



A gentle, personal journey back to  
yourself.

## 7 Steps to Becoming You

YOUR INVITATION TO SLOW DOWN,  
LISTEN INWARD, AND RECONNECT WITH  
THE PARTS OF YOU THAT MAY HAVE GONE  
QUIET OVER THE YEARS.

This path is not linear – it is a dance.

# Welcome to the 7 Step Dance to Becoming YOU

## Guidelines

1. Approach this journey with an open mind and a willingness to grow.
2. Be honest and raw with yourself during the activities (this is your safe space).
3. Take it one day, one step at a time. You're not rushing perfection; you're building progress.

Remember, you deserve this time to invest in yourself. Let's let go of what no longer serves you and step into the life you truly deserve. Let's get started!

### Disclaimer

Participation in this journey is at your own risk and responsibility. The steps provided are intended for personal growth and are not a substitute for professional guidance or support. Please consult with a qualified professional if needed.



# Welcome to the 7 Step Dance back to YOU

## Introduction

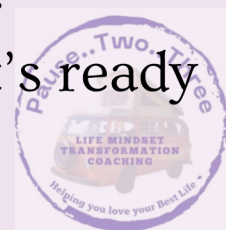
This workbook is your companion on a gentle, personal journey back to yourself. Each of the seven steps invites you to slow down, listen inward, and reconnect with the parts of you that may have gone quiet over the years. This path is not linear – it is a dance. You will revisit these steps many times throughout your life, each time discovering new truths, new clarity, and new layers of yourself.

Move through this workbook slowly.

Pause when you need to pause.

Return whenever you drift.

Your inner truth is patient – and it's ready  
for you.





## STEP 1

# RECOGNIZING THE INNER WHISPER

### What This Step Means

Your inner whisper is the quiet signal inside you that knows when something feels right, wrong, or incomplete. It is subtle, but wise. Recognizing this whisper is the beginning of reconnecting with yourself.

### How to Use This in Daily Life

Throughout the day, pause and gently ask:

“What feels true for me in this moment?”

Don’t analyze. Just listen.

### Reflection Prompt

What is my inner whisper trying to tell me lately?

### Daily Pause Practice

Take 1–2 minutes each day to sit quietly and notice what arises in you without judgment.

### Mantra

“I trust the voice within me.”



## STEP 2 RELEASING PEOPLE-PLEASING

### What This Step Means

People-pleasing disconnects you from your authenticity. Releasing it doesn't mean caring less – it means honouring your needs as much as you honour others.

### How to Use This in Daily Life

When a choice arises, pause and ask:

“Am I doing this from truth or from fear of disappointing someone?”

### Reflection Prompt

Where in my life do I silence myself to keep the peace?

### Daily Pause Practice

Say “no” at least once a week to something that drains your energy.

### Mantra

“I choose honesty over approval.”





## STEP 3

# RECLAIMING YOUR INNER TRUTH

### What This Step Means

Your truth is the deeper knowing beneath expectations, roles, and habits. Reclaiming it means reconnecting with what you feel, what you value, and what you want – without apology.

### How to Use This in Daily Life

Tune in when you feel a reaction, longing, or tension and ask:  
“What is my truth in this moment?”

### Reflection Prompt

What truth have I quietly held inside that wants to be acknowledged?

### Daily Pause Practice

Place your hand on your chest, breathe slowly, and ask:  
“What part of me needs to be heard today?”

### Mantra

“My truth is mine to reclaim.”

Pause Two Three

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# STEP 4

## HONORING YOUR EMOTIONS & INTUITION

### What This Step Means

Your emotions are messages, not problems. Your intuition is a compass.  
Honouring both reconnects you with your inner wisdom.

### How to Use This in Daily Life

Ask yourself throughout the day:

“What am I feeling?”

and

“What is my intuition telling me about this?”

### Reflection Prompt

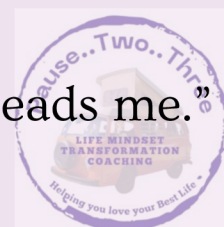
What emotion in me needs acknowledgment right now?

### Daily Pause Practice

When an emotion arises, pause and name it without judgment.

### Mantra

“My emotions guide me, and my intuition leads me.”





## STEP 5

# DEFINING WHAT 'MORE' MEANS FOR YOU

### What This Step Means

Your “more” is not about bigger achievements—it is about deeper alignment. Your soul’s more may be more rest, more peace, more truth, or less noise, less pressure, less overwhelm..

### How to Use This in Daily Life

Pause and ask:

“Does this move me toward the life I want to feel?”

### Reflection Prompt

What do I quietly desire that I haven’t named yet?

### Daily Pause Practice

Finish these sentences daily:

“Today, I want more...”

“Today, I want less...”

### Mantra

“I am allowed to want what I want.”





## STEP 6

# TAKING COURAGEOUS, ALIGNED ACTION

### What This Step Means

Aligned action is small, steady movements toward your truth. You don't need to feel confident – only willing.

### How to Use This in Daily Life

Ask:

“What is one small step I can take today that supports my truth?”

### Reflection Prompt

What aligned action am I ready to take this week?

### Daily Pause Practice

Choose one 5-minute action each day that aligns with your becoming.

### Mantra

“Small aligned steps create big change.”



## STEP 7

# LIVING IN ALIGNMENT, NOT PERFECTION

### What This Step Means

Living aligned means returning to yourself again and again – with gentleness. You will drift. You will forget. What matters is your return.

### How to Use This in Daily Life

Ask:

“What would bring me back into alignment right now?”

### Reflection Prompt

Where am I being invited to come home to myself?

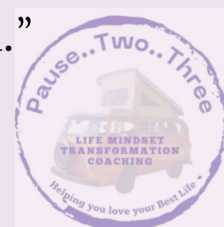
### Daily Pause Practice

End each day by asking:

“Did I live even a little closer to my truth today?”

### Mantra

“I return to myself again and again.”



# Additional Reflections Prompts

## STEP 1

Where in my life have I been feeling a quiet nudge?

What have I been ignoring because it feels inconvenient or scary?

What part of me is asking to be acknowledged?

## STEP 2

Where do I tend to abandon myself to keep the peace?

Where do I say yes when I deeply want to say no?

Who taught me that my needs were secondary?

What small truth have I been avoiding because it feels uncomfortable?



# Optional Reflections Prompts

## STEP 3

What part of my life feels misaligned?

What truth inside feels heavy because I haven't expressed it?

What am I longing for that I haven't allowed myself to want?

## STEP 4

What emotion needs my attention today?

What emotion have I been resisting?

What is my intuition whispering beneath that feeling?



# Optional Reflections Prompts

## STEP 5

What is something I've been quietly wanting?

What feels too small in my life right now?

Where do I sense possibility?

What would I choose if I trusted myself completely?

## STEP 6

Where do I feel most mentally or emotionally noisy?

What small moment of quiet can I offer myself today?

What becomes clearer when I stop rushing?



# Optional Reflections Prompts

## STEP 7

Who am I when I'm not performing?

What choices make me feel grounded and real?

What version of myself am I stepping into?

Where have I already begun becoming more me?



*This is not the end.  
It's your beginning—one intentional step, one  
deep pause, one brilliant you.*



# Now you have the 7 Steps Never stop dancing

Congratulations on completing "The 7 Step Dance to Becoming You"! You've embarked on a remarkable journey to discover and embrace your true self. This workbook has laid the groundwork for a more confident and authentic you by encouraging introspection and self-awareness. Remember to revisit your insights regularly to continue your path of growth, self-love, and to let go of any fear, shame, or guilt.

If you're eager to deepen this transformation, consider our one-on-one coaching programs. Whether you're interested in a focused 14-day experience or a comprehensive 3-month journey to shift your mindset, personalized guidance can help you step fully into your true potential. If you would like more information, feel free to reach out to me at [jen@pausetwothree.com](mailto:jen@pausetwothree.com).

Thank you for dedicating time to your personal development. You deserve a life overflowing with love, growth, and endless possibilities. Keep believing in yourself—you're truly worth it!

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