

FIELD NOTES: YOUR GUIDED INQUIRY

Explore the beliefs that have shaped your story, challenge what no longer serves you, and step into a more compassionate relationship with yourself.

Step 1: Get Curious (Awareness)

Make a list of the false claims that cloud your judgment and erode your self-worth. These are the beliefs that keep you stuck in survival mode.

Step 2: Explore New Ways of Thinking (Adaptability)

Now, let's challenge those false claims. Rewrite them with truth and compassion—a mindset shift from control to trust, from proving to arriving.

Step 3: Build Self-Trust (Homecoming)

Now, it's time to live this shift. Choose just one of your revised claims and commit to embodying it for the next couple of days.

What's one small way you can put this belief into action?

How can you move through the day as if this were already true?

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The more you collect, reflect, and revise with compassion, the more your inner field guide evolves — to **your homecoming, your arrival.**

Field Note To Self:

Record all data collected from your guided inquiry here — moments of arrival — what did that look and feel like to you? Notice what shifts and reflect on the patterns.



Notes From The Field: Affirmations

*Your Discovery. Your Self-Worth.
Your Arrival.*

SURVIVAL

Self-worth is something I
must earn.

I must control my body
to feel safe.

Validation from others
determines my value.

I need to prove myself
before I can rest.

I fear change because it
threatens stability.

ARRIVAL

Self-worth is something I
return to.

I can trust my body and
listen to its wisdom.

My worth is intrinsic and
unshaken by opinions.

Rest is my birthright, not
a reward.

I welcome change as
part of my evolution.

Notes From The Field: Your Affirmations

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Your Arrival.*

SURVIVAL

ARRIVAL