

Healing
by Bridget 



Returning

to

Yourself



A SIMPLE EXERCISE TO RECONNECT
WITH YOUR NEEDS, VALUES, AND
INNER VOICE

when life feels overwhelming.



A GENTLE PRACTICES COLLECTION

Worksheet

Healing Hearts.  Inspiring Growth.  Awakening Souls.

Healing by Bridget



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Thank you for respecting this work and supporting
Healing by Bridget so we can continue creating
gentle resources to support your healing journey.



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A Note from Bridget



There are seasons in life when we become so focused on caring for everyone else that we slowly lose sight of ourselves.

We learn to keep going, meet expectations, solve problems, and carry responsibilities without stopping to ask how we are doing. Over time, our own needs, dreams, and inner voice can become quieter beneath the weight of everyday life.

Returning to yourself isn't selfish; it's remembering who you've always been beneath the responsibilities, expectations, and survival.

The beautiful truth is that you haven't lost yourself. The part of you that knows what you need, what you value, and what brings you peace has been there all along. Sometimes it simply needs a little space to be heard again.

This worksheet is a gentle invitation to slow down, listen inward, and reconnect with the wisdom already within you.



*There is nothing to fix.
There is only yourself to remember.*

With love,

Bridget 

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Before You Begin

Find a quiet place where you can pause for a few moments without interruption.



Take a slow breath in...
and gently breathe out.



Allow your body
to soften.



Give yourself permission
to slow down.

There is no pressure to have the perfect answers today.
You are not here to solve your entire life in one sitting.

You are simply creating a little space to hear yourself again.

As you move through these questions, answer with honesty rather than expectation. Trust whatever comes to you first, even if it feels small or incomplete.

Sometimes the quietest answers are the ones our hearts have been waiting to share.

*There is nothing you need to earn in this moment.
You are simply remembering yourself.*



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Returning to Yourself

Take a slow breath and gently ask yourself each of the following questions.

1 How have I truly been feeling lately?

2 What have I been needing that I haven't been giving myself?

3 What matters most to me right now?

4 When do I feel most like myself?

5 What is one small way I can honor myself this week?

Complete this sentence: 

Today, I choose to come home to myself by...



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Closing Reflection

Take one more slow breath.
Notice how it feels to pause and simply listen to yourself.

Returning to yourself doesn't always happen
through dramatic life changes.
More often, it begins with one quiet choice.

One honest conversation.
One healthy boundary.
One moment of rest.
One act of kindness toward yourself.

Each gentle choice becomes another step
back toward the person you've always been.

You do not have to rush this journey.
You do not have to become someone new.

*You have never truly been lost.
You have simply been finding
your way back to yourself.*

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Continue Your Journey

Thank you for taking this gentle step toward yourself today.
Every moment you choose to slow down and listen to your own heart
is a reminder that your needs, your voice, and your well-being matter.



If this practice resonated with you, I'd love to invite you to
continue your journey inside the Healing by Bridget Free Library,
where you'll find additional guided worksheets, meditations, journal
prompts, affirmations, and other gentle resources designed to support you
wherever you are on your healing journey.



When you're ready to go even deeper, the **Awakening the Heart Membership**
offers an expanding collection of exclusive workbooks, guided healing
practices, meditations, intuitive living resources, and new content
added regularly to help you continue coming home to yourself.

FREE LIBRARY



- ♥ Guided worksheets
- ♥ Meditations
- ♥ Journal prompts
- ♥ Affirmations
- ♥ Seasonal resources
- ♥ And more

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gentle step.



*Your journey
back to yourself
is one worth taking.*



With love,

Bridget