



Who Am I Becoming This Season?

*This worksheet is an invitation to slow down and listen to what is quietly unfolding within you.
There are no right answers. Let this be gentle, honest, and yours.*

Settle In

Before you begin, take a few steady breaths. Place one hand on your heart, one on your body.
Notice what is here without trying to change it.

Journal Prompt

Who am I becoming this season?

Use the space below to write freely. You may want to return to this question more than once.

- What has this season asked of me emotionally?
- What parts of me feel tender right now?
- What strengths have surprised me?
- What am I learning about myself that I didn't know before?

(Write without editing or judging your answers.)

Gentle Reflection

Complete any that feel supportive:

- Right now, I am learning to _____.
- This season is teaching me _____.
- I am allowed to move at the pace of _____.
- What I need more of right now is _____.



Compassionate Reminder & Closing Intention

If this season feels heavy, uncertain, or unfinished - that does not mean you are stuck. Becoming often happens quietly, beneath the surface, long before it feels clear.

*"I am not who I was before this season, and I am not yet who I am becoming - but even here, my life still holds meaning."
— Beyond The Nest*

As you finish, place a hand on your heart and complete this sentence:

Today, I will meet myself with _____.

Return to this page whenever you need reassurance that becoming is still happening - even now.

Love & Light,

Milinda X

BEYOND THE NEST