

# The Quiet Shift: A Reflection Guide for Women Who Feel Something's Changing

A gentle, private invitation to explore what's stirring beneath the surface without pressure to pivot or announce anything. Just space to listen and begin.

"You don't have to have a plan. You just have to make space to ask the right questions." AND "You're not stuck. You're awakening."

If you're holding this guide, you're probably in a space many women know well but few talk about. The outside still looks successful. You're still showing up. But inside, something feels... off. This isn't about quitting. It's not about leaping. It's about getting honest with yourself.

You don't have to decide anything today. You just have to listen to what's inside.

With care,

Dottie - Founder, Fractional by Design.

# Your Reflection Journey

This guide offers a structured path to begin your personal reflections. Whether you write it down or just let the thoughts begin to flow, now is your time.



## What's True Now

- What parts of my current work or routine feel out of alignment with who I am now?
- What am I still holding onto that might no longer serve me?



## What I Want More Of

- What do I wish I had more of in my life or work right now? (freedom, flexibility, impact, ease...)
- What would my day look like if it reflected more of me?



## What I'm Ready to Explore

- If I didn't have to explain or justify it, what would I want to try?
- What's one quiet step I could take toward the life I want?



## When You're Ready

If these questions brought something up, trust that.

You don't have to go public. You don't have to leap.

You just have to take the next honest step.

If you're ready to take another step, email me at [hello@fractionalbydesign.com](mailto:hello@fractionalbydesign.com)