

# Verissimo Coaching

## Reflection Worksheet

This worksheet is designed to help you pause, reflect, and realign with what truly matters. Use these questions as prompts for journaling or quiet contemplation. Be honest with yourself—clarity comes from truth.

1. Where in your life are you being invited to let go of control and trust the process?
2. How can you love more freely—without attachment or expectation?
3. What truth about yourself are you finally ready to honor?

Remember, clarity isn't about having all the answers—it's about creating the space to hear them when they come.

With clarity and purpose,

Cory — Verissimo Coaching