



AN EXERCISE FOR
WHEN YOU NEED
TO RECONNECT
WITH YOURSELF

This exercise combines two of my favourite things: connecting with your story in a new way, and self-celebration.

I developed this exercise as a simple way of accessing parts of our story that we've become disconnected from. Through the distance of time or amidst the busyness of life, we can forget to stop, remember and celebrate our wins from the past.

You know those moments or events that you look back on with a smile, or you think of with immense pride or incredulity or wonder, or that were a total leap of faith, those adventures that seem like they belong to a different lifetime....

... they are all part of your story.

They are the moments we need to reconnect with, that give us strength when we're contemplating making a change or trying something new and we're thinking, "I could never do that" or "I'm not the kind of person who does that kind of thing."

This exercise is to connect you to your bold, bright, courageous self!

This Everyday Writes exercise is called,
'Remember when we...'

Create 10 minutes in your day and get still.
Grab a couple of pieces of paper or your
journal or print a few copies of the template on
the following page.

Follow the prompts on the next page. You are
writing to a younger version of yourself - you
can be any age, you could be writing to the you
of yesterday or of 20 years ago, and it could
vary with every memory. The exercise suggests
using "we" and "our", so that it feels you are
hand in hand with your younger self, but you
can substitute for "you" or "I" if that feels more
aligned.

The aim is to lean into joyful memories that
make you feel good, where you felt like your
boldest or most authentic self and were
speaking or living your truth.

Write as many memories as come to mind!



Remember when we...

Dear (insert your name)

Remember that joyful time when we...

Our body felt...

Our mind felt...

Our spirit felt...

What could we do to feel those feelings today?



I hope this exercise helps you connect to some of the forgotten or as-yet uncelebrated parts of your story! I'd love to hear from you if you'd like to share.

If you know anyone who might like to be part of this community or might enjoy these resources, invite them to join the Radiant Folk community by subscribing on my website.

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**Big love,
Nadia**

