

The Beaming Bernie Self-Discovery Tool

*A gently guided moment to check
in, tune in, and take stock. One
page at a time.*

This isn't a deep-dive, life-overhaul, "fix yourself
now" kind of tool.

It's a cup-of-tea-on-the-sofa moment.

A small pause. A permission slip to just see where
you are.

If you're somewhere between "I know I want more"
and "please don't give me homework", you're in
exactly the right place.

Let's begin, gently.



How to Use This — or Not.

You don't have to **start** at the beginning.

You don't even have to **finish** it.

This isn't a **workbook**: It's an **invite**.

A **breather**. A **nudge** inward.

Skip around. Scribble in the margins.

Leave it open on the kitchen table and come back to it later.

There's no **pressure**. Just **curiosity**.

*What's going well right now — even just a little?
"Actually remembered to eat lunch today. It helped."
(Your answer will be different. That's kind of the point.)*



Section 1: Where I'm At (Now)

Life's noisy. Obligations, to-do lists, other people's dramas.

This page is a quiet nudge inward.

You don't need to solve everything. Just name what's here.

What's going well right now — even just a *little*?

Give that bit of joy a polish. Write a few thoughts here...

What feels *heavy, stuck, or weirdly annoying*?

No need to justify it — just write it.

If your body could speak for you, what would it say today?

Mine usually asks for a walk and a nap. Yours?



Section 2: What I Already Know

Spoiler alert: *you've done hard things* before.

You've *grown, pivoted, learned*, and probably helped more people than you realise.

This section's about *remembering your own brilliance* — even if you forgot it this morning.

When do I feel most “me”?

Think less about titles, more about moments.

What have I *survived, solved, or sorted* that once felt impossible?

Tiny victories count

What do others often come to me for?

That's a clue, by the way.



Section 3: What I Want (Next)

We're not writing a 10-year plan here.

Just opening the window to some possibility — some fresh air.

This is a *vision*, not a *verdict*.

What do I want more of?

Energy, time, silence, joy, movement, whatever comes.

If nothing changed except one thing — what would I choose?

My next small brave thing might be...



Section 4: One Word Check-In

No pressure. Just **one word** that captures how you want to feel, move, or show up in the next little stretch of your life. You don't have to get it **tattooed**. Just **hold it** like a pebble in your pocket.

Examples: ease • rise • open • rooted • steady • playful • shift • enough

Your word: _____

Draw it. Doodle around it. Whisper it to yourself tomorrow morning.



Well Done: you're done .. almost

You don't need to do *anything* with this today.

But if something made you pause — even for a second — you might want to hold on to it. ***What stuck with you?***

What surprised me?

What's one thing I'd like to carry forward?

What's one word or phrase I want to remember?



A Quiet Thank You

You made space for yourself today — and that *matters*.

If this stirred something, let it simmer.

If you want to keep exploring, I'll be here.

Beaming Bernie is a **slow-build** kind of place. Less *pressure*, more **permission**.

- 🕒 If you feel like doing **one tiny thing** next:
You could share your word with a friend.
Or tuck this tool into your bookmarks.

Come find your next step when you're ready, at
www.beamingbernie.com

Shining a Light on Life's Challenges

