

A Gentle Guide to Reconnecting With Yourself — 3 Simple Creative Exercises

**Sometimes, we lose touch with who we are...
not because we want to — but because life gets busy,
overwhelming, and demanding.
This guide will help you gently reconnect with yourself...
one small step at a time.**



3 Simple Creative Exercises

Exercise 1: “How Do I Feel Right Now?”

Why this matters:

Many women suppress or ignore their emotions just to get through the day.

Over time, this can lead to:

- **Feeling disconnected from yourself**
- **Emotional overwhelm**
- **Not knowing what you truly need**
-

By simply identifying how you feel, you begin to:

- **Rebuild self-awareness**
- **Understand your emotional patterns**
- **Feel more in control of your inner world**

Awareness creates clarity.



Exercise 2: Express Without Words (draw, doodle, colours)

Why this matters:

Not everything we feel can be explained logically.

Creative expression allows you to:

- **Release emotions safely**
- **Process thoughts without pressure**
- **Access deeper parts of yourself**
-

Expression leads to release.



Exercise 3: “Who Am I Becoming?” (reflect on “WHO you are becoming)

Why this matters:

Your identity is not fixed — it evolves through your experiences and choices

Without reflection, it’s easy to:

- **Stay stuck in old patterns**
- **Lose direction**
- **Feel disconnected from your future**
-

This exercise helps you:

- **Reconnect with your values**
- **Gain clarity about your direction**
- **Start shaping the person you want to become**

Clarity creates direction.



**If this helped you reconnect, even in a small way...
Imagine having guided support to explore your identity
more deeply — in a safe, structured, and supportive way.
Inside the Art and Identity Exploration module, you'll
receive tools, guidance, and space to truly understand
yourself again.**

Start your journey here.

