Coming Back to Yourself

A quiet reflection workbook from Violet & Fern. Set aside ten minutes, choose a comfortable place, and answer only what feels useful. There is no correct way to grow.

What feels most like me lately?

What am I carrying that I could set down, even briefly?

Listening inward

Notice what is present without needing to fix it. You can skip any question or return another day.

What do I need more of in my daily life?

When do I feel most at ease in my identity and relationships?

Making room

Think of one small choice that honors your needs, rather than a complete transformation.

What boundary or request would make space for me?

What small ritual could I try this week?

A promise to myself

Choose one gentle action you can realistically take in the next seven days.

This week, I will...

When I need encouragement, I want to remember...

Live gently. Love deeply. Grow wildly.

For personal reflection and education, not a substitute for individualized professional care.