
SELF-EXPRESSION

Letting Yourself Be Seen and Heard

A LEO NEW MOON CYCLE GUIDE

“The greatest act of self-expression is trusting yourself enough to step into the light.”

August 8 - September 9, 2026

WELCOME

Welcome to the fifth workbook in the Return to Self series.

Over the past several months, we have explored self-trust, self-worth, self-awareness, and self-belonging. Each month has invited us to return another piece of ourselves to the place it has always belonged. Together, those lessons have quietly prepared us for something new.

This month, we begin exploring Self-Expression.

Many people think self-expression is simply about speaking up or sharing our creativity. While those are certainly part of it, authentic self-expression begins much deeper. It begins the moment our thoughts, choices, relationships, creativity, and everyday actions start reflecting who we truly are rather than who we believe we should be.

Throughout this workbook, you will discover that self-expression is not something we create overnight. It unfolds one choice at a time. It grows every time we honour our values, trust our inner wisdom, and allow the life we have been quietly building within ourselves to become visible in the world around us.

This isn't a workbook about becoming someone new.

It is an invitation to allow the person you have worked so hard to become to finally be seen.

HOW TO USE THIS WORKBOOK

This workbook has been designed to guide you through each week of the lunar cycle, allowing the changing energy of the Moon to support your own journey of self-expression.

Each week follows the same rhythm:

Moon Phase Summary

Introduces the emotional focus of the week by weaving together the Moon's energy with the month's Self-Expression journey.

Continue Your Journey

Provides links to this week's companion blog if you would like to explore the themes more deeply.

This Week's Sky

Offers a gentle reflection on the week's astrology, focusing less on prediction and more on how the changing sky may support your personal growth.

Practicing Self-Expression

Invites you to bring the week's lessons into your everyday life through thoughtful practices and reflection prompts.

Weekly Reflection

Provides space to pause, journal, and recognize the quiet ways your self-expression is unfolding throughout the month.

At the end of the workbook, you will find a Monthly Reflection and What I Choose to Carry Forward, offering an opportunity to look back on your journey before stepping into the next lunar cycle.

WHAT IS SELF-EXPRESSION?

Self-expression is often misunderstood. We tend to think it begins when we find our voice, share our ideas, or allow ourselves to be seen. In reality, those are simply the outward expressions of something much deeper.

Authentic self-expression begins the moment our inner world and our outer world begin telling the same story.

It is found in the choices we make, the boundaries we honour, the conversations we have, the dreams we allow ourselves to pursue, and the quiet confidence that comes from living in alignment with our values. It is revealed every time we stop seeking permission from fear, old stories, or the expectations of others and begin trusting the wisdom we have gathered through our own experiences.

Throughout this month, you won't be asked to become someone different. Instead, you will be invited to recognize the person you have already become, question the stories that no longer belong to you, trust yourself when the path ahead feels uncertain, and consciously choose the voice that will guide your next chapter.

Self-expression is not about becoming louder.

It is about becoming more fully yourself.

SOLAR ECLIPSE IN LEO

August 12, 2026

The Solar Eclipse in Leo marks the beginning of a new chapter, but unlike many new beginnings, it doesn't ask us to rush forward. Instead, it offers a brief pause before momentum returns. Throughout this year, life has quietly reshaped many of us. Some changes arrived through conscious choices, while others appeared unexpectedly, asking us to adapt, let go, and rediscover what truly matters. Whether we have noticed it or not, we are not the same people we were at the beginning of the year.

That is what makes this eclipse so meaningful.

When we think about growth, we often focus on what still needs to be learned or what remains to be healed. We search for the next lesson, the next habit, or the next version of ourselves. Yet growth doesn't always ask us to keep moving. Sometimes it asks us to stop long enough to recognize how far we have already come. The boundaries we've strengthened, the energy we've reclaimed, and the quiet ways we now respond differently are not small victories. They are evidence that healing has slowly become part of who we are.

This week's Solar Eclipse invites us to bring those two realizations together. Before asking where life is leading next, pause long enough to recognize the person who is about to take that next step. Does the life you are preparing to build still reflect what truly lights you up? If it does, let this eclipse become a quiet confirmation. If it doesn't, allow this moment to gently realign you before the next chapter begins.

Self-expression isn't about becoming someone new. It is about trusting the person you have been becoming all along and allowing that version of yourself to begin living more fully. You don't need every answer before taking the next step. This week simply invites you to trust your inner compass, honour the journey that brought you here, and begin living from the wisdom you have already earned.

If you'd like to explore this week's themes more deeply, I invite you to continue your journey through this week's blogs.

Leo New Moon Blog: [*Solar Eclipse in Leo: The Heart of a New Beginning*](#)

Self-Expression Blog 1: [*Self-Expression: The Space Between Healing and Living*](#)

This Week's Sky ~ August 12 - 18, 2026

The Solar Eclipse invited us to pause before stepping into a new chapter, reminding us that the life we are preparing to build should reflect what truly lights us up. This week, the sky begins gently supporting that invitation. Rather than asking us to become someone new, it encourages us to trust the person we have already become.

As the week unfolds, new perspectives begin to emerge. Conversations may help us see ourselves differently, ideas that once felt uncertain begin to gain momentum, and we may notice ourselves responding to life with greater confidence than we would have only a few months ago. These moments are easy to overlook because they often arrive quietly, yet they are reminders that our inner world has already begun to change.

That doesn't mean every moment feels certain. There may still be times when doubt whispers that we need another answer, another sign, or one more reason to wait. Yet this week's energy gently reminds us that uncertainty doesn't erase our progress. We are no longer standing where we began. The wisdom we have gained, the boundaries we have strengthened, and the energy we have reclaimed continue to support us, even when the path ahead isn't fully visible.

By the end of the week, we are invited to look back with gratitude rather than criticism. A chapter quietly comes to a close, not because we have finished growing, but because we no longer need to carry the same patterns, questions, and fears that once shaped our decisions. This creates space for something much more meaningful. Instead of asking, "Who do I need to become?" we begin asking, "How do I allow the person I have already become to live more fully?"

Practicing Self-Expression

Reclaim Your Energy

Throughout the week, simply observe where your energy naturally stays with you instead of being pulled toward things you cannot control. Perhaps you let someone make their own decision without trying to change it. Maybe you choose not to replay a conversation in your mind or stop searching for an explanation that isn't yours to find. These moments may seem small, but they reveal how much has already changed.

As you notice these moments, gently ask yourself, What would "Let Me" look like right now? The goal isn't to get it right every time or to never find yourself slipping back into old habits. It is simply becoming aware of how often your attention now returns to your own life instead of remaining focused on someone else's choices. Every time your energy comes home, you create more space for the life you are building.

REFLECTION PROMPT

| *Where did I choose "Let Me" instead of becoming consumed by "Let Them"?*

Create Without an Outcome

Set aside some time this week to do something simply because it brings you joy. Read a book, spend time writing, walk in nature, garden, paint, enjoy a quiet cup of tea, or return to a hobby you've quietly missed. Allow yourself to choose something because it feels meaningful, not because it is productive or helps you accomplish another goal.

As you move through the activity, notice how it feels to create, explore, or simply be without needing the experience to lead somewhere else. Self-expression often begins in these quiet moments when we stop trying to improve ourselves and simply allow ourselves to enjoy the things that make us feel most alive.

REFLECTION PROMPT

| *What activity helped me feel most like myself this week, and what did I notice while I was doing it?*

Recognize Who Is Taking the Next Step

Before thinking about what comes next, spend a few quiet moments reflecting on the person you were at the beginning of this year. Without judging who you were then or comparing yourself to who you think you should be now, write down three ways you have changed. They don't need to be dramatic. Perhaps you recover more quickly after disappointment. Maybe you protect your peace more naturally, trust yourself more deeply, or no longer carry the weight of conversations long after they have ended.

Growth rarely arrives all at once. More often, it becomes part of the way we think, respond, and move through our everyday lives. Before asking where this next chapter is leading, take a moment to recognize who is about to take the next step. The person standing here today has already done more growing than they may realize.

REFLECTION PROMPT

What change in myself am I most grateful for, and how will I allow that version of me to step more fully into this next chapter?

Weekly Reflection

As this week comes to a close, resist the urge to immediately turn your attention toward what comes next. The Solar Eclipse invited you to pause before beginning a new chapter, while this week's journey encourages you to recognize the quiet ways your growth has already become part of your everyday life. Often, self-expression doesn't arrive through grand gestures or life-changing moments. It reveals itself in the ordinary choices we make, the boundaries we naturally honour, the conversations we approach differently, and the moments when we allow ourselves to simply be who we are.

Take a few quiet moments to reflect on your experiences this week. There are no right or wrong answers, and you may find yourself returning to these questions more than once. Rather than searching for the "perfect" response, simply notice what stands out. Every reflection is another opportunity to recognize the person you have worked so hard to become and to allow that person to step a little more fully into the light.

- ◆ Where did I notice myself expressing who I truly am instead of who I thought I needed to be?
- ◆ When did I naturally choose myself this week, and what did that look like?
- ◆ What activity, conversation, or experience made me feel most connected to myself? What did it reveal?
- ◆ What challenged my self-expression this week, and how did I respond?
- ◆ What did I learn about myself that I didn't fully recognize before?
- ◆ Where did I notice growth quietly becoming part of my everyday life?
- ◆ What am I most grateful for about the person I am becoming?
- ◆ What is one way I will practice self-expression in the week ahead?

SCORPIO FIRST QUARTER MOON

August 19, 2026

The First Quarter Moon represents the first challenge of every lunar cycle. The intention planted at the New Moon now meets resistance, asking whether we are willing to continue moving forward when the path becomes less comfortable. In Scorpio, that challenge is rarely found in the outer world alone. More often, it comes from the stories, emotions, and protective patterns we have carried for years.

Sometimes those stories appear as self-doubt. Sometimes they arrive through anger, resentment, or the desire to prove ourselves. Other times they quietly remind us of an old hurt, inviting us to react from yesterday rather than respond from today. While these responses may have once protected us, this Moon asks whether they still reflect the person we have become or simply the person we once needed to be.

As we move through the week, we may find ourselves revisiting situations that still carry emotional weight. Rather than judging ourselves for how we responded in the past, we are invited to become curious. What was I protecting? What story was I believing about myself? Does that story still deserve to shape my choices today?

Self-expression is rarely challenged when life feels easy. It is challenged in the moments when an old voice quietly whispers, “This is who you’ve always been.” The invitation of this Scorpio First Quarter Moon is not to silence that voice, but to recognize it for what it is: a story that once served a purpose but no longer needs to write your future. Every time you choose today’s truth over yesterday’s identity, you strengthen the life you are creating and allow your authentic self-expression to become just a little more natural.

If you’d like to explore this week’s themes more deeply, I invite you to continue your journey through this week’s Self-Expression blog.

Self-Expression Blog 2: [*Self-Expression: The Story We Still Tell Ourselves*](#)

This Week's Sky ~ August 19 - 26, 2026

Last week invited us to pause and recognize the person who was about to step into a new chapter. This week asks something equally important. As we begin living more authentically, life has a way of gently revealing the places where yesterday's stories still try to shape today's decisions. These moments aren't signs that we've stopped growing. They are opportunities to notice how much has already changed.

Throughout the week, you may find yourself revisiting familiar emotions or patterns of thinking. A conversation, a memory, or an unexpected situation may awaken an old belief about yourself that once felt unquestionable. Perhaps you wonder whether your voice really matters, question whether you're capable, or briefly hear an old story whisper that nothing has really changed. Rather than seeing these moments as setbacks, consider them invitations. The stories that rise to the surface are often the very ones that are ready to be released.

As the week continues, the sky encourages a quieter kind of awareness. Instead of reacting from old wounds or rushing to prove yourself, you are invited to become curious. Ask yourself where these thoughts began, whether they still reflect the person you are today, and what evidence your life now offers that tells a different story. The more honestly you observe your inner dialogue, the easier it becomes to recognize which voice belongs to your past and which one belongs to the person you are becoming.

By the end of the week, clarity begins to emerge. Not because every question has been answered, but because you begin to see the difference between an old story and your present reality. The experiences you've lived, the boundaries you've strengthened, and the choices you've been making are all evidence that your life is no longer being shaped by the same beliefs it once was. Self-expression grows stronger every time you choose to trust the life you are living instead of the story you have been carrying.

Practicing Self-Expression

Notice the Story

Throughout the week, pay attention to the thoughts that quietly appear when you try something new, express an opinion, share your work, or allow yourself to be seen. You may hear familiar phrases such as, “I’m not ready,” “I’m not good enough,” or “What if they don’t like it?” Rather than pushing those thoughts away or criticizing yourself for having them, simply notice them with curiosity.

Old stories often return when we are growing beyond them. Their presence doesn’t mean they are true, nor does it mean you’ve taken a step backwards. It simply means you’ve arrived at another opportunity to choose which voice you want to follow.

REFLECTION PROMPT

| *What old story showed up for me this week, and what situation invited it to return?*

Look for the Evidence

When an old story appears, pause before believing it. Instead of asking whether the thought is true, ask yourself what evidence your life offers today. Think about the experiences you’ve had, the challenges you’ve overcome, and the ways you’ve already grown beyond the person you once were.

Sometimes we hold onto old identities simply because they have travelled with us for so long. This week, allow your present-day experiences to become stronger evidence than yesterday’s conclusions. Your life has been quietly gathering proof that you are no longer the person your old story describes.

REFLECTION PROMPT

| *What evidence from my life today tells a different story than the one I’ve been carrying?*

Choose Today’s Story

Every time you choose to speak, create, share, or trust yourself despite the old story, you begin writing a new one. This doesn’t require grand gestures or life-changing decisions. More often, it happens through small moments when you choose curiosity instead of certainty, courage instead of hesitation, or authenticity instead of familiarity.

As you move through the week, notice where you have the opportunity to let today’s story introduce you instead of yesterday’s identity. Every small choice becomes another reminder that self-expression grows stronger each time we allow who we are today to speak louder than who we once believed ourselves to be.

REFLECTION PROMPT

| *How did I allow today's story to shape my choices instead of yesterday's identity?*

Weekly Reflection

As this week comes to a close, take a moment to notice not only what happened around you, but what happened within you. The First Quarter Moon reminded you that growth is rarely challenged when life feels comfortable. More often, it is challenged in the ordinary moments when an old story quietly returns and asks to make today's decisions.

Perhaps you noticed moments of self-doubt, hesitation, or the familiar urge to protect yourself. Maybe an old belief surfaced that you thought you had already outgrown. Rather than seeing those moments as setbacks, consider them evidence that your self-expression is expanding beyond the life your old identity once understood. Every time you paused, questioned the story, or chose to respond differently, you strengthened the person you are becoming.

Take a few quiet moments to reflect on your experiences this week. There are no right or wrong answers. Allow these questions to help you recognize the difference between the stories you have carried and the life you are now creating through your choices.

- ◆ Where did I notice myself expressing who I truly am instead of who I thought I needed to be?
- ◆ When did I naturally choose myself this week, and what did that look like?
- ◆ What activity, conversation, or experience made me feel most connected to myself? What did it reveal?
- ◆ What challenged my self-expression this week, and how did I respond?
- ◆ What did I learn about myself that I didn't fully recognize before?
- ◆ Where did I notice growth quietly becoming part of my everyday life?
- ◆ What am I most grateful for about the person I am becoming?
- ◆ What is one way I will practice self-expression in the week ahead?

PISCES LUNAR ECLIPSE

August 27, 2026

Over the past two weeks, this journey has invited you to recognize the person you have become and to notice the old stories that no longer reflect who you are today. Now, the Pisces Lunar Eclipse asks something different. It asks whether you are willing to trust yourself, even when the path ahead is not yet fully visible.

For much of our lives, we have been taught that confidence comes from certainty. We believe we need a complete plan before taking the first step, every answer before making a decision, or reassurance that everything will work out before we allow ourselves to move forward. Yet some of life's most meaningful chapters have never begun that way. They begin with a quiet knowing that asks us to trust ourselves long before the destination comes into view.

This week's eclipse reminds us that clarity and certainty are not the same experience. You may understand what your heart is asking of you while still wondering how everything will unfold. The vision may feel strong while the map continues to change. Rather than seeing that uncertainty as a reason to stop, this Moon invites you to recognize it as part of the journey itself. Some paths can only be discovered by walking them.

As we continue exploring self-expression, this message becomes especially meaningful. Authentic self-expression isn't built upon having all the answers. It is built upon trusting the wisdom you have already gathered through your experiences, your growth, and the choices that have quietly shaped the person you are today. Every step you take becomes another reminder that your purpose has never depended on seeing the entire path. It has always depended on trusting yourself enough to take the next step anyway.

If you'd like to explore this week's themes more deeply, I invite you to continue your journey through this week's blogs.

Pieces Full Moon Blog: [*Pisces Lunar Eclipse: Trusting What You Already Know*](#)

Self-Expression Blog 3: [*Self-Expression: When the Map Changes*](#)

This Week's Sky ~ August 27 - September 3, 2026

The Pisces Lunar Eclipse reminds us that clarity doesn't always arrive with certainty. We may know what our heart is asking of us while still wondering how everything will unfold. As this week's energy continues to unfold, we are invited to trust the vision we've been given, even when life begins redrawing the map we thought we would follow.

Unexpected changes, new perspectives, or opportunities that weren't part of the original plan may encourage you to loosen your grip on how you thought the journey would unfold. At first, these moments may feel unsettling, but they are not asking you to question your direction. Instead, they invite you to remain open to the possibility that life sometimes changes the route without changing the destination. The vision that first inspired you remains the same, even when the path leading there begins to evolve.

As the week progresses, your intuition and your practical wisdom begin working together rather than pulling you in opposite directions. You may quietly sense what your next step is while also recognizing that meaningful change is built one decision at a time. There is no need to choose between trusting your instincts and making thoughtful plans. This week's energy encourages both, reminding you that purpose grows stronger when vision and action begin supporting one another.

Toward the end of the week, patience may once again be tested. Progress may feel slower than you had hoped, or circumstances may ask you to adjust your expectations without letting go of your commitment. Yet this is also where quiet confidence begins to emerge. Every thoughtful step you continue taking, despite the uncertainty, becomes evidence that you no longer need every answer before moving forward. Self-expression has never depended upon having a perfect map. It has always depended upon trusting the person holding it.

Carry this with you throughout the week: The map may change, but the vision—and the person carrying it—remain true.

Practicing Self-Expression

Trust the Vision

Throughout the week, notice the moments when you begin questioning your direction simply because you cannot yet see the entire path. It is natural to want reassurance before moving forward, especially when something feels meaningful. Yet some of life's most important decisions are never made with complete certainty. They begin with a quiet knowing that asks us to trust ourselves before life reveals the outcome.

When uncertainty appears, resist the urge to immediately search for another answer. Instead, pause and ask yourself what you already know to be true. Often, the wisdom you are looking for has been quietly growing within you for far longer than you realize.

REFLECTION PROMPT

| *Where did I trust what I already knew instead of waiting for more certainty?*

Welcome the Detour

Life doesn't always unfold according to the plans we create. Opportunities shift, conversations change our perspective, and unexpected circumstances invite us to adjust our course. Rather than seeing these moments as obstacles, practice viewing them as part of the journey itself. A different route doesn't always mean a different destination.

As you move through the week, notice where life asks you to be flexible without letting go of what truly matters. Sometimes the greatest growth isn't found in holding tightly to the plan but in remaining faithful to the vision while allowing the path to evolve.

REFLECTION PROMPT

| *Where did life invite me to adjust my path without letting go of my vision?*

Take the Next Step

You don't need to know how every chapter of your story will unfold before taking the next step. Growth happens through participation, not prediction. Choose one small action this week that reflects the future you are creating, even if it feels imperfect or incomplete. It doesn't need to be dramatic. Often the smallest steps become the ones that quietly change everything.

Allow yourself to measure progress by your willingness to continue rather than by how much of the journey you can already see. Every step you take strengthens your trust in yourself and allows your self-expression to become something you live rather than something you simply imagine.

REFLECTION PROMPT

What one step did I take this week that honoured my vision, even without knowing where it would eventually lead?

Weekly Reflection

As this week comes to a close, take a moment to pause before asking what comes next. The Pisces Lunar Eclipse reminded you that clarity and certainty are not the same experience. This week invited you to trust the wisdom you have already gathered, even when the future remained unwritten and the path ahead continued to unfold one step at a time.

Perhaps life asked you to adjust your plans, embrace an unexpected opportunity, or simply remain patient when progress felt slower than you had hoped. Rather than measuring your week by how much certainty you found, consider how often you chose to trust yourself despite the unknown. Every time you continued moving forward without needing every answer, you strengthened something far more valuable than confidence in a plan—you strengthened confidence in yourself.

Take a few quiet moments to reflect on your experiences this week. There are no right or wrong answers. Allow these questions to help you notice how self-expression continues to grow each time you trust your own wisdom and allow it to guide your next step.

- ◆ Where did I notice myself expressing who I truly am instead of who I thought I needed to be?
- ◆ When did I naturally choose myself this week, and what did that look like?
- ◆ What activity, conversation, or experience made me feel most connected to myself? What did it reveal?
- ◆ What challenged my self-expression this week, and how did I respond?
- ◆ What did I learn about myself that I didn't fully recognize before?
- ◆ Where did I notice growth quietly becoming part of my everyday life?
- ◆ What am I most grateful for about the person I am becoming?
- ◆ What is one way I will practice self-expression in the week ahead?

GEMINI LAST QUARTER MOON

September 4, 2026

As we reach the final week of this journey, the Gemini Last Quarter Moon invites us into one final conversation before the cycle comes to a close. Throughout this month, we have recognized the person we have become, questioned the stories that no longer serve us, and learned to trust ourselves even when the path ahead remained uncertain. Now we are asked one final question: Who will carry this wisdom into the next chapter?

The Last Quarter Moon is a time of reflection, release, and conscious choice. In Gemini, that choice is found within the conversations we have with ourselves. Every belief we continue to hold, every thought we choose to believe, and every perspective we carry forward quietly shapes the life we are creating. Information may offer us possibilities, but wisdom is revealed through the choices we make with what we know.

As life continues to unfold, we may find ourselves standing between two familiar voices. One speaks from experience, reminding us how we have always protected ourselves, prepared for uncertainty, and searched for reassurance before taking the next step. The other speaks more quietly. It is the voice that has been growing stronger throughout this journey. It trusts what it has learned, honours the lessons of the past, and no longer waits for permission before moving forward.

The invitation of this Gemini Last Quarter Moon is not to silence either voice. Both have shaped the person you are today. Instead, it asks you to decide which one will guide your life from this moment forward. Self-expression reaches its fullest expression not when the old voice disappears, but when the person you have become gently thanks her for everything she has carried and quietly says, “Let me.”

If you'd like to explore this week's themes more deeply, I invite you to continue your journey through this week's Self-Expression blog.

Self-Expression Blog 4: [*Self-Expression: Let Me*](#)

This Week's Sky ~ September 4 - 9, 2026

As this journey begins drawing to a close, the sky becomes noticeably quieter. Rather than asking you to gather more information or search for another answer, this week's energy creates space for reflection. It is less concerned with what you still need to learn and more interested in how you choose to live what you already know.

You may find yourself experiencing unexpected moments of clarity as familiar thoughts or emotions arise one last time. Rather than seeing them as something that needs to be fixed, simply notice them with compassion. They are gentle reminders of how far you have travelled and an opportunity to consciously choose which voice you will carry into the next chapter. Every meaningful journey eventually reaches a point where knowledge gives way to choice.

As the week continues, your attention naturally shifts toward protecting what you have worked so hard to build. The boundaries you've created, the vision you've nurtured, and the relationship you've rebuilt with yourself are no longer fragile beginnings. They have become part of who you are. There is a quiet confidence in recognizing that you no longer need to convince anyone else to understand your path before you continue walking it.

Practicing Self-Expression

Notice Who Is Speaking

Throughout the week, pay attention to the conversations happening within you. When you find yourself hesitating, questioning your direction, or wondering whether you should make yourself smaller to keep others comfortable, pause for a moment before responding. Rather than assuming every thought belongs to the person you are today, simply become curious about where it came from.

You may discover that some of those familiar thoughts are not trying to hold you back. They are simply repeating the lessons that once helped you feel safe. Recognizing that difference allows you to respond with compassion instead of frustration.

REFLECTION PROMPT

| *When did I notice the old voice speaking this week, and what was it trying to protect?*

Thank the Journey

This week, spend a few quiet moments reflecting on the person you once needed to be. Consider the strengths she developed, the challenges she survived, and the wisdom she gathered along the way. Without those experiences, you would not be the person you are today.

Gratitude allows us to honour the past without remaining attached to it. We don't need to criticize the choices we once made or wish we had known better. We simply acknowledge that every chapter prepared us for the one we are living now.

REFLECTION PROMPT

| *What strength am I most grateful my former self gave me?*

Choose to Lead

As you move through the week, notice the moments when you have the opportunity to choose your response rather than react from habit. Whether you are making a decision, expressing your thoughts, or taking another step toward your vision, remind yourself that you no longer need permission to trust what you already know.

Every choice becomes another opportunity to let the person you have become lead the way forward. Self-expression isn't about proving yourself to anyone else. It is about quietly living in alignment with the life you know is yours to create.

REFLECTION PROMPT

| *Where did I allow the person I have become to lead my life this week?*

Weekly Reflection

As this week comes to a close, take a moment to notice the quiet conversation that has been unfolding within you throughout this journey. The Gemini Last Quarter Moon reminded you that growth is not measured by the absence of old thoughts or familiar emotions. It is measured by your ability to recognize them, appreciate where they came from, and consciously choose whether they still deserve to guide your life.

Perhaps you noticed moments when the old voice quietly returned, offering familiar advice based on the life you once lived. Rather than seeing those moments as setbacks, consider them opportunities to recognize just how much has changed. Every time you paused, responded with compassion instead of criticism, or allowed the person you have become to make the next decision, you strengthened your self-expression in a way that no one else could see.

Take a few quiet moments to reflect on your experiences this week. There are no right or wrong answers. Allow these questions to help you recognize the wisdom you have gathered throughout this journey and the quiet confidence that comes from allowing your own voice to lead the way forward.

- ◆ Where did I notice myself expressing who I truly am instead of who I thought I needed to be?
- ◆ When did I naturally choose myself this week, and what did that look like?
- ◆ What activity, conversation, or experience made me feel most connected to myself? What did it reveal?
- ◆ What challenged my self-expression this week, and how did I respond?
- ◆ What did I learn about myself that I didn't fully recognize before?
- ◆ Where did I notice growth quietly becoming part of my everyday life?
- ◆ What am I most grateful for about the person I am becoming?
- ◆ What is one way I will practice self-expression in the week ahead?

MONTHLY REFLECTION

Over the past four weeks, you have travelled a remarkable journey. You began by recognizing the person you have become, questioned the stories that no longer reflected your life, learned to trust yourself even when the path ahead remained uncertain, and finally chose the voice you want to carry into your future.

Take a moment to look back before turning the page. Not to measure how much you accomplished or how perfectly you followed each exercise, but to notice how your relationship with yourself has changed. Self-expression isn't measured by how loudly we speak or how confidently we appear. It is revealed through the quiet choices we make each day to honour our values, trust our inner wisdom, and allow ourselves to live more authentically.

As you reflect on this month, remember that growth is rarely dramatic. More often, it appears in the conversations you no longer replay, the boundaries that now feel natural, the dreams you no longer apologize for, and the quiet confidence that allows you to take another step without needing every answer first. Those changes deserve to be recognized because they are the foundation of the life you are creating.

Take your time with these reflections. There are no right or wrong answers. This isn't about reaching the end of a journey. It is about recognizing how much of yourself you have already reclaimed.

- ◆ What has been the greatest lesson this month has taught me about self-expression?
- ◆ Looking back over these four weeks, where have I noticed the greatest change within myself?
- ◆ What old story, belief, or habit no longer deserves to shape the way I move forward?
- ◆ When did I feel most connected to my authentic self this month?
- ◆ What part of this journey am I most proud of?
- ◆ How has my understanding of self-expression changed since the beginning of this workbook?
- ◆ What wisdom do I want to carry with me into the next chapter of my life?
- ◆ What does "Let Me" mean to me today?

WHAT I CHOOSE TO CARRY FORWARD

Every journey leaves us with something worth carrying. Some things are meant to stay behind, while others become part of the person we continue becoming. Before you begin your next chapter, take a few quiet moments to consider what this month has revealed about you and the choices you want to make moving forward.

Complete the statements below in your own words.

I choose to trust...

I choose to release...

I choose to protect...

I choose to express...

I choose to create...

I choose to remember...

I choose to become...

I choose me because...

Today, I give myself permission to simply say...

Let me.