



Companion Guide: Exploring the Rooms of My Story So You Can Explore Yours

So now you have read the blog, here are some tips and advice for you move through this guide. I hope you begin to feel what I felt while writing my memoir, so that every room you enter, every box you open, every memory you dust off is part of a much bigger becoming.

Remember, you are not walking through your past to stay there. You are walking through it to understand it, honour it, and make space for the person you are growing into.

Some rooms will feel tender. Some will feel heavy. Some will surprise you with their light. But each one belongs to you.

And as you keep exploring, you may start to notice what I did, that you're not just revisiting old spaces. You're renovating them and reclaiming them. Rewriting the way you live inside your own story.

I hope that this guide becomes a quiet companion for you. A soft place to land. A reminder that healing isn't a destination, it's a home you build from the inside out.

Because you deserve to live in a house that feels like yours.

Here are a few tips before you proceed

- Move slowly.
- Pause often.
- Let your breath guide you.
- There is no rush.
- There is no "right way."
- There is only your way.

There are 8 exercises

- 1 — The Rooms of Your Past
- 2 — The Attic: The Stories You Inherited
- 3 — The Basement: What You Buried
- 4 — Sorting, Cleaning, Letting Go
- 5 — The Locked Doors
- 6 — Hidden Rooms & New Discoveries
- 7 — Creating Your Sanctuary
- 8 — Renovating Your House



Part 1 — The Rooms of Your Past

Take a moment. Close your eyes.

- Imagine your life as a house.
- Notice the corridors.
- Notice the doors.
- Notice how your body reacts as you approach each one.

Prompt	Your Reflections
Which room feels the easiest for you to enter right now?	
Which room do you walk past quickly, pretending you haven't seen the handle?	
What emotional clutter have you been stepping over instead of sorting through?	

Exercise: Mapping Your House

Sketch a simple floor plan of your inner house. Don't overthink it. Let the rooms appear as they want to.



Part 2 — The Attic: The Stories You Inherited

Breathe in. Look upward - The attic holds what was handed to you before you had the words to question it.

Prompt	Your Reflections
What belief did you inherit that no longer feels like yours?	
Which expectations were placed on you before you even understood them?	
What story are you finally ready to return to its original owner?	

Exercise: Unpacking the Boxes

Inherited belief	Where it came from	How it shaped you	Keep/release/rewrite



Part 3 — The Basement: What You Buried

Exhale slowly. Step downward - The basement holds the things we hide even from ourselves.

Prompt	Your Reflections
What emotion have you kept boxed up because it felt too heavy?	
What part of yourself did you abandon down there?	
What fear has grown larger in the dark than it really is?	

Exercise: Turning on the Light

Write a letter to one buried part of yourself.



Part 4 — Sorting, Cleaning, Letting Go

Imagine yourself holding a soft cloth - You're not scrubbing. You're not forcing. You're gently clearing space.

Prompt	Your Reflections
What memory or belief needs dusting off so I can see it clearly?	
What am I keeping out of habit rather than truth?	
What would reorganising my inner house look like right now?	

Exercise: Keep / Release / Transform

Keep	Release	Transform



Part 5 — The Locked Doors

Place your hand on the handle - Feel the resistance. Feel your courage rising to meet it.

Prompt	Your Reflections
Which door feels the heaviest for you to open?	
What courage would you need to turn the handle?	
What truth might be waiting for you behind it?	

Exercise: The Key

Describe your key and the quality, memory, or truth that helps you open difficult doors.



Part 6 — Hidden Rooms & New Discoveries

Let light spill in. - Some rooms you've never seen before. Some rooms you forgot were yours.

Prompt	Your Reflections
What part of yourself have you forgotten, and what would you like to rediscover?	
What qualities have been quietly growing in the background of your life?	
What new room are you ready to build?	

Exercise: Treasure Hunt

List all the things you've discovered about yourself recently that feel like treasures.



Part 7 — Creating Your Sanctuary

Enter softly - This is the room no one else has the key to. You're quiet—your truth. Your safe Space

Prompt	Your Reflections
What does your inner sanctuary look like?	
What rituals will help you reconnect with yourself?	
What intention do you want to set for the version of you who leaves this room?	

Exercise: Morning Ritual Blueprint

Ritual Idea's	Notes
Wake up earlier	
Avoid social media	
Journalling	
Making time for things that make you happy	
Eating better	
Drinking more water	
Breathing exercises	
Any other ideas	



Part 8 — Renovating Your House

You are rebuilding - Not who you were, but who you're becoming.

Prompt	Your Reflections
What walls in your life need reinforcing?	
What beliefs need repainting?	
What new windows (perspectives) are you ready to open?	

Exercise: Renovation Plan

Choose one small renovation you can begin this week. Remember SMALL is powerful.