

THE
PAST
INFORMS
YOU.

YOU ARE MORE THAN YOUR PATTERNS

BUT IT
DOES NOT
DEFINE
YOU.

A gentle check-in for the stories you carry.



1

NOTICE

“What am I telling myself right now?”
Name the story without judging it.

AWARENESS
CREATES
SPACE.

2

QUESTION

“Is this a fact, or a familiar rule?”
Familiar does not always mean true.

CURIOSITY
OPENS
POSSIBILITY.

3

MEET WITH CARE

“What might this response be protecting?”
Curiosity instead of self-blame.

EVEN
PROTECTIVE
PATTERNS
ONCE SERVED
YOU.

4

OFFER A POSSIBILITY

“What kinder thought can I honestly believe?”
“I can learn one small step at a time.”

A KINDER
PERSPECTIVE
BUILDS
NEW PATHWAYS.

5

CHOOSE NOW

“What response fits this moment?”
A pause, a boundary, or one small action.

THE PRESENT
IS A PLACE
OF CHOICE.

You do not have to force a new identity.



SAME ROOTS.
A BRIGHTER
TOMORROW.

ORION AWAKENS

MEDITATE · ALIGN · RISE

Adapted from the essay “The Years Before Choice”

STORIES.
A WIDER
YOU.