn't know how to answer.

Maybe you did once, but that feels like a different person long ago.

Sometimes we lose ourselves gradually through caring for others, meeting expectations or simply surviving difficult seasons.

What parts of myself have I quietly put away over the years?

4 You've achieved what you thought you wanted, but something still feels missing.

Perhaps you've built the career.

The family.

The home.

The life you imagined.

Yet there's still that quiet voice asking,
"Is this it?"



That doesn't mean you've failed.

It may simply mean you've outgrown the version of success you were working towards.

“Whose definition of success have I been following?”

5 You spend more time meeting everyone else's needs than your own.

You're dependable, reliable and kind - the one people come to.

And maybe you like being that person.

But your needs have slipped to the bottom of the list.

You may not even know what they are anymore.

So how can you begin to meet your needs when you're so busy meeting others' and don't know where to start with you?



By putting everyone else's needs first, yours never make it to the top of the list. And you're now paying the price.

“If my needs mattered as much as everyone else's, what would change?”

6 You keep saying “yes” when you want to say “no”

Not because you want to, but because you don’t want to let anyone down.

It’s easier than dealing with the guilt.

Maybe you think no-one else will do it.

Over time, every small “yes” can become another step away from yourself.



The more this happens, the more your energy gets spent on others rather than yourself...and you’re the one that suffers.

Where am I choosing peace for others over peace for myself?

7 You can't remember the last time you felt excited.

Not holiday excitement.

Not Christmas excitement.

The quiet excitement of looking forward to your own life.

Sometimes we become so focused on functioning that we forget what feeling alive actually feels like.

What did I used to love before life became so busy?



8 You're always busy, but rarely fulfilled



Your diary is full.

Your to-do list never ends.

People probably think you're incredibly productive.

You are...but at what expense?

And is it really your true purpose?
Your true calling?

You're so busy, you never get a chance to ask yourself this.

Underneath all the doing, there's a lingering feeling that you're not spending your time on what truly matters.

“*What fills my calendar...and what fills my soul?*”



9 You often feel “out of sync” with your own life

It's difficult to explain.

Nothing is necessarily wrong, but something doesn't quite fit anymore.

It's almost like you're living someone else's version of the life you were meant to live.

“Which parts of my life feel like me and which feel like I'm playing a role?”

10 You keep wondering whether something needs to change

The thought keeps returning. Sometimes quietly. Sometimes loudly.

Maybe you push it away because change feels scary.

Maybe you tell yourself you're just tired.

Maybe you think you should be grateful - others have it worse than you.

But the thought keeps coming back like an irritating fly.

“What might this be trying to tell me?”



11 You keep waiting for life to begin



"When things calm down..."

"When the children are older..."

"When work gets easier..."

"When I have more confidence..."

"When I've lost weight..."

"When..."

Your life is happening now.

Waiting can quietly become a way of putting yourself- and your dreams - on hold indefinitely.

“*What am I waiting for permission to do?*”

12 Deep down, you're longing for something you can't quite put into words.

Perhaps it's more joy.

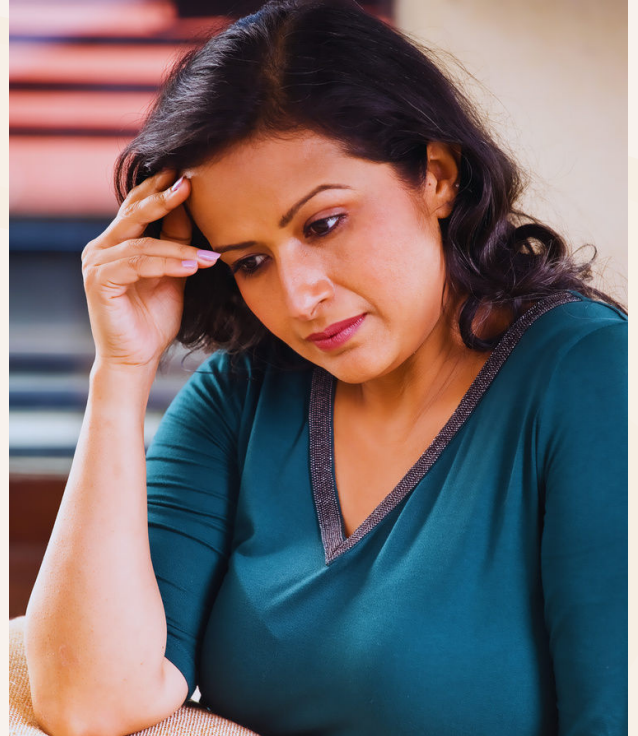
More peace.

More purpose.

More freedom.

More authenticity.

You don't necessarily know what needs to change. You just know you don't want things to stay exactly as they are.



That quiet longing isn't something to ignore.

It may be your inner compass gently pointing you towards a life that fits you better.

“If I trusted that feeling, where might it lead me?”



Gentle ways to reconnect

You probably don't have the time or the energy to do much more. That's not the aim.

It's about integrating little micro-experiments. This might be:

- spend 20 minutes doing something joyful - whatever that looks like to you.
- say one honest "no"...and sit in the discomfort.
- write without censoring yourself and with no agenda. Or, if it helps, use some of the reflection questions above for guidance.



What does my body need right now?





Your next compass bearing



Keep exploring

Download Part 2 of the *Inner Meridian Compass Journey* - "10 questions to help you find your way back to yourself".

Download now



Ready to talk?

Book a discovery call to find out more about how we can work together.

Book a free Discovery Call



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Find your way back to yourself