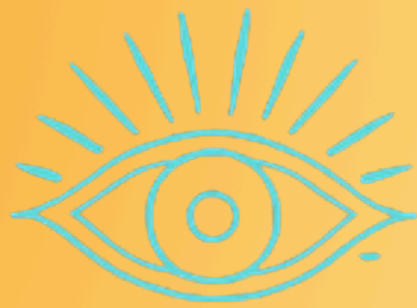




Come Home to Yourself

A gentle self-relationship map for clarity,
care, and your next honest step.



*Every part of your life is speaking.
This map helps you listen.*



How to use this Map

You can print this guide or write into the PDF on your devices or take your Journal to begin your new Journey on paper.

Before you answer anything, take one breath.

*Place one hand on your heart,
your belly, or wherever your body wants contact.
Notice what is here.*

Feel

Move slowly.

One sentence can already open a doorway.



Tune In

Explore

There is no perfect answer.
There is only your honest moment.

What Is Already Here?



Before we look at what feels difficult,
begin with what is already supporting you.

What in me is still alive, even if quietly?

What has helped me come this far?

*What can I be grateful for today –
even if life feels unfinished?*

Where do I already show courage, care, or wisdom?

Nothing is missing from your beginning.
Something is waiting to be noticed.



My Self-Relationship Right Now

You do not need to become someone new to feel whole.

You need space to meet who is already here.

Rate gently from 1–10.

How safe do I feel with myself right now?

Score: _____ / 10

How kindly do I speak to myself
when life feels hard?

Score: _____ / 10

How well do I listen to my body, needs,
and inner signals?

Score: _____ / 10

How much do I trust my own next step?

Score: _____ / 10

Reflection:

Which score feels lowest today?
And what might it be asking for?

Home, Body & Relationships

Your outer life often mirrors what
your inner life is trying to show you.

What in my space supports me?

Home

What in my space drains me?

What one small change would
help me breathe more freely?

Where does my body feel tense, tired, or unheard?

Body

What does my body need more of this week?

Where do I feel seen and nourished?

Relationships

Where do I perform, shrink, or over-give?

What boundary or honest sentence
wants to be spoken?

When Something Feels Stuck



A low score does not mean this part is gone.

It may be quiet. It may be tired.

It may be waiting for safety.

Choose one area that scored 1–3.

When did this part of me once feel more alive?

What tiny sign shows it is still here?

What would reactivate 5% of this energy?

What is one small action I can take in the next 24 hours?



*You are not broken.
Something in you is ready to be remembered.*

A Tiny Experiment

Choose one simple experiment for today.

- ☐ Brush your teeth with the opposite hand.
- ☐ Walk through one room slowly and notice what your body feels.
- ☐ Paint or draw for 5 minutes without planning the outcome.
- ☐ Place one object differently in your home and feel what changes.
- ☐ Say one kind sentence to yourself in the mirror.

Reflection:

What did I notice when I did something differently?

What did my body, mind, or heart reveal?

My Next Honest Step

After completing this map, I now see:

What is already supporting me:

What wants my care::

What I am ready to reactivate:

One gentle next step I choose:

When you stop carrying the whole story alone,
your next step can finally speak.

Come home slowly.

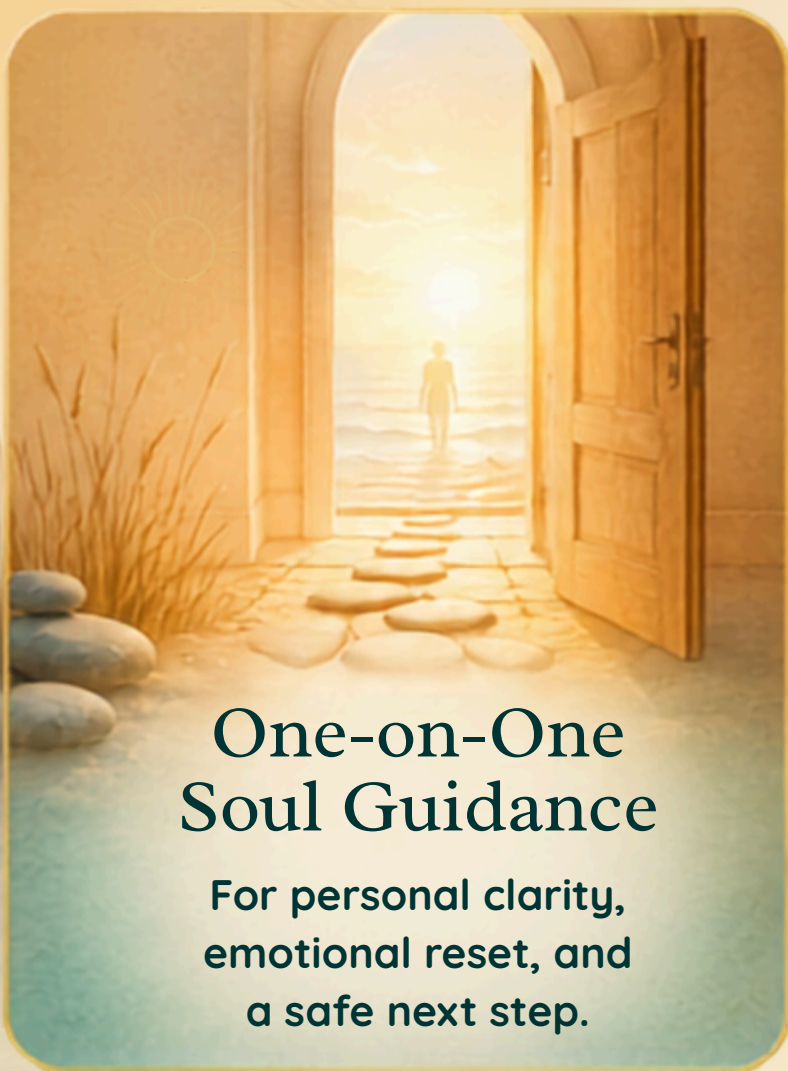
Your path can meet you from here.





Choose Your Doorway

Grounded clarity. Soulful guidance. Real transformation.



One-on-One Soul Guidance

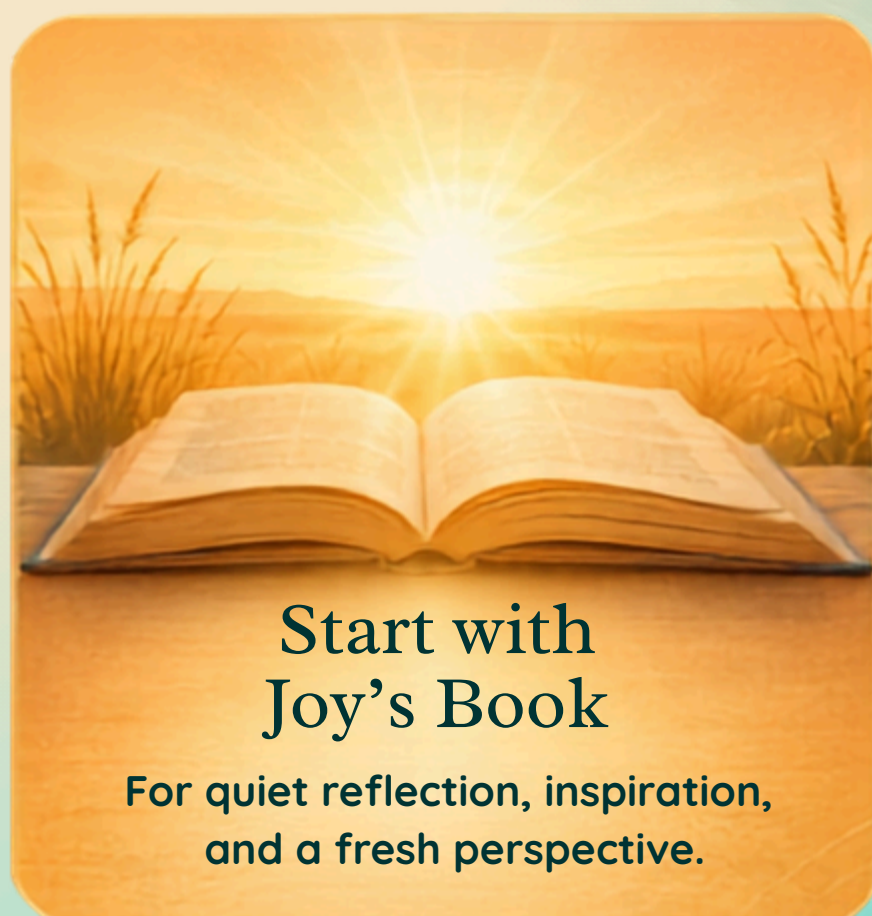
For personal clarity,
emotional reset, and
a safe next step.



*"Guidance
without rigidity."*

*Encouragement
without pressure."*

Joy Dakin-Isom



Start with Joy's Book

For quiet reflection, inspiration,
and a fresh perspective.