

What You're Really Hungry For

Reflection Guide — Module 3: *One Small Act of Alignment*

You don't have to have it all figured out. You don't have to know exactly where this goes or how it ends. You just have to be willing to take one small, true step toward yourself — one moment of closing the gap between the life you've been performing and the life that's actually yours. That's how it begins. Not with a grand gesture. With one honest yes. One quiet refusal to keep shrinking.

One act of finally, finally choosing yourself.



Your central reflection question:

What is one thing you've been wanting to do, say, claim, or stop — that your body already knows the answer to?

If you need a doorway in:

- Where in your life have you been the smallest version of yourself? What would it look like to take up just a little more space there?
- What is the one thing you keep coming back to — the want, the dream, the change — that you keep filing under "someday"? What would it mean to move it to "now"?
- What would you do, claim, or say if you knew that the woman who was here first was watching — and cheering you on?



Write the one thing. Then let yourself want it — fully, without apology, without a "but." Just want it.
That's where it begins.

And if you're willing - take one small step in that direction.

Elaine Blais 

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