



Inner Meridian *Life Coaching*

10 Questions To Help You Find Your Way Back To Yourself

A coaching workbook to help you
reconnect with who you are, what matters
most and where you want to go next.

Part 2: Reflect



The Inner Meridian Compass Journey

Notice - Reflect - Understand - Realign



Find your way back to yourself



Welcome

If you've worked through the first guide, you may already recognise some of the ways you've drifted away from yourself.

This workbook isn't about finding the "right" answers.

It's about creating space to hear your own voice again. A chance to get a bit more clarity on “what do I actually want?”

These questions are the kinds of questions I might ask in a coaching conversation. They're designed to help you pause, notice patterns and reconnect with what matters most.

There's no rush. Choose one question a day, one a week, or simply start with the one that speaks to you most.

How to use this workbook

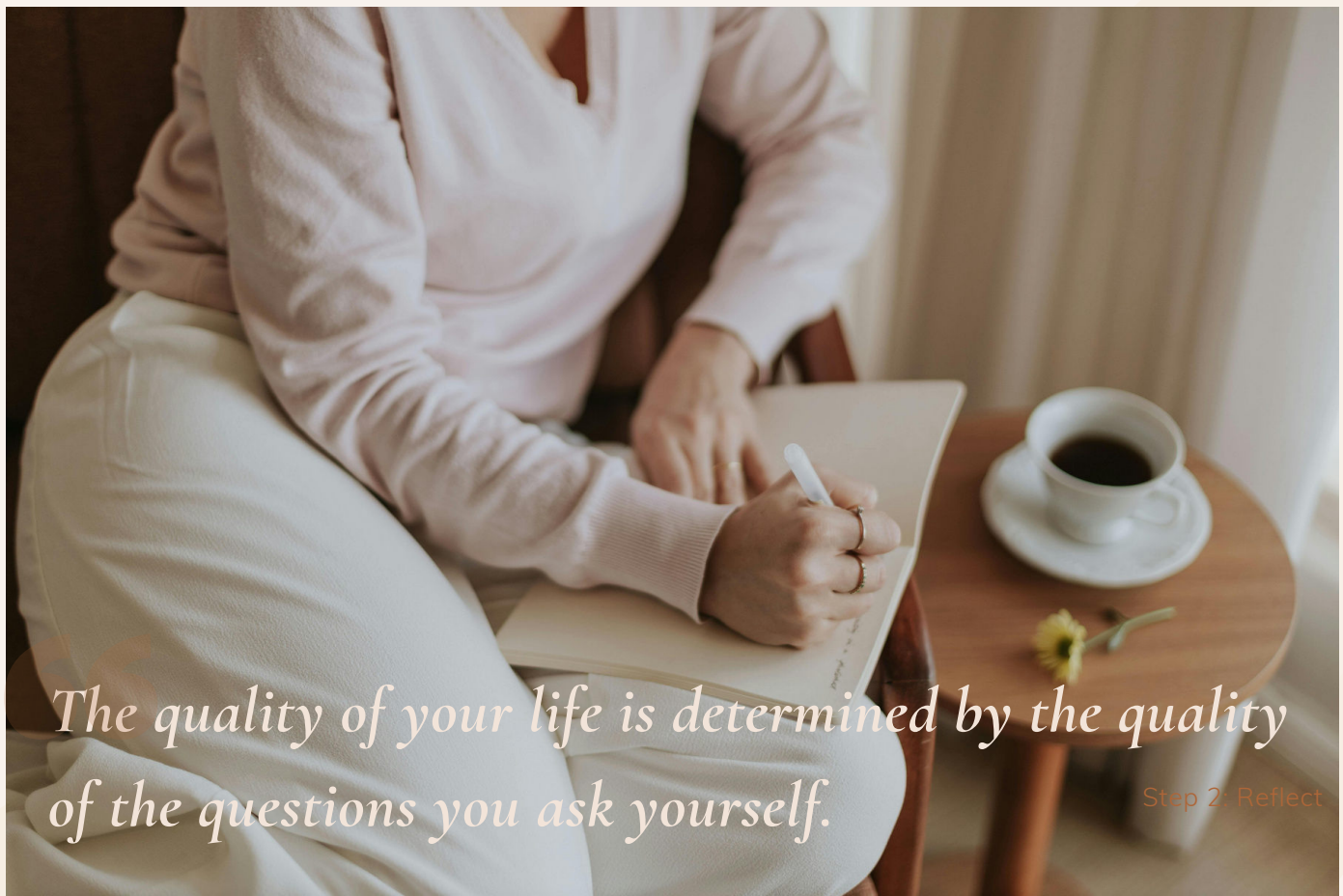
Find somewhere where you can focus.

Allow yourself time to reflect honestly on each question. There's no "right" answer - just write whatever comes. It might be a few words, several pages...anything is OK. Expand into a notebook if that feels right to you.

Don't judge what comes up. Rather, approach it with curiosity, as information and breadcrumbs giving you little bits of insight.

If a question feels uncomfortable, that's OK too. There's no obligation or pressure for any of this.

You may notice other little "nuggets" popping up at other times when your mind is ticking over. Try to note these down too. Your answers may evolve over time.



The quality of your life is determined by the quality of the questions you ask yourself.

Step 2: Reflect

1 Who am I when no-one needs anything from me?



A thought to get you started...

So many of us become wrapped up in the roles we play - parent, partner, friend, colleague, caregiver - that we gradually lose sight of who we are underneath them all.

Imagine, just for a moment, that no one needed anything from you. Who would be left?



Your compass clue

When we reconnect with our own identity, it's easier to make choices that feel authentic rather than driven by obligation or expectation.

My reflections

2 What have I been pretending not to know?



A thought to get you started...

Sometimes, deep down, we already know what isn't working.

We know a boundary needs setting, a conversation needs having, or a change needs making. We just aren't ready to admit it yet.

This question isn't about judgement - it's about gently listening to that quiet inner voice.



Your compass clue

The truths we avoid often hold the clues to the changes we're longing to make.

My reflections

3 Whose expectations have I been trying to meet?



A thought to get you started...

Many of the choices we make are shaped by expectations we've picked up throughout our lives - from family, society, workplaces or even ourselves.

Some still fit.

Others may no longer reflect who we are today.



Your compass clue

Recognising which expectations truly belong to you can create space to choose a life that feels more like your own.

My reflections

4 What gives me energy?



A thought to get you started...

Think beyond what you're good at or what you think you should enjoy.

Instead, notice what leaves you feeling lighter, more engaged or more like yourself. Think broadly - physical, mental, emotional and spiritual energy.

Equally, notice what consistently drains your energy.



Your compass clue

Your energy is often a better guide than your to-do list. Paying attention to it can reveal what truly supports your wellbeing.

My reflections

5 If fear wasn't making this decision, what would I choose?



A thought to get you started...

Fear often tries to keep us safe, but it can also keep us stuck.

This question isn't about ignoring fear.

It's about noticing whether it's protecting you or preventing you from moving towards the life you want.



Your compass clue

When we recognise fear's influence, we can begin making decisions based on our values rather than our worries.

My reflections

6 What am I carrying that no longer belongs to me?



A thought to get you started...

We all carry things we've picked up along the way - old beliefs, expectations, guilt, criticism or stories about who we should be.

Some have served us. Others have become unnecessary weight.



Your compass clue

Letting go of what no longer serves you creates space for the person you're becoming.

My reflections

7 When do I feel most alive?



A thought to get you started...

Think back to moments when you felt fully present, energised or deeply connected to yourself.

They don't have to be dramatic. Often, it's the simplest moments that tell us the most.



Your compass clue

The moments when you feel most alive often point towards what matters most to you.

My reflections

8 What do I want more of?



A thought to get you started...

We spend a lot of time thinking about what we want to stop doing or fix.

Instead, try focusing on what you'd like to invite into your life.

More joy? More rest? More connection? More creativity?



Your compass clue

Knowing what you're moving towards can be far more motivating than focusing only on what you're trying to leave behind.

My reflections

9 If nothing changed over the next 5 years, how would I feel?



A thought to get you started...

Imagine waking up five years from now and everything is exactly as it is today.

What emotions come up? Excitement? Relief? Sadness? Regret? Curiosity?

Whatever you notice, simply observe it with kindness.



Your compass clue

Sometimes imagining the future helps us understand what we truly want in the present.

My reflections

10 What small step could Future Me thank me for?



A thought to get you started...

Meaningful change rarely happens through one giant leap.

More often, it grows from one small choice repeated over time.

What's one gentle step you could take that your future self might be grateful for?



Your compass clue

Small, intentional actions build momentum - and momentum creates lasting change.

My reflections



What themes did you notice?

Look back and reflect. For example, you may want to ponder:

- What surprised you?
- What kept coming up?
- Where did you notice the strongest emotions?
- Which answer felt most important?



My reflections



Your next compass bearing



Keep exploring

Download Part 3 of the *Inner Meridian Compass Journey* to explore common patterns that keep us stuck, such as people-pleasing, perfectionism, comparison and living according to other people's expectations.

Download now



Ready to talk?

If you'd like a dedicated space to explore these questions with support, curiosity and accountability, coaching can help.

Book a free Discovery Call



www.innermeridian.co.uk

Find your way back to yourself