



# SMALL Reflections

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Little thoughts for a  
quiet mind and a full heart.



6 HEARTFELT REFLECTIONS



THOUGHTFUL QUESTIONS



A PERSONAL QUESTIONNAIRE



SPACE TO PAUSE, REFLECT  
AND GROW

Sometimes,  
the smallest moments  
leave the deepest  
impressions.



FOR THE  
WOMAN WHO  
CHOOSES PEACE,  
GROWTH AND  
GRATITUDE.



A GENTLE GUIDE TO YOUR INNER WORLD



## How to Use These Reflections

These pages are your safe space.  
There is no right or wrong way to use them.  
Just you, your thoughts and a little time.



FIND YOUR MOMENT.

Choose a quiet moment just for you, even if it's only five minutes.



**READ THE REFLECTION.**

Let the words sink in.  
You don't have to agree with everything.  
Just let it speak to you.



**PAUSE & REFLECT.**

Answer the questions honestly.  
Write from your heart.



COME BACK TO YOURSELF.

These reflections are not about perfection, they are about progress.



BE KIND TO YOURSELF.

Whatever you discover,  
embrace yourself with love.



## REVISIT ANYTIME.

Come back to these pages  
whenever you need a little clarity,  
comfort or courage.

You're doing better than you think. ♡



**Remember:**

This is your space.  
Your thoughts are valid.  
Your feelings are valid.  
And you are enough,  
just as you are.



## 6 HEARTFELT REFLECTIONS



### THOUGHTFUL QUESTIONS



## A PERSONAL QUESTIONNAIRE



SPACE TO PAUSE,  
REFLECT & GROW





## Reflection 1

### *The Kindness of Strangers: When Strangers Become Friends.*

Life has a beautiful way of sending kind souls our way—sometimes when we least expect it.

A smile, a helping hand, a simple gesture, can turn a moment into a memory and a stranger into a friend.



Think of a time when a stranger's kindness touched you in a meaningful way.

Pause. Go back. Feel it.

#### A FEW QUESTIONS FOR YOU

- ♥ What happened, and how did it make you feel?
- ♥ What did that moment teach you about people or life?
- ♥ Do you still remember that person? Why or why not?
- ♥ How has that experience shaped the way you see the world today?
- ♥ Can you be that kind stranger to someone else today?

Write your thoughts here...



Every kind act creates a ripple. You never know whose life you're changing or how much yours is changing too.

Kindness is a language that even the deaf can hear and the blind can see.





## Reflection 2

### The Power of Little Moments.♡

Life is not made of only big events.  
It's the little moments—a cup of chai,  
a sunset, a song, a laugh,  
a text from a loved one—  
that quietly stitch happiness into our days.  
They may be small,  
but their impact lasts long.

Think of a little moment  
that made your day beautiful.  
Pause. Go back. Feel it.

#### A FEW QUESTIONS FOR YOU

- ♡ What little moment are you grateful for?
- ♡ How did it make you feel at that time?
- ♡ Why do you think small things often mean so much?
- ♡ How can you create more of these little moments for yourself?
- ♡ What will you do differently today to notice the little joys around you?

Write your thoughts here...



Happiness doesn't always  
come from big things.  
It comes from noticing  
the small ones.  
Slow down.  
They are worth it.

The little things?  
They aren't little  
at all.  
They are life.





## Reflection 3

### Letting Go to Make Space

We hold on to so many things—  
old stories, heavy feelings, toxic people,  
impossible expectations.

And slowly, without even noticing,  
our hearts and minds get full.

Letting go isn't giving up.  
It's choosing ourselves.  
It's making space for peace,  
for better things, for new beginnings.

Think of something you are ready  
to let go of today.  
Pause. Go back. Feel it.

#### A FEW QUESTIONS FOR YOU

-  What is something you are holding on to that no longer serves you?
-  How has holding on affected you?
-  What would it feel like to let it go?
-  What are you making space for?
-  What small step can you take today towards letting go?

Write your thoughts here...



#### Remember:

When you let go of  
what weighs you down,  
you create space for  
what lifts you up.

Sometimes,  
letting go is the  
bravest thing you  
can do for yourself.





## Reflection 4

### The Power of Self-Compassion

We are often our own harshest critics.

We replay mistakes, carry guilt,  
and forget that we are only human.

Self-compassion is choosing kindness  
over judgment.

It is treating yourself with the same love  
you so easily give to others.



Think of a time when you were  
too hard on yourself.  
Pause. Go back. Feel it.

#### A FEW QUESTIONS FOR YOU

- What situation made you feel you weren't good enough?
- What words did you say to yourself in that moment?
- What would you say to a friend going through the same?
- How can you be kinder to yourself from today onward?
- What is one small act of self-love you can give yourself this week?

Write your thoughts here...



#### Remember:

You are not a mistake  
to be fixed.  
You are a person  
to be loved.  
Especially by you.





## Reflection 5

### Gratitude in Everyday Life

Gratitude is not just for big blessings.  
It lives in the small, simple moments  
we often overlook.

A warm cup of tea. A kind word.  
A quiet evening. A safe home.  
When we notice these,  
our hearts become lighter  
and our days become brighter.



Think of three things  
that you are grateful for today.  
Pause. Go back. Feel it.

#### A FEW QUESTIONS FOR YOU

-  What are three small things  
you are grateful for today?
-  How do these little things  
make your life better?
-  Who are the people you feel  
thankful for and why?
-  How does practicing gratitude  
change your mood?
-  What can you do to notice more  
good things around you?

Write your thoughts here...



Gratitude  
is the quiet joy  
of noticing that  
life is good,  
right now,  
in this moment.

Gratitude turns  
what we have  
into enough.





## Reflection 6

### Trusting the Journey, Even When It's Unclear

Life doesn't always make sense right away.

There are detours, delays,  
and doors that close for a reason  
we may not understand yet.

But every step, even the confusing ones,  
is part of your becoming.

Trust that you are being guided,  
even when the path is hazy.

Good things often take time.

And what's meant for you  
will find its way to you.



Think of a time you didn't know  
where you were going,  
but everything worked out.  
Pause. Go back. Feel it.

#### A FEW QUESTIONS FOR YOU

- What part of your journey feels uncertain right now?
- What fears come up when you don't have all the answers?
- What helps you trust yourself and life a little more?
- How have past challenges helped you grow in ways you didn't expect?
- What would you tell your future self about this phase of life?

Write your thoughts here...



You don't need to  
see the whole path.  
Just take the next step  
with faith.  
The rest will unfold  
when you're ready.



You are exactly  
where you need  
to be.  
Keep going.





Pause.  
Reflect.  
Grow.



# Future Self Questionnaire

A gentle set of questions to help you  
connect with the woman you are becoming.

Take your time. Be honest. There are no right or wrong answers.

**This is for you. Today.** ♥

- 1 What kind of life do I want  
to create for myself?

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- 2 What truly makes me happy,  
peaceful and fulfilled?

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- 3 What are my values that I never  
want to compromise on?

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- 4 What old beliefs or habits  
am I ready to let go of?

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- 5 What new habits or routines  
do I want to build?

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- 6 How do I want to take care of  
my mind, body and soul?

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- 7 What kind of relationships  
do I want to nurture?

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- 8 What would my 'ideal day'  
look and feel like?

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- 9 What dreams or goals  
am I excited to pursue?

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- 10 What message would I like  
to give to my future self?

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## A Letter to My Future Self ♥

Write a short note to the woman  
you are becoming.  
Encourage her. Cheer for her.  
Remind her—she is enough.

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You are not behind. You are becoming. And that is beautiful.



*Keep going. You've got you.* ♥





Pause.  
Reflect.  
Grow.



# Nihshabd

WORDS. STORIES. SILENCES.

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## Thank You for this beautiful pause.♡

You've taken the time to look within,  
to listen, to dream, and to reconnect with you.  
That is no small thing.

Remember, you don't have to have it all figured out today.  
You just have to keep showing up for yourself,  
one gentle choice at a time.

You are not behind.  
You are becoming.  
And that is beautiful.



Come back to these reflections whenever  
you need a little reminder of your own strength,  
wisdom, and worth.

*Keep going. You've got you.♡*



You are enough, just as you are.  
You are allowed to grow, change and begin again.  
You are worthy of the life you are  
bravely creating.

*With love,♡*

Nihshabd



Take care of you. You deserve the love you so freely give to others.

