



- Who is the version of yourself you are grieving right now — the woman you used to be, the life you thought you were living, the identity that no longer fits?
- Where in your body do you feel this grief living? What does it feel like — tightness, heaviness, numbness, ache?
- What emotions have you been suppressing or bypassing that are ready to be felt and released?
- What would you want to say to the version of yourself that is being left behind in this chapter — if you could speak to her directly?
- What are you grateful for about who she was and what she carried to bring you here?

**"Personal growth is as much
about personal death."**

~Sante Kotturi