



RoVolve Ink Inc. & Coach Ro Tips



M3 QUESTIONS SERIES: MIRROR, MIRROR MOMENTS.



- **What am I holding onto that no longer serves me?**

Let this question sink in. Notice the first thoughts or feelings that come up. It could be an old grudge, a self-limiting belief, something a loved one said to you without thinking of the harm it would do, or a habit that's keeping you stuck.

- **When do I feel most like myself?**

This question helps you identify moments of authenticity. Recognizing these moments can guide you toward actions and choices that align with your true self.



- **What am I most afraid of saying out loud?**

Voicing your fears can diminish their power. Speak it to your reflection. Hearing your own voice say it can be a step towards overcoming it. Even if tears follow. That's healing in progress.

- **Who would I be if I let go of my pain?**

Imagine the possibilities of your life without some of your burdens. Without some of those self-sabotaging thoughts you say to yourself. "I can't do this. I'm too old to start over." Visualize who you could become. This isn't about creating pressure to change but opening up to potential.

Take as long as you need with each question. The answers might come easily, or they might require some reflection. That's okay. This is your process, your pace.



Helpful Tips:



- **Repeat This Exercise:** Healing isn't a one-time event. Regularly engaging with this technique can deepen your insights and reinforce your commitment to personal growth.
- **Journal Your Reflections:** After your session, write down what you observed and felt. Keeping a record can track your progress and provide clarity on your journey.
- **Be Compassionate with Yourself:** This technique can stir up strong emotions. Treat yourself with the same kindness you would offer a dear friend.

HELPFUL
TIPS



Remember, transformation is a journey. Each step, even a small one, is progress. If you found this session helpful and you're curious about diving deeper into transformational coaching, book a session or check out my courses. Each one is tailored to fit you because we're all individually wrapped. Head over to the Ro's Tips or the Bookstore. There, you can find more tools and support to guide you along this beautiful path of self-discovery. They'll be a new e-guide or tip for you to download and read on the go! [Click the link.](#)