

Healing
by Bridget 

My Inner Wisdom Check-In

A GENTLE WORKSHEET
to help you listen to your intuition
instead of outside expectations.



RETURN TO YOURSELF.
TRUST YOUR INNER WISDOM.
YOU ALREADY KNOW.

HealingByBridget.com





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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.



Healing by Bridget



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A Note from *Bridget*



There are so many voices telling us who we should be,
what we should do, and how we should live.

Over time, it becomes easy to mistake those outside opinions
for our own truth. We begin searching everywhere for answers
that have quietly been waiting within us all along.

-  Your intuition doesn't usually shout.
-  It often arrives as a quiet knowing.
-  A gentle feeling.
-  A sense of peace that doesn't need to explain itself.

This worksheet isn't about finding the "right" answer.
It's about creating enough stillness to hear your own.

As you move through these pages, I hope you'll
give yourself permission to trust what quietly
rises within you.

Your inner wisdom has always been there.
Sometimes it simply needs a little space
to be heard.

With love,

Bridget 

Before You Begin



Find a quiet place where you can breathe without rushing.



Allow yourself to let go of the need to figure everything out today.



There are no perfect answers waiting to be discovered. Only gentle invitations to listen more deeply.



As you move through these questions, notice what feels light. Notice what feels peaceful.



Trust whatever gently rises to the surface.

Sometimes our inner wisdom has been speaking all along.
We simply haven't had the space to hear it.

You already carry more wisdom than you realize.

My Inner Wisdom

Check-In

Take a slow breath before answering each question.

1. What has my heart been trying to tell me lately?

2. Where in my life do I feel the most at peace?

3. What decision feels most aligned with who I truly am?

4. What fear might be making it difficult to trust myself?

5. If I completely trusted my inner wisdom,
what gentle next step would I take?

♡ Complete this sentence: ♡

Today, I choose to trust myself by...

Closing Reflection



Take one more slow breath.
Place a hand over your heart if it feels comforting.

Your inner wisdom has never left you.
It has been quietly waiting beneath the noise,
the expectations, the fear, and the
endless opinions of the world.

Every time you choose to pause before reacting...
Every time you choose curiosity over fear...
Every time you trust yourself just a little more...

You strengthen the relationship
you have with your own heart.

You do not have to know every answer today.
You only have to trust the next gentle step.

Your inner wisdom has been guiding you all along.

Trust it. You've got this. ♡

Continue *Your Journey* ♥

Thank you for taking this gentle step toward yourself today.

Every moment you choose to pause, reflect, and trust
your own inner wisdom strengthens the relationship
you have with yourself.

If this practice resonated with you, I'd love to invite you to
continue exploring the growing collection of free resources inside
the **Healing by Bridget Resource Library**, where you'll find
guided worksheets, journals, meditations, affirmations,
intuitive living resources, and seasonal offerings designed
to support your healing journey.

If you're ready to go even deeper, the **Awakening the Heart
Membership** offers an ever-growing collection of exclusive
workbooks, guided practices, meditations, intuitive living
guides, and printable resources to support your
growth throughout the year.

Simply scan the QR code below to explore the library
and discover your next gentle resource.



Trust the quiet
wisdom within you.

*It has been gently
guiding you all along.*



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With love,

Bridget ♥