



DISCOVER YOUR PLACE

A RETURNING WORKBOOK FOR
WOMEN IN TRANSITION



THE FIVE MOVEMENTS OF RETURNING
THE RETURNING PROJECT
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01

Welcome

Dear Friend,

If you are here, something brought you. Maybe curiosity. Maybe exhaustion. Maybe a quiet voice whispering, there has to be more than this.

Whatever led you here, I want you to know: You are not broken. You are not behind. You are not failing. You are listening. You are in the middle of something. A transition. A shift. A remembering. A becoming. And so am I.

This workbook is not here to give you answers. It is here to help you ask kinder questions, to pause, reflect, and notice where you are without judgment or pressure.

The five movements of Returning are not a ladder to climb. They are a rhythm you move with. Sometimes you move forward. Sometimes you circle back. Sometimes you touch several places at once. That is being human.

Where you are right now is enough.

Move slowly. Skip around. Come back when something shifts. There is no “right” way to return to yourself. There is only your way.

With you on this journey,

Bonnie

02

Our Five Movements of Returning

Every woman's path is different.
These movements simply give language to
what many of us experience as we change
and grow.

Awakening. The Exhale.

Where something begins to feel different.

“What is no longer working in my life?”

Threshold. The Pause.

Where we stand between who we were and who we
are becoming.

“What am I ready to release?”

Restoration. The Inhale.

Where we begin to receive again.

“What do I need most right now?”

Emergence. The Weaving.

Where new ways of living begin to take shape.

“Who am I becoming?”

Flourishing. The Becoming.

Where we live from our fullness and truth.

“How do I sustain what matters most?”

You may recognize yourself in one movement, many
at once, or different ones each day. All of it belongs.



03

Listening Inward Reflection and Self-Check

Before moving forward, pause for a moment.

This journey is not something you complete.
It is something you listen to.

You may recognize yourself in one movement,
several at once, or in different ones each day.

All of it belongs.

There is no “right” place to be.

There is only where you are.

These questions are not here to judge you. They are here to help you listen inward with honesty, tenderness, and trust.

Listening Inward

1. What am I feeling most strongly right now?
2. What feels heavy in my life?
3. What feels supportive?
4. What am I quietly longing for?
5. Where am I being gentle with myself?
6. Where am I being too hard on myself?
7. Which movement feels closest today?





04

Where I Am Now

Take your time. There are no right answers here. Only your truth, in this moment.

- When you wake up in the morning, what is your first thought?
- What feels most true about your life right now?
- What are you grieving, releasing, or leaving behind?

You may notice more than one truth at once. That is normal.



05 Listening Forward

- What feels ready for more attention in my life right now?
- What am I learning about myself in this season?
- What feels ready to grow, change, or soften?
- What support would make this season easier?
- What am I allowed to want again?
- What feels possible, even if it feels small?
- What would it look like to trust myself a little more



06

Your Next Step

At different moments, you may notice different needs rising up in you. We do too.

Some days you are letting go.

Some days you are resting.

Some days you are building something new.

Some days you are simply breathing and getting through.

When something feels heavy, name it.

When you feel uncertain, let yourself grieve.

When you feel tired, restore yourself.

When you feel energy, follow it.

When life feels spacious, protect it.

You will move through these again and again.

That is not failure. That is being human and alive.



*You are not what happened
to you.*

*You are who you were before.
You are who you are
becoming.*

*We are learning to return.
Again and again.
Together.*

The Returning Project





07

Stay Connected

You do not have to walk this journey alone.

If this workbook spoke to something in you, you are not the only one. There is a growing community of women learning to listen inward, move gently, and return to themselves.

Discover your current rhythm: thereturningproject.com/quiz

Join the Community: Connect with other women in our private Facebook group: [The Returning Project Community](#)

Visit the Website: thereturningproject.com

Get in Touch: info@thereturningproject.com

You are not what happened to you. You are who you were before.
You are returning.

