

*Renewal with Suzanne*

# THE STEADY SELF WITHIN



*Deepening connection with your  
calm, wise presence*



# The Steady Self Within

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As you've practiced connecting with your Inner Guide, you may have noticed a different quality of presence emerging—something steadier, kinder, and more spacious than the usual critical or pressured voices inside.

In Internal Family Systems, this deeper essence is called Self. It's not another "part" of you, but the foundation underneath them all—the steady ground that allows you to meet what arises with balance and care.

One way to recognise when you're in touch with Self is through the qualities that naturally come forward. These are often described as the 8 Cs:

- **Calm**
- **Clarity**
- **Curiosity**
- **Compassion**
- **Confidence**
- **Creativity**
- **Courage**
- **Connectedness**

Not all of these qualities will feel equally available at once, and that's okay. What matters is noticing where they already show up in your life—and gently strengthening them over time.

# How to use this worksheet

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This worksheet comes with two tools:

- A wheel you can print and shade in, to see at a glance which qualities feel most available right now.
- A chart for adding notes and tracking your reflections over time.

You can use these in whatever way feels most supportive:

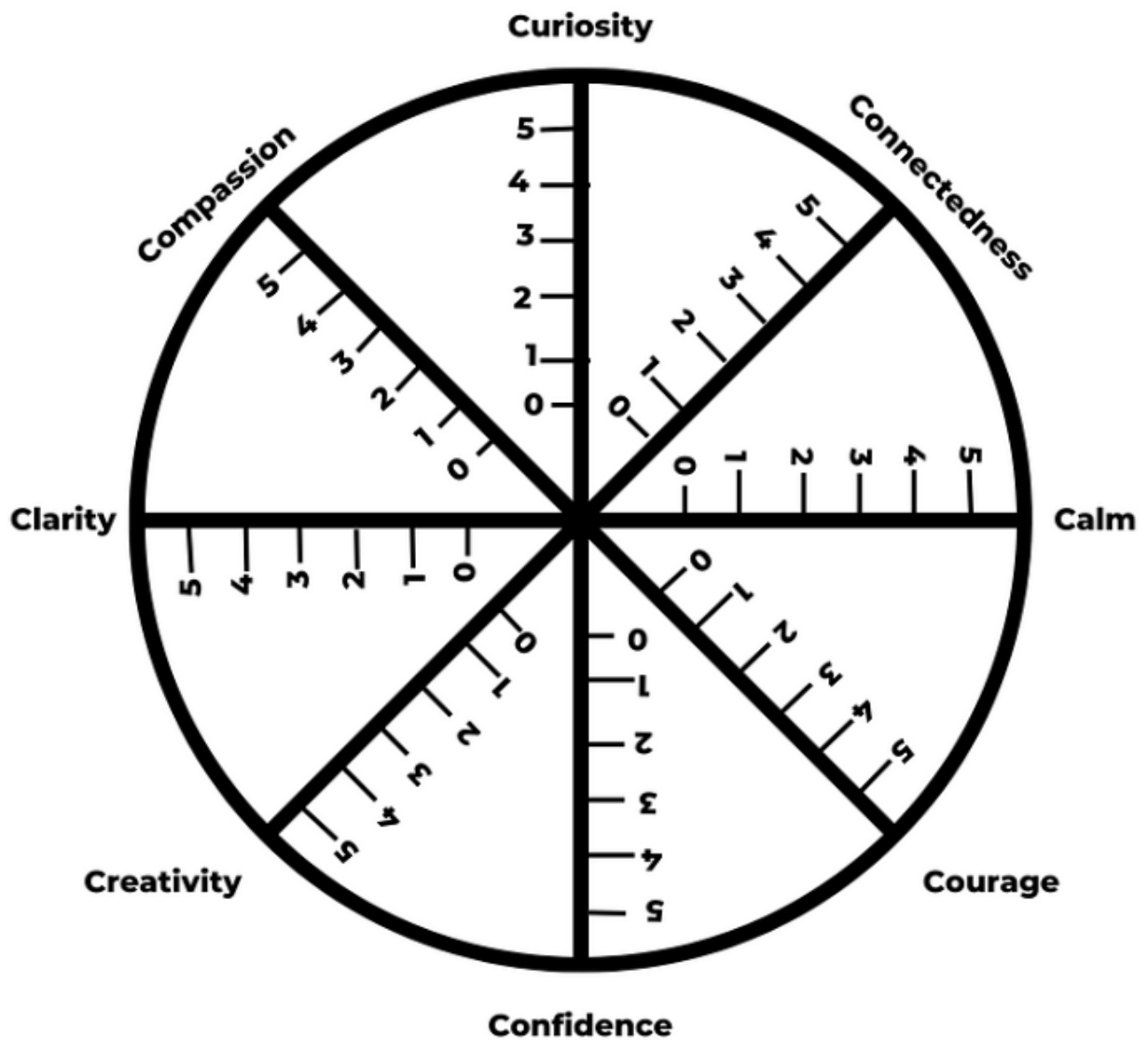
- Print the wheel and play with it—colour it in daily or weekly, or whenever you want a quick check-in.
- Use the chart for a slower, deeper reflection. Write down examples of where each quality appeared, even in small ways.
- Once a week, choose one quality you'd like to nurture more, and note a simple step you can take.

Strengthening these qualities of Self now gives you a steadier base for the deeper work ahead. When the inner critic or waves of self-doubt show up, it's far easier to meet them with calm and compassion rather than falling into old habits of fighting, pushing, or shutting down. The more familiar you become with these qualities, the more naturally they'll guide you when challenges arise.

Remember: there's no right way to do this. The wheel and chart are here as gentle guides—every time you pause to notice, you strengthen your connection to the steady Self within.

## How to Use This Wheel

Shade in each section (0–5) to show how much of that quality feels present for you today.



## 8 Cs Chart

Instructions: For each quality, select how much you feel it right now (0–5), then add a note if you'd like.

Quality	What is Brings	Reflection Prompt	Rating (0-5)
<b>Calm</b>	A steady internal stillness	When I pause, I can feel a sense of calm in my body, even if just for a moment.	
<b>Clarity</b>	Mental quiet & perspective	I can see this situation with a sense of clarity, rather than through fear or judgment.	
<b>Curiosity</b>	Open interest without agenda	I feel curious about what's happening inside me, instead of rushing to conclusions.	
<b>Compassion</b>	A warm, caring response	I respond to myself with the same kindness I'd offer someone I love.	
<b>Confidence</b>	Trust in your abilities	I trust that I can move through this moment, even if it feels messy or uncertain.	
<b>Creativity</b>	Flexibility, options, playfulness	I can see more than one way forward, and feel open to trying something new.	
<b>Courage</b>	Willingness to be present even when it's difficult	I can stay present with what's here, even when it feels uncomfortable	
<b>Connectedness</b>	Feeling of belonging & alignment	I feel in touch with myself and present in this moment.	

## ***Want to Go Deeper?***

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If you'd like to explore this further or have questions about how this worksheet went for you, I offer 1:1 sessions where we can go deeper into strengthening your access to the Inner Guide and transforming your relationship with your inner critic.

For a free 15-minute conversation or to learn more, you can book a time through my website, email me or text me on the number below.

### ***Renewal Website***

You can also email or phone me: [\*\*\*suzanne33m@gmail.com\*\*\*](mailto:suzanne33m@gmail.com)

***0458649696 [Australia]***

### ***Renewal on Instagram***



***"You, yourself, as much as anybody in the entire universe, deserve your love and affection." The Buddha***