

Reflection: How did you end up here?



Your reflection

Do you ever find yourself thinking, “how did I end up here?”

This questionnaire will help you to reflect on how you ended up 'here' – 'here' being this negative emotional state and situation that caused you to want to sign up for this course.

When you find yourself lost and without purpose, it's a scary place to be. When we can reflect on how we got here, we can keep ourselves in check and be more mindful about where we are heading.

Take your time answering the questions below. By knowing how you got to this heightened emotional state or negative situation in your life, it will help you to be an observer in your own world. When we can take a step back from what is happening to us/around us, we can see it for more of what it really is, without our emotional state clouding our judgement as much as it did previously

Coach Carly xx

Questionnaire

What is the story behind why you signed up for the course?

How do you feel about your life and yourself at the moment?

How did you feel about yourself and your life before this problem began?

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When was the first point in time you felt a negative emotion about your situation? Describe what happened.

What did you do about that negative feeling at the time?

***What kind of self-talk do you have about this situation?
Do you generally speak kindly to yourself, or do you speak in a negative way most of the time? Are you thinking negative thoughts before you fall asleep?***

Have you been through something similar before?

If yes, what did you learn about yourself, and how does that situation compare and contrast with this one?

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How did these changes come about? Were they quick and out of the blue, or did they creep in slowly?

What do you think this problem tells you about yourself?

What would you change if you had to go through this again?

***Do you nourish yourself with proper self care?
Good food, enough water, rest, sleep, exercise?***

Are you being true to yourself?

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Are you putting enough effort into finding the solution to your problem?

Are you letting matters that are out of your control stress you out?

Are you achieving the goals that you set for yourself?

Are you living in alignment with your values and morals?

In hindsight, could you have made a change earlier on?

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If you could write a letter to the version of yourself that you were before this problem, from the perspective of who you are now, what would you say?