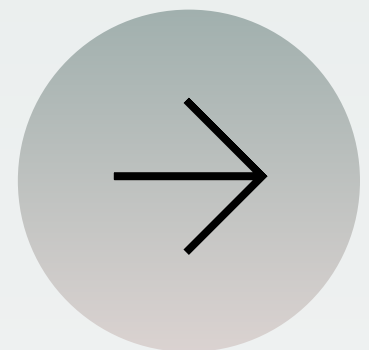


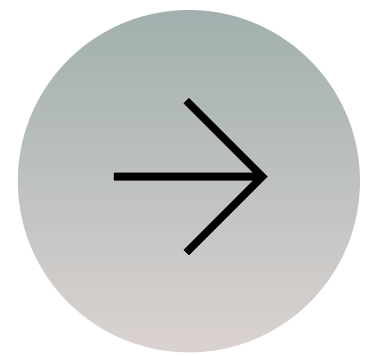
Beshlie Donaldson

5 STEPS TO REDISCOVER YOURSELF & THRIVE

A guide for reconnecting with who you truly are

www.beshlie.coach





HAVE YOU LOST YOURSELF ALONG THE WAY?

Life moves fast.

Between career demands, family responsibilities and the pressure to do it all, it's easy to wake up one day and realise you're running on autopilot.

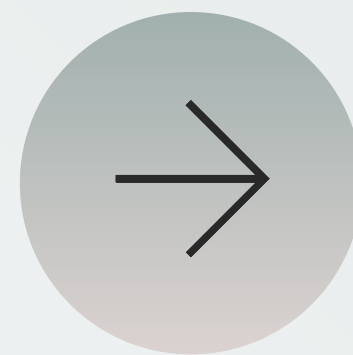
You're achieving, succeeding—but are you truly fulfilled?

LET'S GET BACK TO YOU

Rediscovery is the first step to reclaiming joy, clarity, and a life that feels like YOU.

In this guide, you'll explore five simple but powerful steps to help you reconnect with yourself, break free from routine and start living in a way that truly excites and energises you.





1: REMEMBER WHAT BRINGS YOU JOY

Think back to the things you used to love—before life got so busy. The activities that lit you up, the moments where time disappeared.

What were they?

TRY THIS...

- *List three things you used to love doing but have lost touch with.*
- *Ask yourself: What did I love about them? How did they make me feel?*
- *Find a small way to bring one of them back into your life this week.*





2: LISTEN TO YOUR OWN VOICE (NOT EVERYONE ELSE'S)

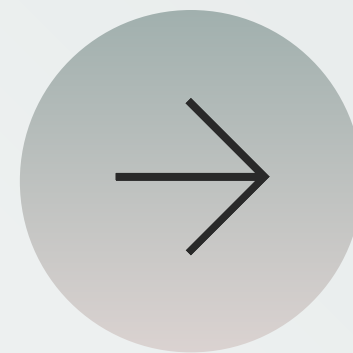
Often, we make choices based on expectations—what we should do, what's practical, or what others think is best.

But what do YOU want?

REFLECT ON THIS...

- *Where in your life are you making decisions based on others' opinions instead of your own desires?*
- *What would change if you gave yourself permission to choose what feels right for YOU?*





3: RECONNECT WITH YOUR ENERGY

Pay attention to what fuels you and what drains you. Your energy is a powerful guide to what truly aligns with you.

TRY THIS...

Keep a "Joy & Drains" list for 3 days:

- *Joyful moments – When do you feel most alive, light, or at ease?*
 - *Draining moments – What situations leave you exhausted, irritated or unfulfilled?*
 - *At the end of three days, look for patterns. What can you do more of? What needs to change?*
-





4: EMBRACE CURIOSITY & PLAY

Rediscovery isn't about having all the answers—it's about exploration.

When was the last time you tried something new, just for fun?

CHALLENGE YOURSELF...

- *Pick one new experience to try this month—big or small.*
- *Give yourself permission to be a beginner.*
- *Approach it with curiosity, not expectation.*





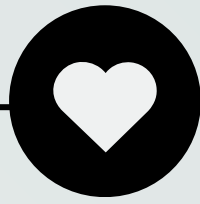
5: GIVE YOURSELF SPACE TO THINK & FEEL

True rediscovery happens in quiet moments—not when you're rushing from task to task.

CREATE SPACE...

- *Take a 15-minute walk alone, without distractions.*
- *Journal for 5 minutes a day—just write whatever comes to mind.*
- *Spend an hour doing nothing planned—just see what you feel drawn to.*

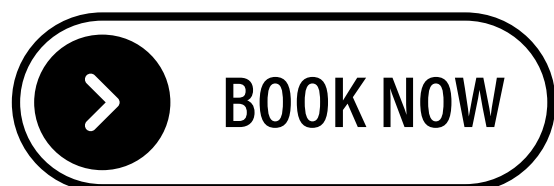




WHAT'S NEXT?

This guide is just the beginning.

Book a FREE Tune Into Your Radar coaching session with me to explore where you are, where you want to be, and how I can support you.



Love Beshlie x