

YOUR FREE STARTER GUIDE

Reclaim Starter Guide

A gentle first step towards
identity, confidence and purpose.

Reflect • Release • Rebuild • Reclaim

You Are Not Broken.
You Are Becoming.

By Joyce Gannon
Author, speaker and transformational coach

Helping Women Move From Survival to Significance.

A NOTE FROM JOYCE

Begin where you are

After a difficult season, it can be hard to know what comes next. You may have made it through, yet still be finding your voice, rebuilding confidence or wondering what matters to you now.

My work through The Power to Reclaim grew from my own journey through adversity. This guide offers a small place to begin: to notice where you are, make room for your needs and choose one manageable step forward.

You do not have to complete everything today. Your pace matters.

Joyce Gannon

How to use this guide

Set aside 10 to 15 minutes somewhere you feel comfortable. Write on these pages or in your own notebook. Try one stage at a time and return whenever it feels useful. These stages are invitations, not deadlines.

Keep the experience gentle

You do not need to describe painful events. Skip any question, pause or stop if it feels too much. Notice your surroundings and return your attention to the present. Consider talking with someone you trust or a qualified professional if you need support.

This is an educational reflection resource, not therapy or crisis support. If you are in immediate danger, contact emergency services. Keep your written reflections somewhere private and safe.

01 / REFLECT

Notice what you need

Reflection begins with paying attention to your life as it is today. You can acknowledge what is difficult while also noticing what is helping you.

Three words that describe how I feel today are...

What has been taking most of my energy? What has helped me feel a little more steady?

One need I would like to make room for is...

A small practice

Choose one ordinary moment today to pause. Ask yourself: "What do I need right now?" Your answer might be rest, company, quiet, food or practical help.

A thought to carry: My needs deserve attention.

Loosen one heavy expectation

Releasing can begin with questioning an expectation that weighs on you. It does not mean forgetting, excusing harm or forcing forgiveness. Some things take time and support.

An expectation or “should” that feels heavy is...

Is this expectation fair to me? Where might I be asking too much of myself?

A kinder, more realistic statement I could practise is...

Try this reframe

Instead of “I should have everything sorted by now”, try “I can work on one thing at a time and ask for help.” Choose words that feel believable to you.

A thought to carry: I can allow myself a different pace.

Create one steady support

Rebuilding often happens through small, repeatable choices. Begin with one routine, source of support or practical change that could make daily life feel more manageable.

A strength that has helped me so far is... How could I use it this week?

One routine or source of support I would like to strengthen is...

My smallest practical step is... I will try it on...

Make the step achievable

For example: take a short walk, plan one nourishing meal, ask a trusted person for practical help or set aside ten quiet minutes. Adapt your choice to your energy and circumstances.

A thought to carry: Small steps can help me build trust in myself.

Reconnect with what matters

Your identity includes more than what you have lived through. Reclaiming is an invitation to reconnect with your values, interests and voice, and explore what you want to grow towards.

A value I want my life to reflect is... Why does it matter to me?

An interest, hope or part of myself I would like to reconnect with is...

One choice I can make this week that reflects who I am becoming is...

Give yourself permission to explore

You do not need a complete life plan. You might begin by returning to something you enjoy, expressing a preference or making time for a meaningful conversation.

A thought to carry: My voice and my choices matter.

PUT REFLECTION INTO PRACTICE

Choose one small step

Choose one action from this guide. Keep it specific and manageable. The aim is to learn what supports you, with room to adjust.

This week, I will...

I will begin on... What might help me follow through?

If this feels difficult, I can make the step smaller by...

At the end of the week

What did I notice? What helped, and what would I like to adjust?

Recognise the effort you made. If the step did not happen, use what you learned to choose a gentler or more practical next step.

AN INVITATION

Keep becoming

You can return to these pages whenever you need a moment to reflect. A small step can be meaningful, even when progress feels quiet.

One thing I want to remember from this guide is...

Continue with The Power to Reclaim

Explore Joyce's books, companion workbook and guided journal for deeper reflection. Visit the website to learn about coaching, speaking and available resources.

thepowertoreclaim.com

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