

JODY OWEN

REDISCOVERING YOURSELF

*A Gentle Guide for
the Season You're In*

JODYINSPIRES.COM

Hello!



If you're reading this, chances are you're standing somewhere between where you've been and where you're going.

Perhaps you're in a season of change and finding yourself asking questions you haven't asked in a long time.

Who am I now?

What matters most to me?

What do I want this next chapter to look and feel like?

If so, you're not alone.

My hope is that this guide offers a gentle space to reflect, reconnect, and begin the journey back to the woman you are becoming.

One thoughtful step at a time.

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Life has a way of inviting us to rediscover ourselves through its transitions, challenges, and new beginnings.



What Season Am I In?

A Self Reflective Exercise

Circle all of the things that resonate, even if they are in different seasons.

Winter

I feel tired.
I'm healing.
I'm letting go.

Spring

New ideas are emerging.
I'm feeling hopeful.
I'm ready for change.

Summer

I'm growing.
I'm taking action.
Life feels expansive.

Autumn

I'm reflecting.
I'm reevaluating.
I'm ready for a new chapter.

Which season feel most like your life right now?

You may find yourself relating to more than one season, and that's completely natural. Life isn't always neat and linear. Sometimes we're letting go of one chapter while quietly stepping into another.

The messy middle can have us feeling all the things at once.

So place your hand on your heart and take a slow breath. Then ask yourself: Which season feels most present in my life right now?

Trust what comes forward and know that this clarity can help illuminate the path ahead.

Every season has something to teach us.

Questions for the Journey



What's Taking Up Space?

Every journey asks us to carry some things forward and leave others behind.

Before you can step fully into your next chapter, it helps to notice what you've been carrying.

Without editing or judging yourself, write down everything that's currently taking up space in your heart, mind, or spirit.

Ask yourself:

- What can I release?
- What needs my attention?
- What can wait?

You don't have to carry everything forward.





Reconnecting with Yourself

Your soul is whispering...

When life feels uncertain, we often look outside ourselves for answers.

Yet some of the most important guidance comes from within.

Take a moment to listen.

Ask yourself:

- I need more...
- I need less...
- My heart is asking for...
- My soul is whispering...

Self-Trust Reflection

The path ahead doesn't always become clear through more thinking.

Sometimes clarity arrives when we trust what we already know.

Ask yourself:

- Where am I overthinking?
- What decision have I already made in my heart?
- What would I do if I trusted myself completely?



Trust grows one courageous step at a time.



My Next Chapter Vision

Imagine you've continued walking this path for the next six months.

You haven't arrived at a final destination, but you've gained clarity, confidence, and a deeper connection to yourself. As you look around, what do you notice?

- How do I feel?
- What have I released?
- What have I welcomed in?
- What am I saying yes to?
- What am I no longer available for?
- What does my next chapter look and feel like?

Rediscovering Joy

Joy is often a compass. It gently points us toward what nourishes us and reminds us who we are beneath the expectations, responsibilities, and noise of everyday life.

Ask yourself:

- What lights me up?
- What makes me lose track of time?
- What feels nourishing instead of draining?
- What small thing could I do this week just for myself?



The path ahead is revealed as you walk it.

Letter to MySelf

Imagine you're writing to yourself from further down the path. The version of you who has moved through this season.

The version who has learned, grown, healed, and discovered new strength along the way.

What would she want you to know today?

"Dear Me, I know this season has been..."

Then:

"The thing I most want you to remember is..."

The future version of you is cheering you on.



Final Soul Note

You don't need to see the entire path to take the next step.

Trust what you've discovered here.

Trust the wisdom that surfaced in the stillness.

Trust that even if the road ahead feels uncertain, clarity often arrives one step at a time.

Your next chapter isn't waiting somewhere in the distance. It's already beginning.

With every choice to listen to yourself.

With every moment of courage.

With every step forward.

Keep going.

The path is unfolding.

*Sometimes the bravest next step is
allowing yourself to be supported.*

Ready for More Support?

You don't have to navigate the journey ahead alone. Wherever you are on your path, I'm here to lead you through.



NEXT CHAPTER SESSION

If you're standing at a crossroads, feeling stuck, or longing for greater clarity about what comes next, a Next Chapter Session can help you uncover the next steps that feel aligned for you.

SOUL ALIGNMENT JOURNEY

If you're ready for deeper support and transformation, we'll work together to move you from unsure to clear, from self-doubt to self-trust, and from feeling stopped to stepping fully into your updated identity.

This experience is a nurturing journey designed for **women who know they're meant for something more**, but need guidance, encouragement, and a trusted partner as they navigate change, reinvent themselves, and create a life that feels more aligned with who they are now.

What kind of support feels right for you right now?

ENROLL NOW

 I need clarity and direction. →

[Book a
Next Chapter Session](#)



 I'm ready for deeper transformation and ongoing support. Schedule a 30 min. complimentary call. →

[Let's talk about
your journey.](#)



With love,

Jody

Thank-you!

I'm excited to continue working with you, please reach out to learn more.



Contact:

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