

*Renewal with Suzanne*

# INNER GUIDE EXPLORATION

*A Reflection Journal*



Discovering the wisdom you've carried  
all along



# Getting to know the steady qualities within you

You've taken the steps to connect with your Inner Guide and explored what it feels like when those grounded qualities are present. Now it's time to get curious about how these show up in your daily life.

This isn't about being perfect or having all these qualities available all the time. Please remember to put judgement aside and be kind to yourself. It's about noticing where these qualities already exist—even in small moments—and gently strengthening your awareness of them.

## How to use these prompts:

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- Choose a quality that's calling to you today, or let one choose you
- There's no right order or timeline—follow your own rhythm
- Some days you might write pages, other days just a word or two
- Trust whatever comes up, including "I don't know yet"

## Creating Your Practice:

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While you can absolutely work at your own pace, try to maintain a regular rhythm—ideally engaging with at least one prompt each week. This consistency helps you start to notice patterns and shifts in your inner landscape. Think of it like tending a garden; regular attention, even in small doses, creates the conditions for growth.

**Remember:** You're not trying to become someone new. You're simply getting reacquainted with who you've always been underneath all that self-doubt.

Take your time. Your Inner Guide is always there for you.

# CALM

- ④ When was the last time you felt genuinely peaceful? What were you doing, and where were you?

- ④ What does calm feel like in your body? Is it your shoulders dropping, your breath slowing—what do you notice when you feel calm?

- ④ What small thing consistently helps you feel more settled? (A cup of tea, a certain chair, looking out a particular window, a favourite song?)


# CLARITY


- Describe a recent decision that felt clear and right, even if others didn't understand it.


- What's one thing you know to be true about yourself, even when you're doubting everything else?

- If a dear friend could see the quiet strength you bring to your daily life, how might they describe it?

# CURIOSITY

 What would you love to learn more about if you gave yourself full permission?

 When you catch yourself judging someone (including yourself), what would happen if you got curious instead?

 If you approached your current challenges like a gentle detective rather than a harsh judge, what might you discover?

# COMPASSION

- How do you naturally show care to others? What would it look like to offer that same tenderness to yourself?

- What does your body need when you're being hard on yourself? (A gentle touch, deeper breathing, a warm drink?)

- If your best friend was going through exactly what you're going through, what would you want her to know?

# CONFIDENCE

- ④ What's something you do that you rarely give yourself credit for? (Bonus points if it's something you do almost automatically.)

- ④ Think of a challenge you handled better than you expected. What surprised you about your own strength?

- ④ What skills have you quietly developed over the decades that your 20-year-old self would be amazed by?

# CREATIVITY

- Where in your life do you naturally find creative solutions? (This might be problem-solving, organising, cooking, or something completely unexpected.)

- If you could redesign one area of your life with complete freedom, what would you create?

- What's something you've improvised or figured out on the fly that you're secretly proud of?


# COURAGE


- ④ What's the bravest thing you've done that no one else would even know about? (Sometimes the biggest courage happens in quiet moments no one sees.)


- ④ What would you attempt if you trusted your ability to handle whatever outcome arrives?

- ④ When have you stayed present with something difficult instead of running away or avoiding it?

# CONNECTEDNESS

 When do you feel most at home in your own skin? What's happening in those moments? What do you notice in your body?

 Describe a time when you felt deeply connected—to yourself, another person, or something larger than yourself.

 What's one relationship in your life (including with yourself) that feels genuinely nourishing? What makes it feel that way?

## **A Meaningful Step**

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This practice has been an invitation to meet your inner experience with curiosity rather than judgment. It's not about fixing or improving, but about noticing qualities of steadiness, wisdom, and strength that are already here.

## **What It Offers**

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It doesn't matter if many prompts were covered or just a few—the important step is engaging with the inner world in a spirit of acceptance and openness. Every response—clarity, uncertainty, familiarity, or distance—belongs to the process.

## **Moving Forward**

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The value lies in remembering that kindness and curiosity are always available. Even when the critic feels loud, it's possible to return to the calm and spaciousness that has already been glimpsed.

## **An Ongoing Invitation**

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This work deepens with practice. Over the next week, set aside time each day to pause and notice: What happens when awareness slows down? What shifts when guidance comes from within rather than from habit or reaction? Track what is discovered—moments of calm, resistance, or even surprise. Motivation often grows from seeing small changes add up. Consider what will help keep this commitment alive: a reminder on the calendar, a note left by the bed, or simply the decision to honour growth as a priority.

## Want to Go Deeper?

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If you'd like to explore this further, I offer 1:1 sessions where we can strengthen your access to your Inner Guide and transform your relationship with your inner critic.

### Connect with me:

- Book a free 15-minute chat through my website
- Follow [\*Renewal on Instagram\*](#) for inspiration
- Email me with questions: [hello@renewalwithsuzanne.com](mailto:hello@renewalwithsuzanne.com)
- Text me: 0458649696 (Australia)

Website: [Renewal Website](#)



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