REDISCOVER · RETURN · RISE

PATH 01 · FREE GUIDE

The Rediscover Guide

Find yourself again.

A short workbook to help you remember who you are, what you're good at and what lights you up, so your next step fits the life you want.

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Elavare

A NOTE FROM HEATHER

You already have more than you think.

If you've spent years putting everyone else first, it's easy to lose track of yourself. I know that feeling. When I had to go back to work to provide for my five children, I first had to remember who I was and what I had to offer.

This guide will help you reconnect with your strengths, your values and what makes you feel alive. Give each step about 15 minutes. Write the first answer that comes to mind.

Heather

STEP 1

Name your strengths

You've built more skills than you give yourself credit for. Answer quickly. Your first thought is usually the truest.

What do people come to you for?

What have you handled in the last five years that you're proud of?

Five things I'm good at

> *Stuck? Ask two people who know you well: "What do you think I'm really good at?"*

STEP 2

Choose your values

Circle the three that feel most true today. They can change over time, and that's okay.

Family · Faith · Freedom · Security · Growth · Creativity · Adventure · Service · Learning · Health · Connection · Independence · Achievement · Balance · Purpose · Courage · Stability · Flexibility · Peace · Fun

If my week reflected these values, what would be different?

STEP 3

Start your Life List

Things that would make you feel alive this year, big or small. Something to learn, a place to go, a person to reconnect with, something brave.

#	SOMETHING THAT WOULD MAKE ME FEEL ALIVE	BY WHEN
1		
2		
3		
4		
5		

> *Circle the one you could start this month. That's your spark.*

STEP 4

Who I was, who I am, who I'm becoming

You have grown in the last ten years. Write a few words on each line about how.

Who I was

Before this season. What did I love? What was I known for?

Who I am

Right now. What have I learned? What can I do that I couldn't before?

Who I'm becoming

A year from now. Who do I want to be?

The woman I'm becoming, in one sentence

STEP 5

Take one small step this week

Confidence grows from action, not from waiting until you feel ready.

My one step

Pick one thing from this guide.

When

Day and time.

Who I'll tell

Someone to cheer me on.

WHAT'S NEXT

Keep going.

READY FOR WORK?

The free Return Guide turns what you found here into job skills.
elavare.com/return

TALK WITH HEATHER

Book a complimentary call or a 60-minute coaching call.
elavare.com/coaching

KEEP LEARNING

Free workshops, podcast episodes and AI prompts.
elavare.com/resources

Questions? Email **info@elavare.com**. We read every message.