



Reflection Room

A Quiet Space to Meet Yourself

Inside this room, you are invited to pause... breathe... and listen softly to what rises from within. These prompts help you uncover truth, honor your heart, and reconnect with yourself with tenderness.

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Reflection Prompts

- What emotion has been sitting closest to the surface lately... and what is it trying to teach me?
- Where in my life am I pretending I'm okay when I'm really not?
- What part of me feels unheard... and what would she say if I let her speak?
- What am I holding onto that no longer feels aligned with who I'm becoming?
- When was the last time I truly felt at peace... and what was present in that moment?
- What truth have I been avoiding because I fear what it might change?
- What do I need more of right now... and what do I need much less of?
- If I were honest with myself, what needs to be released so I can breathe again?
- What would I tell my younger self about the way I'm learning to care for my heart?
- What part of my story am I finally ready to rewrite... with softness and intention?

A Little More Space...

Use this page to write freely. No structure. No rules. Just honesty, breath, and whatever your heart is ready to release.

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Bonus Prompts

- If my soul could speak without interruption, she would say...
- The version of me I'm becoming needs me to...
- What is one truth I'm ready to stop whispering and finally say out loud?
- A boundary my heart has been asking for is...
- I feel most like myself when...

Return here anytime your spirit needs grounding.

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