



Let Your
True Self Lead

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A Gentle Self-Awareness Exercise to Uncover Subconscious Blocks

This exercise is an invitation to slow down and listen inward.
There is nothing to fix and nowhere to arrive.
All you need is a quiet moment, a notebook, and curiosity.

Step 1: Arrive in Presence

Take a few gentle breaths.
Feel your feet on the ground.
Allow your shoulders to soften.
Ask yourself silently:
What is alive in me right now?

No need to change anything. Simply notice.

Step 2: Notice Your Energy

Bring your attention to your daily life and work.
Gently reflect:

- ***When do I feel most like myself?***
- ***When do I feel tension, pressure, or the need to perform?***
- ***Where do I push, even when my body asks me to pause?***

Let your answers come naturally. Write whatever arises.



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Step 3: Meet the Hidden Belief

Place one hand on your heart and ask:

- ***What belief might be guiding me here?***
- ***What do I think I must do, be, or prove?***

This may sound like:

“I must stay strong.”

“Rest must be earned.”

“If I slow down, I fall behind.”

There is no right or wrong answer. Awareness is enough.

Step 4: Invite Your True Self to Lead

Imagine your true self stepping forward—calm, grounded, and clear.

Ask:

- ***If I let my true self lead, what would change?***
- ***What boundary, choice, or pause feels supportive right now?***

Notice the response. Even a small insight matters.



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Step 5: Close with Compassion

Take one final breath and acknowledge yourself for listening.

Whisper silently:

I allow myself to lead from clarity, not pressure.

Return to your day gently.

A Gentle Reminder

Work-life balance is not created by doing more.

It emerges when subconscious patterns are met with awareness and compassion.

When you let your true self lead, balance becomes a natural expression of who you are.

Bringing This Into Daily Life

Awareness deepens through gentle repetition.

Use the self-care planner that follows as a daily companion - to check in, soften patterns, and lead yourself with presence rather than pressure.

Small moments of awareness create lasting change.



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Let Your True Self Lead Self-Care Planner

DATE/MONTH/YEAR: _____

MORNING ROUTINE

- ☐ Pause and take 3 conscious breaths
- ☐ Ask: How do I feel this morning?
- ☐ Name one intention for today
- ☐ What matters most today (not what's urgent)?

MOVEMENT & WELLNESS

- ☐ Gentle movement or stretch
- ☐ Nourish your body with care
- ☐ Step outside, even briefly
- ☐ Ask: What does my body need right now?

MIND & MOOD

- ☐ Notice your emotional state without judgment
- ☐ What energizes me today?
- ☐ What feels draining or heavy?
- ☐ Practice 2-5 minutes of mindfulness

SELF-CARE MOMENTS

- ☐ Offer yourself one small kindness
- ☐ Release pressure or unrealistic expectations
- ☐ Do something soothing or creative
- ☐ Affirmation: I allow myself to lead gently.

EVENING WIND DOWN

- ☐ Reflect: When did I feel most like myself today?
- ☐ What belief may have guided my actions?
- ☐ What can I release before tomorrow?
- ☐ Write one thing you're grateful for



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A Gentle Invitation

If this exercise resonates and you sense there is more beneath the surface, you don't have to explore it alone.

I offer a limited number of free, gentle coaching sessions as a space to reflect together—on subconscious patterns, inner leadership, and what balance could look like when your true self leads.

There is no obligation, only curiosity.

You are warmly invited to **book a free coaching session** and continue the journey inward.

www.letyourtrueselflead.com