

HALO SOULHOOD

WHEN YOU DON'T FEEL LIKE YOURSELF ANYMORE

A gentle guide to noticing where you've disconnected from yourself—and beginning your return.

You haven't lost yourself.
You're still here.

Returning to the light within.

Maybe you haven't lost yourself.

Maybe you can't quite explain what's wrong.

Your life may look fine from the outside. You're doing what needs to be done. Taking care of people. Showing up. Getting through the days.

But somewhere along the way, you stopped feeling like yourself.

You're not necessarily unhappy. You're just not really happy either.

You may find yourself wondering:

*How did I get here?
What happened to me?
What do I actually want?
Was I ever really present for my own life?*

And perhaps you've started thinking you need to **find yourself again**.

But what if you haven't actually lost yourself?

What if you've simply become disconnected from yourself?

The person you're looking for may still be here.

This guide isn't about fixing you or figuring out your entire life. It's simply an invitation to slow down long enough to begin listening again.

Notice where you are.

Take a breath. Read each statement slowly. Check anything that feels familiar.

- I know what everyone else needs, but struggle to know what I need.
- I often feel like I'm going through the motions.
- I feel guilty when I slow down or rest.
- I constantly think about what needs to happen next.
- I second-guess my own decisions.
- I don't know what makes me feel genuinely alive anymore.
- My life looks okay, but it doesn't always feel like mine.
- I say yes when I really want to say no.
- I can't remember the last time I did something simply because I wanted to.
- I feel like I've lost touch with a part of myself.

There is nothing wrong with you for recognizing these things.

Awareness isn't failure.
Awareness is the beginning of connection.

Where have I been living from?

We can become so practiced at doing that we forget to notice how we're actually experiencing our lives.

Take a few quiet minutes and finish these sentences.

Lately, I've been spending most of my energy...

The things I feel responsible for are...

I spend a lot of time thinking about...

Something I keep telling myself I “should” be doing is...

And now ask yourself:

What happens when nothing needs to happen right now?

Do I feel...

Remember yourself.

When do I feel most like myself?

Think of a moment—recent or long ago—when you felt unmistakably like **you**.

You didn't have to perform. You weren't trying to be productive. You weren't worrying about what anyone thought. You were simply yourself.

Where were you?

What were you doing?

Who were you with—or were you alone?

How did you feel?

What qualities of you were present?

playful • curious • peaceful • creative • adventurous • connected • free • brave • loving • spontaneous • grounded

What does this moment tell you about yourself?

Listen.

Give yourself five quiet minutes. Put your phone away. Let the dishes wait. Let the email wait. Let the problem remain unsolved for a few minutes.

Take a breath. You don't need to clear your mind. You're simply turning your attention back toward yourself.

What am I actually feeling right now?

What have I been carrying?

What do I need right now?

What have I been ignoring, overriding or pushing aside?

You don't need to fix anything you discover.

You're simply practicing listening.

Choose one small return.

Returning to yourself doesn't usually happen through one huge decision. It can begin with something small—something that feels true to you.

What is one small thing I can do this week that feels like me?

Not something that will make you more productive. Not something you should do. Not something that will make everyone else happy. Something that feels **true to you**.

Maybe it's sitting outside • taking a walk • creating • resting • saying no • saying yes • calling someone • listening to music • reading • doing something you used to love • making time to be alone • allowing something to remain unfinished.

My small return:

When will I give myself space for it?

It may seem small.

But every time you listen to yourself and respond with care, you're building the relationship again.

"I hear you." "You matter." "I'm not leaving you behind."

A gentle reminder

You don't need to figure everything out today.

You don't need to know exactly what comes next.

You don't need to become someone new.

You may simply need more moments where you can hear yourself beneath the noise.

And the more you listen, the more you may begin to remember:

**what lights you up.
what matters to you.
what you need.
what you want.
what feels true.**

Your return doesn't have to happen all at once.

It can happen in moments.

One pause.

One honest answer.

One small choice.

And then another.

**You haven't lost yourself.
You're still here.**

WANT TO GO DEEPER?

I've created a free masterclass, **You Haven't Lost Yourself**, where I explore why we become disconnected from ourselves, how we get caught in constant doing and urgency, and how we can begin returning to ourselves in everyday life.

Watch the masterclass →

Melissa Voth

Halo Soulhood • Returning to the light within.