

# RECLAIM YOURSELF:

## A GUIDE FOR HEALING FROM THE INSIDE OUT

*A Gentle Guide To Reclaiming Your  
Energy, Peace, and Self-Trust  
Simple Practices So You Can Feel  
Whole Again*

*Teresa Runk*

# THE ESSENCE OF THIS GUIDE

*Welcome! This gentle, soulful resource helps you reconnect with yourself from the inside out, beginning with your morning routine and how you communicate with yourself throughout the day. If you have been disconnected from who you truly are, whether through betrayal, loss, or simply giving too much to others, this was created for you. If you're ready to give something back to yourself, you're in the right place. **Take what you need. Let this be your beginning.***

## ESSENTIAL INSIGHTS

Here are three main points of this guide.

1. **Outside-In Myth:** You can't solve an inside problem with an outside solution.
  2. **You're Not Broke:** You're Disconnected: It means you've lost connection with yourself after betrayal, a loss, or years of surviving.
  3. **Permission to Choose Yourself:** Give yourself permission to choose YOU, your needs, your dreams, your desires to come first.
- The emptiness you feel inside, and what it means to stop surviving and start reconnecting.
  - This isn't about **doing** more. It's about doing what matters for you, quietly, lovingly, **from within**. Because the person you're becoming is already inside of you.



# START YOUR DAY WITH A 3-MINUTE CHECK-IN

## A GENTLE OPENER WITH GRATITUDE + BODY AWARENESS

*In those precious early moments of waking, as you lie in bed before even putting your feet on the ground, give yourself this gift:*

**Breathe.** *Take three deep breaths and feel your body against the sheets, the pillow supporting your head.*

**Feel Gratitude.** *Place your hand on your heart or belly and gently thank your amazing body for another night of sleep, for your heart beating, your lungs breathing, for all the ways it functions perfectly without you even thinking about it. Feel the quiet miracle of being alive.*

**Check in with yourself.** Ask Yourself-

- "How am I feeling right now?" (Not how you should feel, but how you actually feel)
- "What does my body need today?" (Rest, movement, nourishment, gentleness?)
- "What would make me feel most supported today?"

**Just listen.** *Don't judge the answers. Don't try to problem-solve them. Just receive whatever comes up with the same kindness you'd show a friend.*

*This simple practice begins your day from a place of inner connection rather than immediately reaching for your phone or jumping into your to-do list.*



# INTENTIONAL MORNINGS

**THIS IS YOUR INVITATION TO TUNE IN AND START YOUR DAY IN A WAY THAT NOURISHES YOU FROM THE INSIDE OUT. WHEN YOU ARE INTENTIONAL, YOU ARE SENDING A MESSAGE TO YOUR INNER SELF THAT YOU MATTER.**

*Every morning presents an opportunity to begin again. Some days call for gentleness, others for movement. Your energy will tell you what's needed. There is no wrong way, only your way. Let your mornings become a sacred act of self-connection. Choose the morning path that feels right for you.*

## GENTLE START

### FOR SLOWER, SOFTER MORNINGS

*Choose this path when you're feeling tender, tired, or simply in need of a quiet connection.*

## ENERGIZED AWAKENING

### FOR UPLIFTING, ACTIVATED MORNINGS

*Choose this path when your body is ready to move and you're prepared to embrace the day ahead. Perfect for days when you feel inspired, powerful, or want to shift your energy*

## HONOR YOUR UNIQUE RHYTHM

### CREATE YOUR OWN

*Give yourself permission to create a morning that feels like truth, not obligation. Let it be flexible. Let it be yours. There are no rules; blend, mix, and intuitively craft a morning that inspires your soul.*



## GENTLE START

### FOR SLOWER, SOFTER MORNINGS

CHOOSE 1-2 OR AS MANY PRACTICES AS YOU LIKE; HOWEVER, YOU ARE BEING CALLED TO NOURISH YOUR SOUL

- MEDITATION OR GENTLE BREATHWORK)
- SOFT INSTRUMENTAL MUSIC OR NATURE SOUNDS
- JOURNAL YOUR THOUGHTS
- LIGHTING A CANDLE AND SITTING IN THE QUIET
- READING SOMETHING INSPIRING
- STEPPING OUTSIDE TO CONNECT WITH NATURE

THE GOAL: NURTURING YOUR NERVOUS SYSTEM, CENTERING YOURSELF, AND CREATING INNER PEACE.

## ENERGIZED AWAKENING

### FOR UPLIFTING, ACTIVATED MORNINGS

CHOOSE 1-2 OR AS MANY PRACTICES AS YOU LIKE TO HELP ENERGIZE YOUR MORNING.

- MOVEMENT (DANCE, STRETCH, WALK, LIGHT EXERCISE, YOGA, PILATES)
- UPLIFTING MUSIC THAT MAKES YOU SMILE
- SOAK IN NATURAL SUNLIGHT, WATCH THE SUNRISE.
- CONNECT WITH NATURE, STEP OUTSIDE, TAKE A NATURE WALK
- CONNECTING WITH SOMEONE WHO LIFTS YOUR SPIRIT (AVOID DRAMA AND NEGATIVITY)

THE GOAL: ACTIVATING YOUR ENERGY AND SETTING A POSITIVE TONE

## HONOR YOUR UNIQUE RHYTHM CREATE YOUR OWN

- MAYBE IT'S JOURNALING AND A SHORT DANCE SESSION.
- MAYBE IT'S STILLNESS FOLLOWED BY SUNSHINE AND MUSIC.
- MAYBE IT'S GENTLE MOVEMENT WITH CANDLES
- WHATEVER FILLS YOUR CUP TODAY, THAT IS THE RIGHT WAY.

YOUR MORNING IS YOUR SACRED SPACE. TRUST WHAT YOUR HEART IS CALLING IN. LET IT REFLECT THE WOMAN YOU'RE BECOMING.



# SPEAK KINDLY TO YOURSELF AND OTHERS

*The way we speak to ourselves and about others shapes the energy we carry. Criticism breeds contraction. Compassion creates connection. This guide isn't just about self-talk. It's about ending the inner war and choosing kindness as a way of life. For too many of us, that inner voice has become our biggest bully, pointing out every flaw in ourselves AND others, every mistake, every "should have done better." But here's the truth: **You can't heal from within while constantly draining your energy through criticism and judgment.***

## **THE CONNECTION:**

*When we're harsh with ourselves, we're often harsh with others. When we judge ourselves, we judge others. This creates a cycle of negativity that keeps us empty and disconnected.*

## **THE SHIFT:**

*Instead of trying to silence that critical voice (which rarely works), we're going to gently redirect it toward kindness - both inward and outward.*

## **NOTICE WITHOUT JUDGMENT:**

*When you catch yourself in harsh self-talk OR criticizing others, simply notice it. Don't judge yourself for judging - that just creates more inner chaos*

## **PAUSE AND REDIRECT:**

*Take a breath and ask, "How would I speak to my best friend if they were going through this?" or "What if that person is doing their best with what they have?"*



## REFRAME YOUR THOUGHTS

### *Instead of Thinking...*

- "What's wrong with me?" →
- "They're so much further along than I am." →
- "They always let me down." →
- "I should've handled that better." →
- "They don't get it." →
- "They're so annoying."

### *Try Thinking...*

- "What do I need right now?"
- "I honor her path, and I trust mine."
- "I can set boundaries with love."
- "I'm growing, and this moment taught me something."
- "Everyone's on their own healing path."
- They might be having a hard day".

## PRACTICE:

*When you notice a critical thought, whether toward yourself or someone else, pause and breathe.*

**Ask:** *What's really going on here?*

*Then choose a more compassionate thought. Not to excuse behavior, but to stay rooted in your own peace.*

*For one day, speak to yourself as you would to someone you deeply love, and think about others in the same way. **Notice how different your inner world feels when kindness lives there.***



## **GENTLE REMINDER**

- *Kindness isn't weakness. It's strength, wrapped in softness.*
- *The more you extend it inward, the more peaceful your life becomes.*
- *You don't become more lovable by being perfect. You become more whole by being gentle.*
- *Speaking kindly to yourself isn't indulgent. It's essential.*

## **OPTIONAL REFLECTION PROMPT**

*What do I tend to criticize myself for the most?*

*Who or what am I judging right now, and what might that be reflecting in me?*

*What's one way I can offer grace today (to myself or another)?*



# CREATE A ME-FIRST MOMENT

## DEDICATING TIME TO YOURSELF WITHOUT GUILT

*You matter. Your needs matter, your peace matters. And you don't need anyone's permission to honor that. It's not selfish to choose yourselves first. It's soul-sustaining.*

*A "Me-First" moment isn't about ignoring others; it's about remembering that you matter just as much. Even 5-10 minutes to intentionally reconnect with yourself will shift your energy, mindset, and entire day.*

### WHAT IS A "ME-FIRST" MOMENT?

*It's a moment where you pause the noise, the obligations, the giving, and turn inward to nourish your own mind, body, and soul. It can be stillness or movement, silence or music, anything that honors you.*

*Block 5-10 minutes on your calendar with your name on it (like you would for any important meeting).*

*Title it: "**Me-First Moment.**"*

*Protect it.*

*Keep it.*

*Show up for it.*



## SIMPLE ME-FIRST MOMENTS:

CHOOSE WHAT REPLENISHES YOUR SPIRIT. TRY ONE TODAY

- *Sit in stillness, taking five slow, deep breaths*
- *Step outside to feel the sun on your skin*
- *Write three things you're grateful for*
- *Play a song that lifts your mood*
- *Stretch or move gently*
- *Savor your favorite tea or coffee in complete silence*
- *Light a candle, do nothing, and feel what that offers*
- *Taking a warm shower and actually being present for it*
- *Speak a kind affirmation aloud*
- *Read something inspiring just for you*
- *Write a note of appreciation to yourself*
- *Simply do nothing, and feel what that offers*
- *Create Your Own*

*This is not indulgence. This is inner repair.*

**THE MAGIC:** When you consistently give yourself these moments, you stop running on empty. You have more to give others because you're no longer giving from a place of depletion.

**SELF-LOVE MESSAGE:** "I am worthy of my own care". "I matter even when I'm not producing." "I am choosing myself today."



## **REFLECT & ASK:**

*What would a nourishing “Me-First” moment look like for me today?*

*When can I keep my promise to myself and create this moment?*

*What do I need to believe to feel safe prioritizing myself?*

**START SMALL, BUT START TODAY.**



# JOURNAL PROMPTS

## A SACRED SPACE TO REFLECT, RECONNECT, AND RECLAIM

*Sometimes the thoughts we carry stay trapped inside us, spinning and weighing us down. Your journal isn't just a tool; it's a mirror, where the real magic happens. Each question is an invitation to be honest with yourself, reconnect on a deeper level, and discover what you truly need. There are no perfect answers: just be honest, curious, and spend a few quiet minutes with yourself. Take what resonates, and leave the rest. Grab your journal and favorite pen, and let these prompts guide you back to yourself!*

## REFLECTIVE PROMPTS

### RECONNECT AND DISCOVER YOUR VOICE, DESIRES, AND INNER TRUTH.

- *What are your current beliefs about your life?*
- *What beliefs or habits are no longer serving me?*
- *Are these beliefs truly your beliefs, or did you adopt them from someone else?*
- *Where am I seeking external validation, and why? And what is it costing me?*
- *What did I love before I began living for others?*



- *What stories am I telling myself about who I "should" be?*
- *What parts of myself do I hide from others? From myself?*
- *When do I feel most like myself? What's happening in those moments?*
- *What would I choose if I wasn't afraid of others' opinions?*
- *What do I need to forgive myself for?*
- *What matters most to me right now in this season of life?*
- *What am I ready to let go of?*
- *What dream or desire have I been ignoring?*
- *What does my body need more of? Less of?*
- *Where do I hold tension, and what might it be saying?*
- *When do I feel most alive, and how can I invite more of that?*
- *What am I proud of that no one else sees?*
- *If my future self could give me one piece of advice, what would it be?*



## **DAILY PRACTICE**

### **"WHO AM I TODAY?"**

- *Who am I today?*
- *What thoughts do I repeat daily?*
- *What fears or doubts hold me back today?*
- *One way I choose myself today is...*
- *What is my body trying to tell me today?*
- *How do I want to feel today?*
- *What is one way I can honor myself right now?*
- *What would make me proud of myself by the end of today?*
- *What beauty did I witness today?*

*Remember: There are no right or wrong answers. It's okay if emotions come up. That means you're touching something real. Just write whatever comes up, without editing or judging.*

*Allow your inner wisdom to guide you, and listen to the message you hear.*

***In the end, this is you giving yourself SELF-LOVE.***



# ABOUT ME

*Hi, I'm Teresa, and my heart's work is helping courageous people rebuild after life's hardest moments. For over two decades, I cared for others as a nurse, but it was my own journey of starting over, more than once, that taught me the power of inner peace and self-trust.*

*What I know for sure is this: it's never too late to begin again. Through my coaching, I walk beside people who are ready to reclaim their strength, reset their lives, and rejoice in themselves with intuitive wisdom so they can create a life they truly love.*

*I believe you are stronger than you think, and you're worthy of the joy that comes from deep within.*

*With Love  
Teresa*



## Want to take the next step?

[Click here to schedule your free consult call today.](#)

OR

Scan the QR code to schedule your consult call.



# LET'S STAY CONNECTED

*Follow me or reach out here:*

[\*You Tube\*](#)

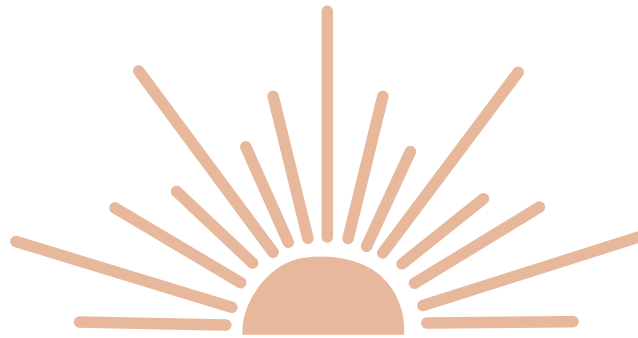
[\*Facebook\*](#)

[\*Instagram\*](#)

Website: [Design A New Vision](#)

Email: [teresa@designanewvision.com](mailto:teresa@designanewvision.com)





*Thank you for  
showing up for  
yourself today!*