

Inspirational Guidance



Resources that
build self-confidence
develop self-reliance
and help you
live with purpose
one step at a time.

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Small Steps to Realignment:

Letting Go of Hustle and Finding What Matters

A self-guided reflection journal for women ready to redefine success on their own terms

This free guide has one purpose:

To help you gently reconnect with what actually matters — to you.

If you're tired of chasing the next goal, pushing through burnout, or living up to someone else's version of success... you're not alone.

Many of us bought into the hustle, the girlbossing, the never-stop-optimising path — only to find ourselves exhausted, disconnected, and wondering *what was it all for?*

This isn't a workbook about doing more.

It's about doing **less of what's draining** and **more of what feels aligned**.

Take 10 quiet minutes a day. Use these small prompts to realign.

No rules. No deadlines. Just space — for your thoughts, your truth, your rhythm.

For more reflective tools & downloads:

<https://www.inspirationalguidance.com>

1. Start Where You Are

*Write about the moment you realized hustle culture wasn't working for you.
What felt misaligned? What did you ignore?*

What are you ready to name honestly now?

Affirmation:

"I give myself permission to pause, reflect, and choose differently."

Quote:

**"You don't have to set yourself on fire to keep others warm." —
Unknown**

2. Let Go of the Shoulds

*What success story have you been chasing that no longer feels like yours?
List 3 "shoulds" you're ready to drop.*

Affirmation:

"My worth isn't defined by achievement or productivity."

3. Remember What Lit You Up Before

*When was the last time you felt joy that wasn't tied to work or performance?
Describe that memory and how it made you feel.*

Affirmation:

"Joy is a valid reason to choose something."

4. Redefine Success on Your Own Terms

Write your new definition of success in 2–3 sentences.

What would a successful life *feel* like — not just look like?

Quote:

“Success is liking yourself, liking what you do, and liking how you do it.” — Maya Angelou

Affirmation:

“I get to define what success means for me now.”

5. Set Gentle Intentions, Not Demands

What is one small, aligned intention you can carry into today?

Not to fix or improve — just to support yourself.

Affirmation:

“I show up for myself with gentleness, not pressure.”

6. Notice What Feels Heavy vs. What Feels True

What’s draining your energy right now? What gives you quiet peace or a sense of coming home?

Prompt:

Draw two columns: *Heavy* and *True*. Fill them in without censoring.

7. Say No Without Guilt

What would you say no to today if guilt wasn't in the way?
What do you need to reclaim in order to say no more freely?

Affirmation:

"No is a complete sentence. I protect my peace."

8. Celebrate Subtle Wins

Write down one moment this week you honoured your needs, set a boundary, or chose rest.
How did it feel? Why does that matter?

Affirmation:

"Small acts of alignment are brave acts of self-trust."

9. Trust the Unfolding

What are you learning about yourself lately — without rushing to fix it?
Where are you slowly becoming someone new?

Quote:

"You are not behind. You are becoming." — Brianna Wiest

10. Begin Again, From Here

If this is your starting point — not your failure — what are you gently turning toward?

What matters most now?

Affirmation:

"I begin from where I am, not from where I think I should be."

11. Reconnect with Your Why

Sometimes we chase goals because we think we should — not because they truly matter to us.

What's the *real* reason you want to slow down, realign, or choose a different path now?

Write your *why* — not for anyone else's eyes, just yours. Let it come from your truth, not your guilt.

Prompt ideas to get started:

- "I'm doing this because I no longer want to..."
- "I'm ready to move toward..."
- "This matters to me because..."

Affirmation:

"My why is enough. It anchors me in what's real."

Quote:

"When your why is clear, your how becomes easier." — Unknown

Bonus Section: Your Realignment Map

Print this page out or answer these questions in your journal.

3 values they want to live by.

3 things you are saying no today / this week / this month.

1 word that sums up what they're moving toward

*This is a beginning, not a fix. You don't have to "girlboss" your way back to yourself.
You just have to come home, gently — one small aligned step at a time.*