FREE 7-MINUTE REFLECTION

The Full Life Check-In

A full diary, a busy life and visible success do not automatically tell you whether the life you are living still feels like yours.

Do not solve anything yet. Just notice.

1 **What looks good from the outside but feels flat on the inside?**
Write one area only.

2 **What part of your week feels most like “performing a role”?**
Work, family, relationships, social life, responsibility or something else.

3 **When do you feel most like yourself?**
Think about places, people, pace and activities.

4 **What do you keep doing because it is expected?**
Not because you still choose it.

Turn recognition into one small choice

You do not need a dramatic reinvention. Look for the smallest place where your life can feel more like yours again.

5 **What do you want more of?**
Name something concrete, not a personality trait. For example quiet mornings, creative time, honest conversation, movement, learning or unstructured space.

6 **What do you want less of?**
Name one repeated drain that you have been treating as normal.

7 **What is one choice you can make this week?**
A small action that belongs to you, not to the role you usually play for everyone else.

FINISH THIS SENTENCE

“A life that feels more like mine would include more…”

GO DEEPER

Full Life, Empty Inside explores the gap between a life that looks complete and one that feels lived.

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