

WHERE YOU STAND NOW

COMPANION REFLECTION GUIDE



A guided experience to get clear about what's changing in your life, what matters now, and how to move forward from where you are.

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BEFORE YOU BEGIN

This guide is here to accompany you through *Where You Stand Now*.

You do not need to complete it as a worksheet or find the “right” answers.

Use it simply to capture what becomes clear as we move through the experience together.

Have a journal nearby if you would like more room to write.

I’ll give you space with each question. If you need more time, pause the experience and continue when you’re ready.

Bring one real place in your life that has your attention.

I’ll guide you from there.

THE PLACE YOU’RE BRINGING WITH YOU

What in my life feels most alive for me to look at right now?

What I’m bringing into this experience:

RECOGNITION

Before I decide what to do about what I know, what do I already know?

What becomes different when I allow what I know to be true?

ORIENTATION

If what I know is true, what has already changed?

What am I still relating to as though it has not changed?

PLACEMENT

Given what I can now see, where do I actually stand?

From where I stand now, what still belongs to me here?

PARTICIPATION

If this is where I stand now, what does living from here ask of me?

What is one place where my participation wants to change because of what I now recognize?

What is one way I can begin participating from where I actually stand now?

EMBODIMENT

As I imagine actually living this, where do I sense it may ask more of me than recognizing it did?

What do I recognize I will need in order to continue living from this placement?

WHAT YOU KNOW NOW

You do not need to turn what became clear into a plan. Simply notice what you are leaving with.

I can see more clearly where I am.

I know where I stand.

I can see what belongs now.

I understand more clearly what living from here asks of me.

What do I know now that I don't want to lose sight of?

Where You Stand Now

Let what you know now begin to inform the way you live.

With love,

Prema