

FREE GUIDED REFLECTION

KNOW YOURSELF BETTER

A little space to notice the patterns, preferences and clues that make you - you.

YOU ALREADY HAVE A LOT OF INFORMATION ABOUT YOURSELF.

Your body, behaviours, preferences, experiences and everyday life have been giving you clues for years. The question is: are you paying attention to them?

THIS ISN'T A PERSONALITY QUIZ.

There are no types to discover, boxes to fit into or 'right' answers. This is simply an invitation to get curious about yourself.

How to use it

Move through the questions slowly. Write what is true, not what sounds healthy, productive or impressive. Skip anything that doesn't feel useful. Circle back when something makes you think.

You are not trying to diagnose yourself or explain everything. You're gathering information.

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YOUR BODY

Before the plans, apps and advice, there is the body you're actually living in. What has yours been telling you?

When do I tend to feel most energised, capable or 'in my body'?

What tends to leave me feeling depleted, uncomfortable or flat?

What physical signals do I notice early - and which ones do I tend to ignore?

What has changed in my body over the past few years that might deserve more curiosity?

YOUR BEHAVIOUR

Knowing what to do and actually doing it are two different things. Your repeated patterns can tell you a lot.

What healthy or helpful things seem to come quite naturally to me?

What do I repeatedly struggle to start, maintain or return to?

What tends to happen to my habits when life gets busy, stressful or emotional?

Where am I relying on willpower when I might need a different environment, expectation or approach?

YOUR ENVIRONMENT

Sometimes the question isn't 'What's wrong with me?' It might be 'What happens to me in this environment?'

Where do I tend to feel calm, focused, creative or energised?

What environments leave me overstimulated, distracted, tense or drained?

Do I seem to thrive with structure, freedom, quiet, stimulation, people, space - or some combination?

What in my everyday environment makes the things I want to do easier? What makes them harder?

YOUR NOURISHMENT

Food is more than a list of nutrients. Appetite, satisfaction, energy, routines and real life all matter.

What meals or ways of eating tend to leave me feeling satisfied and energised?

When does eating tend to become rushed, patchy, reactive or chaotic for me?

What seems to affect my hunger, appetite or food choices?

What food rules or 'shoulds' am I carrying that may not actually be useful for me?

YOUR MOVEMENT + RECOVERY

Movement and recovery aren't separate. How you train, move, rest and restore all give you information.

What kinds of movement do I genuinely enjoy - or at least feel better for doing?

When in the day or week do I naturally have more capacity to move?

What makes exercise feel supportive? What makes it feel like punishment?

What actually helps me recover - physically, mentally or emotionally?

What are my early signs that I need more recovery, not more pushing?

YOUR LIFE

None of this happens in a vacuum. Work, relationships, responsibilities, hormones, seasons and change all come with you.

What tends to be happening in my life when I feel most like myself?

What tends to be happening when I feel least like myself?

Where am I spending energy because I genuinely choose to - and where am I spending it because I think I should?

What part of my current life deserves to be considered before I make another health or behaviour plan?

WHAT DO I ALREADY KNOW ABOUT MYSELF THAT I KEEP IGNORING?

Sometimes the most useful clue isn't new information. It's something you've noticed many times but haven't quite trusted, prioritised or acted on.

TRY THIS:

Read back through what you've written. Underline anything that feels familiar. Circle anything that surprises you. Put a star beside anything you think might actually matter.

AND WHAT ABOUT GENETICS?

Your genetics can give us additional clues about how you're wired - including tendencies and predispositions that may help add context to what you already notice about yourself.

But genetics aren't the whole story, and they're not your destiny.

YOUR GENES ARE ONE SOURCE OF INTELLIGENCE.

So are your experiences, preferences, behaviours, environment, body, relationships, hormones, work and stage of life.

The useful part is bringing the clues together - around the person.

KNOWING YOURSELF BETTER STARTS WITH NOTICING.

After doing this reflection, what am I most curious to understand about myself?

DON'T TURN THIS INTO ANOTHER TO-DO LIST.

You don't need to 'fix' everything you've noticed. Pick one thing that feels interesting enough to explore.

One clue or pattern I want to pay more attention to is...

One assumption I might be willing to question is...

One small thing I could experiment with is...

What will I notice rather than judge?

NOTICE. GET CURIOUS. EXPERIMENT.

Then pay attention to what happens. Keep what helps. Question what doesn't.

WANT TO EXPLORE THE CLUES WITH SOMEONE?

Sometimes another set of eyes - and better questions - can help you see patterns you hadn't connected.

Explore ways to work with me at fionahurle.com