

FREE REFLECTION TOOL

WHAT AM I ACTUALLY TRYING TO CHANGE?

A little space to get curious before you start another plan.

We're often very quick to decide what we need to DO before we've worked out what we're actually trying to CHANGE.

This isn't about finding the perfect answer. It's about noticing what's happening, asking better questions and choosing one useful place to begin.

NO PERFECT ANSWERS REQUIRED.

FIONA HURLE | GENETIC INTELLIGENCE COACH

START WITH WHAT'S ACTUALLY HAPPENING.

Before deciding what needs fixing, changing, adding or removing, take a moment to notice where you are now.

What has made me want something to change?

What am I experiencing right now?

Where is this showing up?

☐ Body

☐ Health

☐ Energy

☐ Food

☐ Movement

☐ Sleep

☐ Work

☐ Relationships

☐ Confidence

☐ Behaviour

Something else:

What am I already doing about it?

What have I tried before - and what happened?

NOW ASK A BETTER QUESTION.

Instead of immediately asking:

“What should I do?”

Try asking:

“What might be going on here?”

What patterns am I noticing?

When does this feel better? When does it feel harder?

What else is happening in my life when this shows up?

What am I assuming I should be doing?

Is that actually true for me?

03 | GET CLEAR

WHAT WOULD I ACTUALLY WANT?

Not what the scales should say. Not what Instagram says health looks like. Not what somebody else thinks you should want.

What would feel different in your actual life?

04 | EXPERIMENT

YOU DON'T NEED THE WHOLE ANSWER.

You need somewhere to start.

One thing I'm curious about is...

One small thing I could experiment with is...

I'll try it for...	What will I pay attention to?

TRY. NOTICE. LEARN. ADJUST.

You're not trying to prove whether you're "good" or "bad" at something. You're gathering information about you.

STILL NOT SURE WHAT'S GOING ON?

That's okay. Sometimes having another person ask the questions helps.

Explore ways to work with me at fionahurle.com