

BOOK REFLECTION WORKSHEET

How It Feels to Find Yourself by Meera Lee Patel

PAUSE, NOTICE & RECONNECT WITH YOURSELF

Insight Check-In: Which 1–3 key ideas from this book stood out most to you and why?

1.

2.

3.

When did you feel out of alignment with yourself recently and what was happening around you? What part of you has been overlooked or ignored and how could you honor it today? If you consistently listened to your inner voice, how would your life feel in six months?

Quote Box: Capture quotes or ideas from the book that encourage you to follow your own path

