



Rediscovering Myself After Life Hits

PART ONE — HONORING WHAT CHANGED

1. What part of my life feels most different now?

2. What did I lose, release, or outgrow?

3. What have I survived that I rarely give myself credit for?

4. Which emotions still need space—not solutions?

5. What expectations about 'getting back to normal' can I let go?

6. What did this experience reveal about what I need?

7. What did I learn about my limits?

8. What did I learn about my strength?

9. Which parts of my former self do I miss?

10. Which parts of my former self no longer fit?

*I can honor what changed
without letting it define all of me.*



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PART TWO — MEETING WHO I AM NOW

11. Who am I when I am not defined by what happened?

12. What qualities stayed with me through the hardest days?

13. When do I feel most like myself now?

14. What activities bring me curiosity, energy, or peace?

15. Which values feel more important to me now?

16. What needs am I finally willing to honor?

17. What boundaries protect the person I am becoming?

18. Which beliefs about myself need to be updated?

19. What strengths or compliments are difficult for me to accept?

20. If I met myself today without old labels, what would I notice?



*I am allowed to meet myself
with curiosity instead of judgment.*



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PART THREE — CHOOSING WHAT COMES NEXT

21. What part of myself do I want to reclaim?

22. What am I ready to redefine?

23. What am I ready to release?

24. What dream still matters to me?

25. What new possibility am I beginning to imagine?

26. Which people and places help me feel most authentic?

27. What small choice would bring me closer to my values?

28. How can I care for my mind and body this week?

29. What would trusting myself look like in my next chapter?

30. What message do I want to carry forward?

*I am not starting over.
I am rebuilding with
everything I have learned.*



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