




WHEN YOU'RE STARTING OVER

Because beginnings are
harder than anyone lets on

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Starting over sounds like something that should feel hopeful. And sometimes it does. But more often, at least at first, it feels disorienting, exhausting, and lonelier than anyone talks about.

I've started over more than once. After relationships that ended. After versions of myself that no longer fit. After losses that changed the shape of everything. I know what it feels like to stand at the beginning of something new without a clear map and without much energy left to find one.

These pages aren't about figuring out your next chapter or building a plan. They're about helping you get honest with yourself about where you actually are in the in-between. That way you can take the next small step from a place of clarity rather than fear.

You don't have to have it figured out. You just have to be willing to be honest.

- *Meada*

HOW TO USE THIS GUIDE

Give yourself some unhurried time with these pages. Starting over often comes with a lot of noise, both internal and external. These questions work best when you have at least a few quiet minutes to sit with them.

You don't need to answer every question. You don't need to write anything down if that doesn't feel right. Reading them slowly and letting them wash over you is enough.

There are no right answers here. Only honest ones.



WHERE YOU ARE RIGHT NOW

Starting over has a before and an after. This section is about being honest about where you are in that transition.

Before we look forward – let's get clear on where you are actually standing.

- What has ended, or is ending, that brought you to this place of starting over?
- How are you feeling about it, honestly. Not how you think you should feel, but how you actually feel?
- What have you been telling yourself about what this means – about you, about your life, about what comes next?
- Is there anything you're grieving about what's ending, even if you know it needed to end?

WHAT YOU'RE LEAVING BEHIND

Not everything from before needs to come with you.



- ✓ What from your previous chapter no longer serves you - patterns, beliefs, relationships, ways of seeing yourself?
- ✓ Is there something you've been holding onto out of habit or fear rather than genuine need?
- ✓ What version of yourself are you ready to stop performing?
- ✓ What would it feel like to put that down?

STARTING OVER IS AN OPPORTUNITY — NOT JUST TO BUILD SOMETHING NEW, BUT TO CONSCIOUSLY DECIDE WHAT YOU CARRY FORWARD AND WHAT YOU LEAVE BEHIND.



WHAT YOU'RE STEPPING INTO

This section isn't about having a plan. It's about letting yourself get curious about what might be possible – without the pressure to have it all figured out.

You don't need a full picture. Just the next step.

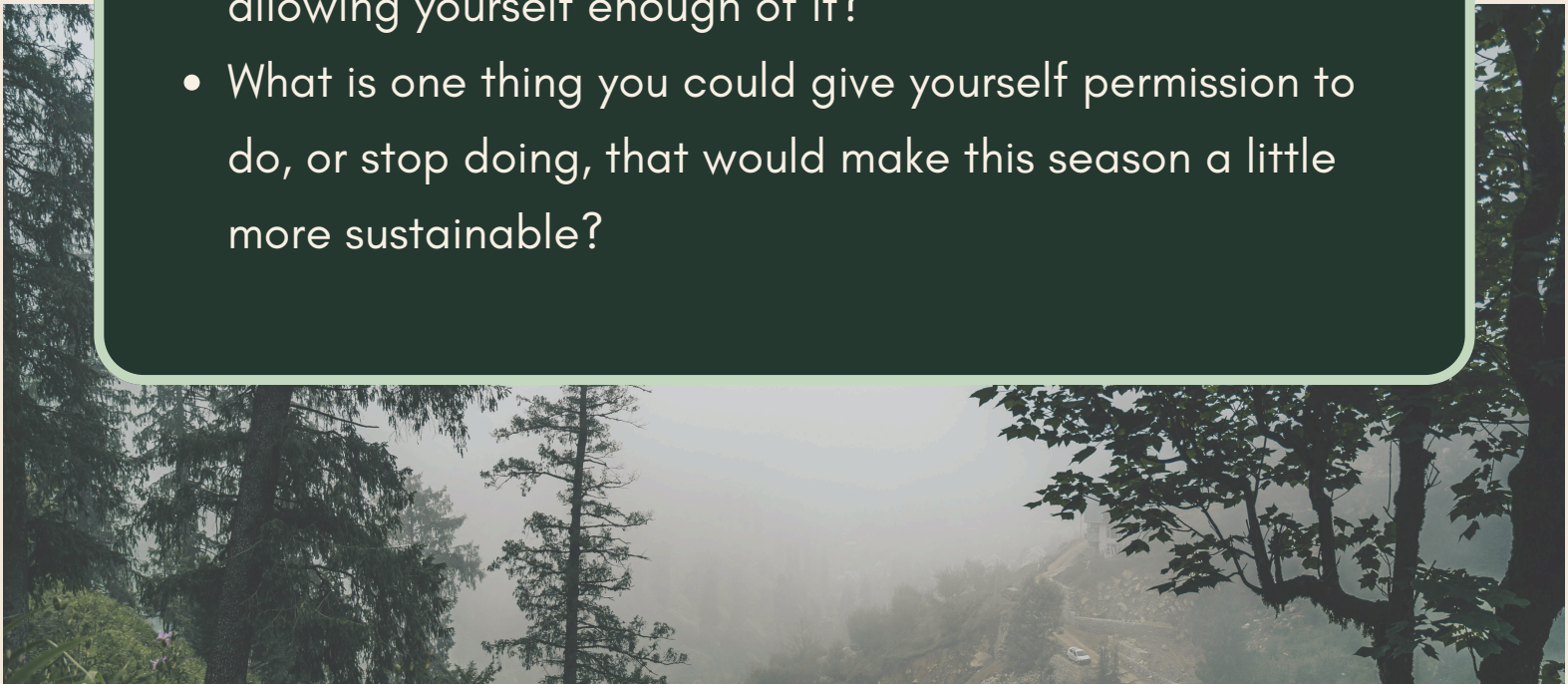
- If you could describe how you want to feel in your life one year from now – not what you want to have or achieve, but how you want to *feel*, what comes up?
- What do you already know about yourself that will serve you in whatever comes next?
- What would you do or pursue if you weren't afraid of starting from the beginning?
- What is one small thing that feels like a step in the right direction, even if it's very small?

WHAT YOU NEED RIGHT NOW

This section is about being honest about what you actually need in this season, not what you think you should need, but what would genuinely help.

Starting over takes more out of you than most people acknowledge.

- What kind of support would help you most right now?
- Where are you being too hard on yourself about where you are in this process?
- What does rest look like for you right now and are you allowing yourself enough of it?
- What is one thing you could give yourself permission to do, or stop doing, that would make this season a little more sustainable?



A CLOSING NOTE

Starting over is one of the bravest and hardest things a person can do. Not because it requires grand gestures or extraordinary strength, but because it requires showing up, again, when you're already tired. Choosing, again, when you're not sure. Moving forward, again, without a guarantee.

That is not a small thing.

Be patient with yourself in this season. The in-between is real and it deserves to be honored, not rushed through.

Come back to these prompts as many times as you need.
Your answers will change as you do.



And when you're ready for a little more
support in finding your footing -

The Whole Cafe is here.

There's a seat for you whenever you need it.



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