

A GUIDED COMPANION TO “UNFILED” — LIVING WITH INTENTION AFTER CONCUSSION



ORDERFROMCHAOSWITHRACHEL

SECTION 1:

Understanding Your Baseline

“You can’t measure progress without first knowing where you began”

Purpose

This section helps you identify your current strengths, challenges, routines, and energy limits.

By building self-awareness, you’ll be able to plan small wins and pacing strategies that fit your unique needs.

Think of this as your personal snapshot — a reflection of where you are today before growth begins.

Step 1:

Physical & Cognitive Check-In

Instructions:

Reflect honestly on your physical and cognitive symptoms today. There are no right or wrong answers — this is about awareness, not judgment.

Area	Current State (1-10)	Notes or Triggers
Fatigue / Energy		
Headaches / Dizziness		
Sensory Sensitivity (light, sound, movement)		
Concentration / Focus		
Memory / Word-Finding		
Motivation		
Sleep Quality		
Emotional Balance		

Tip: Complete this same check-in weekly to track trends over time.

Reflection Space

Prompts:

- What patterns do you notice in your energy or symptoms?
- Which times of day do you feel most capable or clear?

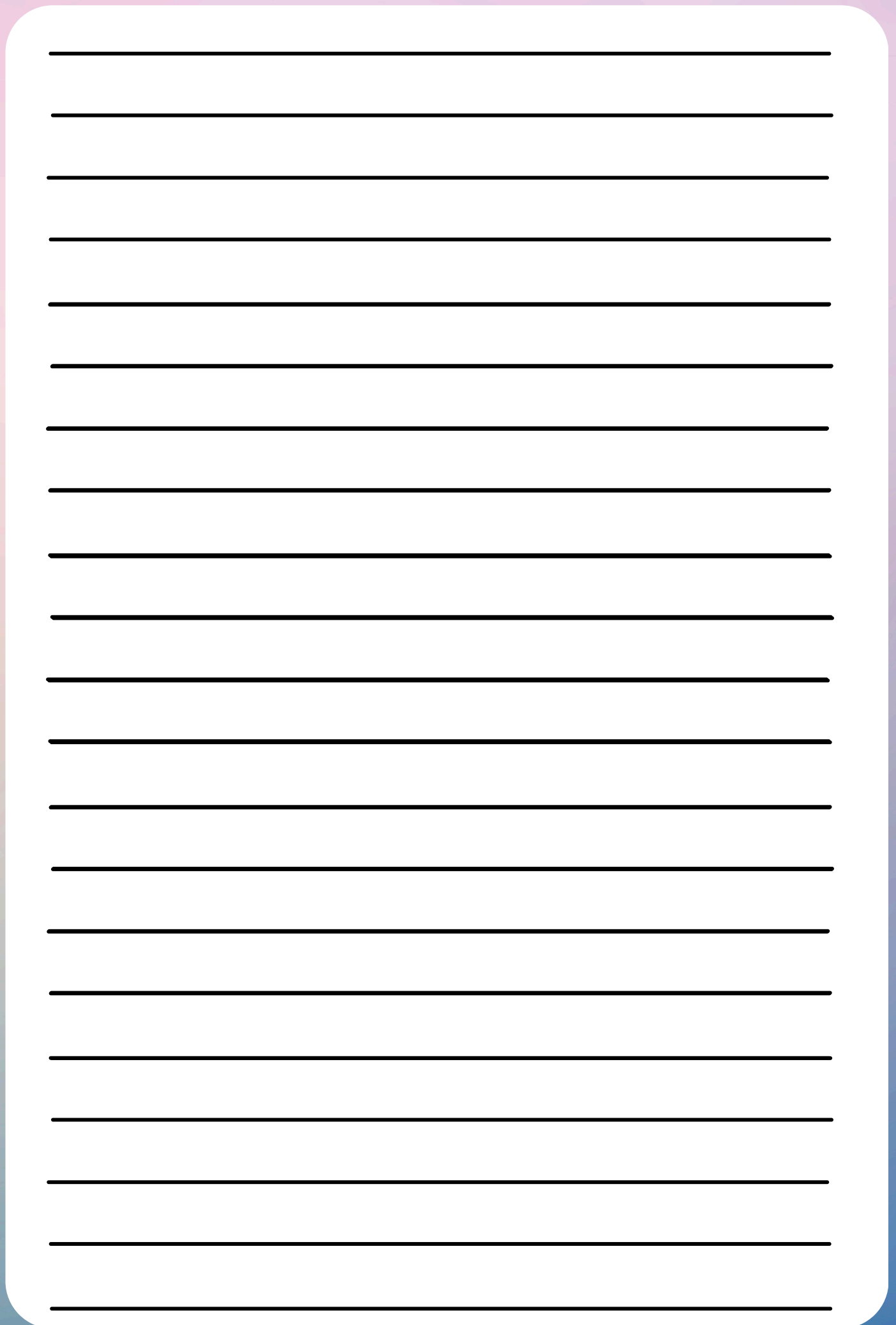
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Reflection Space

Prompts:

- What activities drain you the fastest?
- Which bring calm or comfort?

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Step 2:

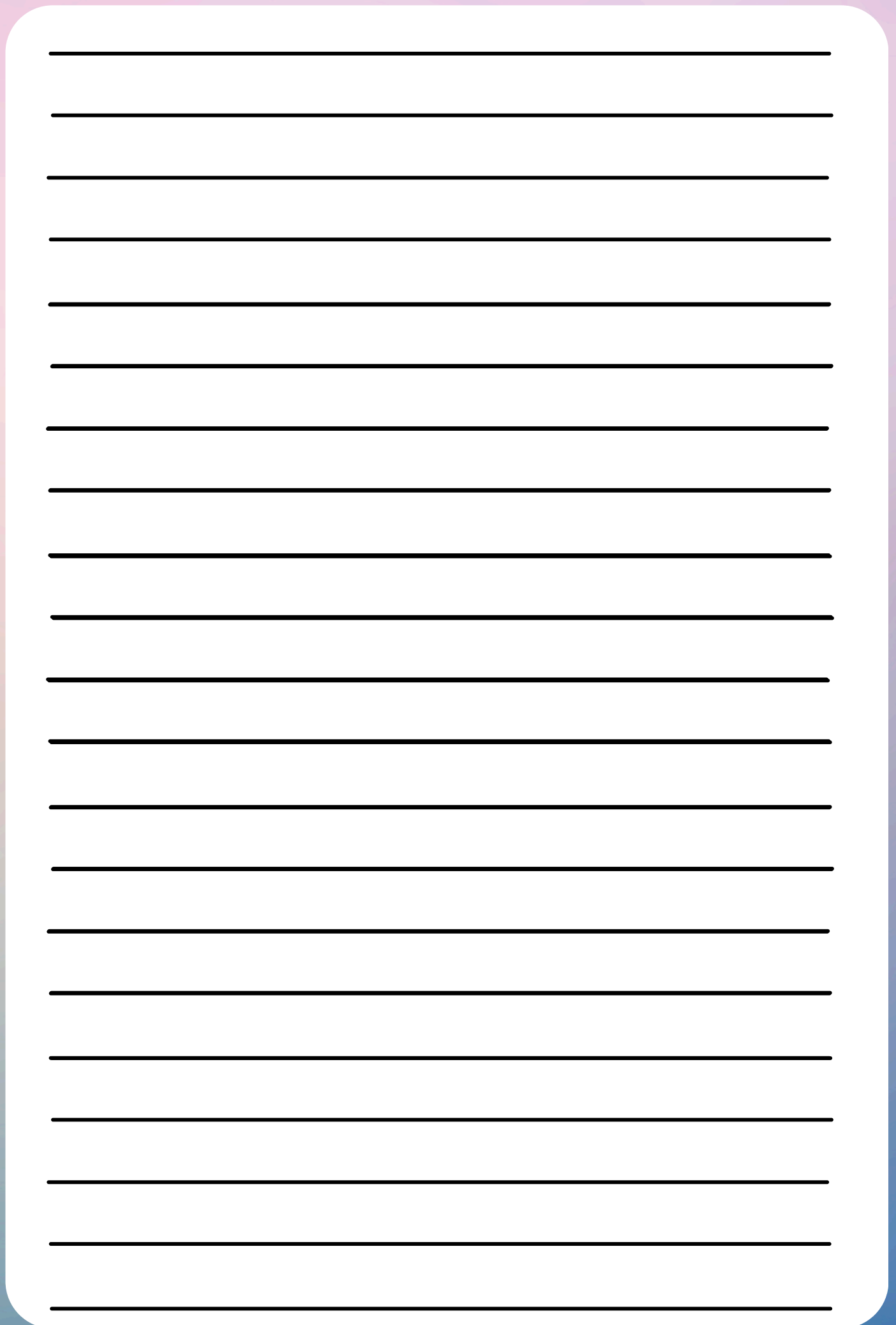
Emotional Landscape

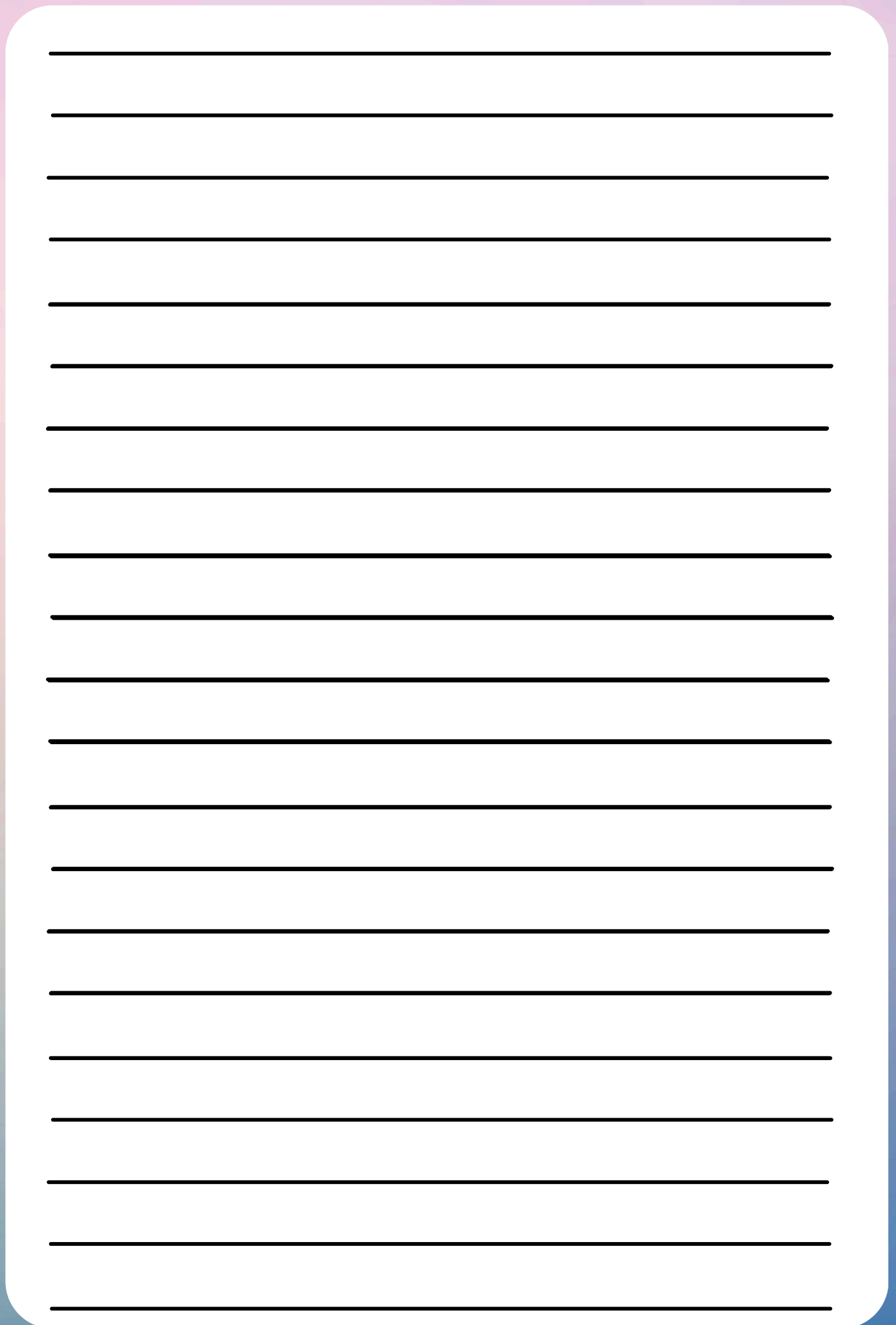
Understanding your emotional starting point helps you plan rest, connection, and support.

Reflection Prompts:

Think about the past week:

- What emotions have shown up most often – frustration, hope, anxiety, gratitude?
- How do these emotions affect your motivation or confidence?
- What situations or people help you regulate?
- When do you feel most grounded?





Step 3:

Emotional Landscape

Mapping your day can reveal where pacing or small wins could help.

Time of Day	Common Activities	Energy Level (Low / Medium / High)	Possible Adjustments
Morning			
Midday			
Afternoon			
Evening			

Tip: Identify one point in your day where a 10-minute rest or mindfulness pause could make a difference.

Step 4:

Identifying Strengths and Supports

Even when life feels limited, you already have strengths that help you move forward. Let's name them.

My Current Strengths

How They Help Me

My Support Network

How They Support Me

Support includes friends, family, professionals, or even community groups.

Step 5:

My Baseline Summary

Use this space to summarise what you've learned about your baseline.

My biggest challenges right now are:

.....

.....

.....

My current strengths are:

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My most supportive people or resources are:

.....

.....

.....

I feel most capable when:

.....

.....

.....

This page becomes your reference point. You'll revisit it in later sections (Pacing, Small Wins, and Scaling Goals) to measure how far you've come.

SECTION 2:

Small Wins — Building Momentum from the Everyday

“Small steps in the right direction still take you somewhere.”

Purpose

This section helps you recognise, record, and celebrate the progress you make every day — even when it feels small.

Small wins build confidence, release positive reinforcement, and form the foundation for resilience and long-term growth.

Step 1:

Defining a Small Win

Instructions:

Think of a small win as anything that brings you closer to balance, independence, or connection – no matter how simple it seems.

Examples of Small Wins	Why It Matters
Remembering to rest before exhaustion	Builds pacing awareness
Completing one household task	Reinforces independence
Saying “no” to protect energy	Strengthens boundaries
Engaging in gentle exercise	Improves physical recovery
Enjoying a meaningful chat	Supports emotional wellbeing
Managing sensory exposure	Builds confidence in daily life

Remember: a win doesn't need to be big – it needs to be intentional.

Step 2:

Daily Wins Tracker

Use this space each day to record what you achieved — and how it felt. The act of recording creates awareness and helps train your brain to see progress instead of limits.

Day	My Small Win(s)	How I Felt Afterwards	Energy Level (1-10)	Notes / Triggers
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Tip: At the end of each week, circle one win that made you proud. Write a few words about why it mattered.

Step 3:

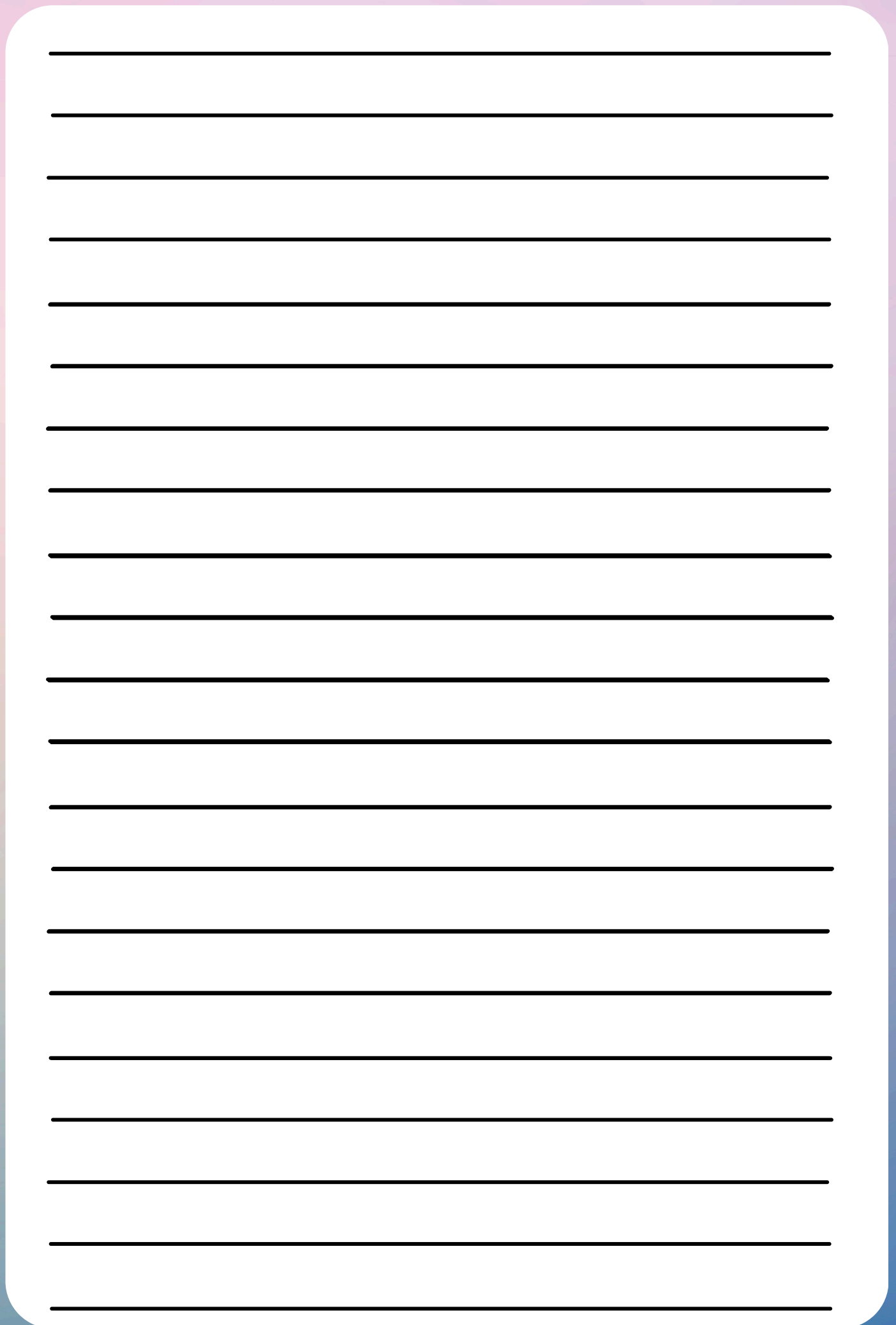
Weekly Reflection – Building Awareness

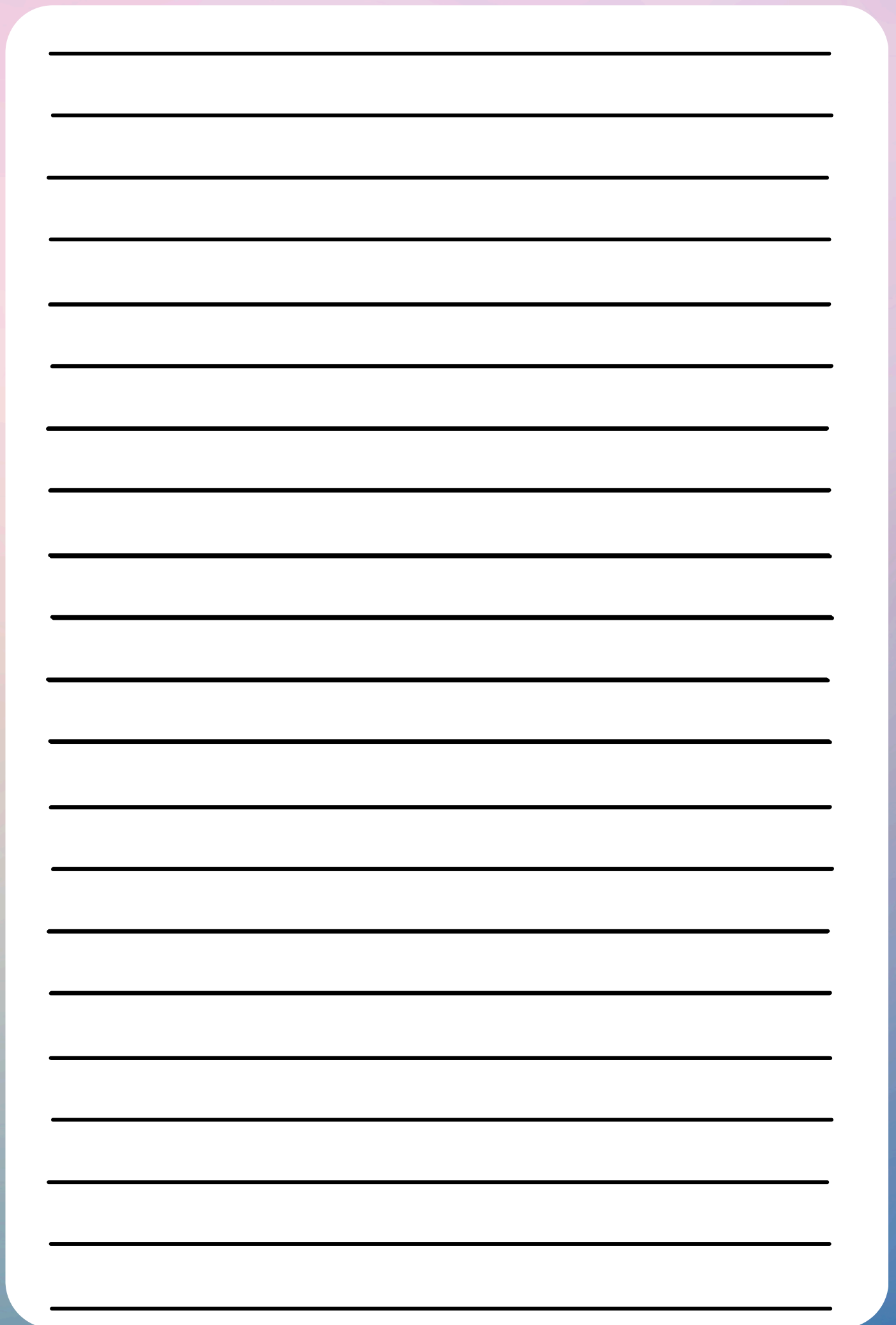
Reflect on your week of small wins.

These questions help you identify patterns, growth, and what matters most.

Reflection Prompts:

- Which wins gave you the most satisfaction or pride?
- Were there any patterns in your energy or motivation?
- What small adjustments helped you feel more capable?
- Did you notice a difference in mood or confidence over the week?
- Which moments surprised you (positively or negatively)?





Step 4:

Strength Building Through Small Wins

Each small win strengthens something – physical, emotional, or cognitive. Use this table to recognise the deeper value of your achievements.

My Win	Skill or Strength Built	Why This Matters
Cooked dinner without feeling dizzy	Energy pacing & timing	Shows I can manage activity around symptoms instead of pushing through them

My Win	Skill or Strength Built	Why This Matters

Step 5:

Mini Goal Setting — Turning Wins into Habits

Now that you're noticing progress, choose one repeatable win to build into your routine.

My Mini Goal for Next Week:

Why It Matters:

Steps to Maintain It:

When repeated consistently, small wins evolve into habits — and habits build resilience.

Step 6:

End-of-Section Reflection

Prompt:

Look back at your notes from Section 1 (your baseline).

How do your small wins align with your current capacity and energy?

Have any limits shifted? Have new strengths emerged?

What has improved since starting this workbook?

What surprised you most about your progress?

What would you tell yourself on a harder day?

When repeated consistently, small wins evolve into habits — and habits build resilience.

Section 3:

Pacing – Breaking Life Into Manageable Steps

“Pacing isn’t about doing less; it’s about doing smarter – with intention, awareness, and balance.”

Purpose

This section helps you turn the concept of pacing into daily practice. You’ll learn how to structure your time, energy, and environment to work with your body and brain – not against them.

By using pacing tools, you can:

- Prevent overexertion and crashes
- Maintain consistent progress
- Balance rest and activity
- Create predictable, repeatable routines

Step 1:

Identify Energy Patterns

Understanding your natural energy rhythm is the first step to pacing effectively. PCS often disrupts energy flow — some days you can do more, some days far less. Mapping it helps you plan wisely.

Time of Day	Energy Level (1-10)	Symptoms / Notes	Ideal Type of Task
Morning	□□□□□□□□□□		
Midday	□□□□□□□□□□		
Afternoon	□□□□□□□□□□		
Evening	□□□□□□□□□□		
Night	□□□□□□□□□□		

Reflection Space

Reflection Prompt:

When do I usually feel my best? When do symptoms spike?

How might I schedule my most demanding tasks during my “green zone” times?

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Step 2:

Plan and Pace Your Day

Use this daily planning chart to break tasks into small, achievable segments. Include rest breaks deliberately – they're not optional; they're essential for healing.

Task / Activity	Estimated Time	Energy Level Required (H/M/L)	Break Scheduled? (Y/N)	Notes / Adjustments

Tip: Try the “20/10 Rule” – 20 minutes of activity followed by 10 minutes of rest. Adjust based on your tolerance and symptom feedback.

Reflection Space

Reflection Prompt:

What unhelpful thoughts come up most often during my bad days?

How can I replace them with compassionate, realistic perspectives?

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Step 3:

Recognise Overload Signs

Knowing when you're approaching your limit allows you to rest before symptoms worsen.

Early Warning Signs	What It Feels Like	My Chosen Strategy
Head pressure	Tight band or pulsing	Dim lights, lie down 10 mins
Brain fog	Difficulty focusing	Step away, deep breathing
Fatigue	Sudden energy crash	Stretch, hydrate, pause
Emotional irritability	Short fuse, frustration	Quiet space, music, grounding
Sensory overload	Lights/noise too much	Earplugs, sunglasses, leave space

Reflection Space

Reflection Prompt:

What are my most common “early warning” signs?

How can I respond faster next time instead of pushing through?

[illegible]

[illegible]

Step 4:

Schedule Rest with Intention

Rest is not failure — it's a strategy. Build recovery periods into your day like appointments that cannot be skipped.

Rest Type	Duration	Frequency	What Helps Me Recharge?
Quiet rest (no screens)			
Mindful break (breathing, prayer, meditation)			
Physical rest (lying down, stretching)			
Sensory rest (dark room, weighted blanket)			
Joy rest (music, laughter, connection)			

Tip: Schedule rest before you feel exhausted — prevention is easier than recovery.

Step 5:

Weekly Pacing Reflection

Rest is not failure — it's a strategy. Build recovery periods into your day like appointments that cannot be skipped.

Question	My Reflection
What activities went smoothly because I paced well?	
When did I overdo it? What signs did I miss?	
How can I adjust my plan for next week?	
What's one small win from pacing that I can celebrate?	

Pacing is about partnership — working with your body's signals to achieve consistency and calm.

When practiced intentionally, pacing turns chaos into rhythm, exhaustion into balance, and frustration into sustainable progress.

Section 4:

Resilience – Building Emotional, Physical, and Cognitive Strength

“Resilience doesn’t mean never falling – it means learning how to rise every single time.”

Purpose

This section helps you build true resilience — not just coping, but adapting, recovering, and continuing forward when life feels heavy.

Resilience is layered:

- Physical: Managing energy and recovery.
- Emotional: Staying grounded and compassionate with yourself.
- Cognitive: Building focus and adaptability.
- Social: Leaning on connection and support systems.

You’ll explore practical exercises to strengthen each layer — step by step.

Step 1:

Emotional Resilience – Strengthening Your Inner Voice

Emotional resilience begins with how you speak to yourself, especially in moments of fatigue, frustration, or self-doubt.

Challenge / Thought	Supportive Reframe	What I Can Do Next Time
"I didn't get anything done today."	"I listened to my body and prioritised recovery."	Plan one low-energy win tomorrow.
"Everyone else can do more than me."	"I'm healing at my own pace, and that's progress."	Avoid comparison – focus on my rhythm.
"I feel useless."	"I'm learning new ways to function with what I have."	Record one skill I've improved this week.

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Reflection Space

Reflection Prompt:

What unhelpful thoughts come up most often during my bad days?

How can I replace them with compassionate, realistic perspectives?

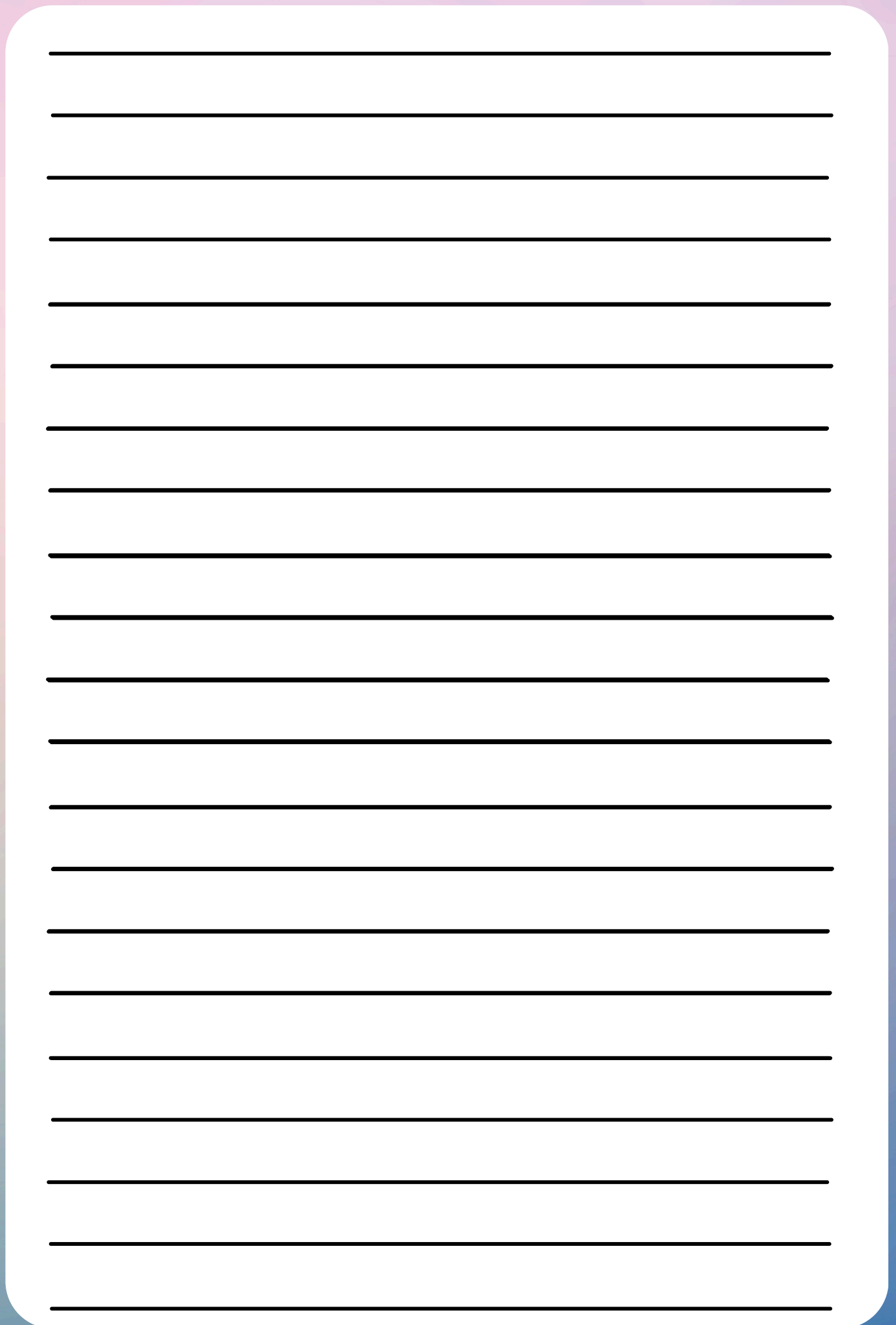
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Daily Practice: Emotional Reset

Choose one grounding tool to use when overwhelmed:

- ☐ Deep breathing (in 4, hold 4, out 6)
- ☐ Gratitude list (3 things daily)
- ☐ Journaling for 5 minutes
- ☐ Short walk outdoors
- ☐ Listening to calming music or prayer
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Note: Track what actually helps – different techniques work better on different days.



Step 2:

Physical Resilience – Understanding Limits and Recovery

Resilience begins in the body. Healing requires knowing when to push gently and when to pause.

Physical Trigger	Early Signs	Recovery Strategy	Worked? (Y/N)
Overexertion	Headache, dizziness	Lie down in quiet room	
Poor sleep	Brain fog, irritability	Nap or gentle stretching	
Sensory overload	Light/noise sensitivity	Sunglasses, earplugs, dim lights	
Fatigue crash	Sudden emotional drop	Hydrate, rest, slow breathing	

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Reflection Space

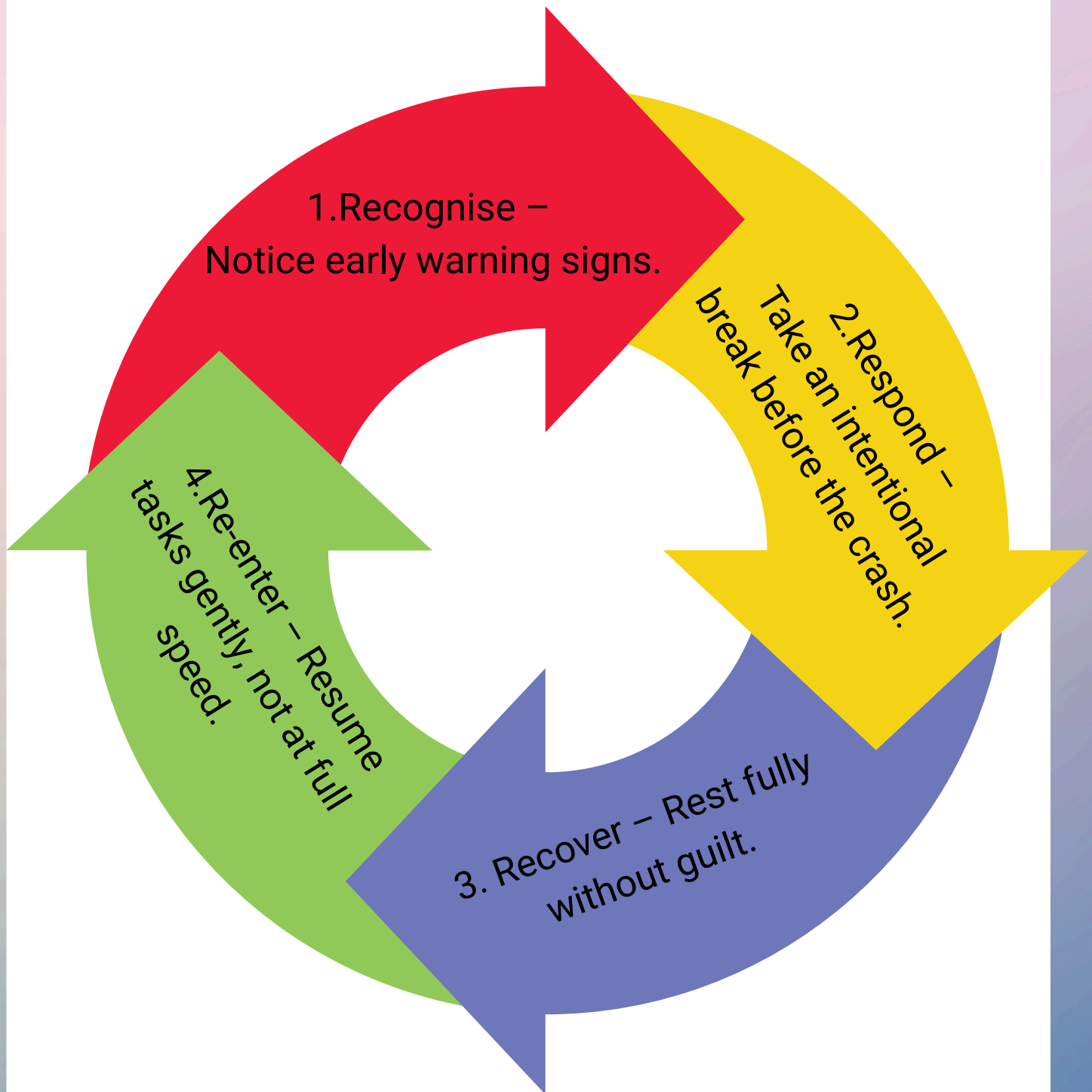
Reflection Prompt:

What patterns do I notice between physical symptoms and emotional strain?

How can I build earlier rest breaks to prevent these flare-ups?

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Energy Recovery Cycle



Resilience grows each time you respect this cycle instead of pushing past it.

Step 3:

Cognitive Resilience – Adapting the Way You Think and Work

Cognitive fatigue is one of PCS's most frustrating symptoms. This section helps you strengthen focus and mental flexibility without overwhelming your brain.

Task Type	Mental Load (H/M/L)	Strategy Used	Effectiveness (1–5)
Reading / Study		Chunk into 20-min sessions	
Emails / Admin		Use templates / short responses	
Conversation		Quiet space, take notes	
Planning / Decision-making		Brain dump → prioritise top 3	

Reflection Space

Reflection Prompt:

Which cognitive tasks drain me the most?

Can I redesign or delegate these to protect my energy?

[illegible]

Step 4:

Social Resilience – Building a Network of Support

You don't have to do this alone. Resilience deepens through connection – allowing yourself to receive help without guilt.

Support Person / Group	Type of Support Offered	When to Reach Out	How to Communicate My Needs
Partner / Spouse	Practical + emotional	When overwhelmed	"I need a quiet space right now."
Friend	Social connection	Weekly check-in	"Can we catch up for coffee in a quiet spot?"
Health Professional	Structured guidance	During setbacks	"I've noticed new fatigue patterns."
Support group (online/local)	Peer empathy	As needed	Share tips, listen, relate

Reflection Space

Reflection Prompt:

Who in my life provides genuine support?

Who drains my energy?

How can I protect boundaries while still maintaining connection?

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Activity: Support Map

Draw three circles:

- Inner Circle: Closest, most trusted people.
- Middle Circle: Supportive acquaintances, health professionals.
- Outer Circle: Broader community, online groups, or resources.

Label them and identify how each can help you when symptoms flare.

Step 5:

Building Resilience Over Time

Month	My Key Challenge	What Strategy Helped Most	What I Learned	What I'll Try Next
January				
February				
March				
April				
May				

Month	My Key Challenge	What Strategy Helped Most	What I Learned	What I'll Try Next
June				
July				
August				
September				
October				

Month	My Key Challenge	What Strategy Helped Most	What I Learned	What I'll Try Next
November				
December				

Reflection Space

Reflection Prompt:

How has my ability to recover and adapt changed since I began this journey?

What does “resilience” mean to me now – compared to when I started?

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*Resilience is not built
overnight — it's earned
through repetition,
compassion, and courage.
Every small recovery, every
boundary you set, every
adaptation you make
strengthens your
foundation.*

*It's not about bouncing
back to who you were — it's
about becoming steady,
grounded, and capable
within who you are now.*

Section 5:

Scaling Goals – Turning Daily Wins into Long-Term Achievements

“Healing teaches us that progress isn’t about speed – it’s about direction.”

Purpose

This section helps you transform small daily efforts into sustainable long-term goals.

Instead of setting big, overwhelming plans, you’ll learn how to:

- Identify what truly matters right now
- Track micro-progress over time
- Build motivation through visible results
- Create goals that adapt with your energy and healing journey

Step 1:

Start Small — The Power of Micro Goals

Big goals can feel out of reach when living with post-concussion symptoms. Micro goals help you build momentum without burnout.

Big Goal	Micro Goal (This Week)	Why This Matters	How I'll Know It Worked
Return to work	Organise workspace and review one file	Builds familiarity and reduces stress	Workspace feels manageable
Exercise regularly	5-min stretch after breakfast	Supports physical regulation	Consistency for 3 days
Reconnect socially	Send one message to a friend	Builds comfort with social contact	Message sent, felt good after
Write / create again	Journal 10 mins once a week	Restores creativity	Entry completed

[illegible]

Reflection Space

Reflection Prompt:

What's one goal I've been putting off because it feels too big?

What's the smallest possible version of that goal that I can start with today?

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Step 2: Weekly Progress Tracker

Track your “tiny wins” – they become your evidence of growth.

[illegible]

Week Starting	Focus Goal	Tiny Wins Achieved	Challenges Faced	Adjustment for Next Week

Don't just record success — also note how you achieved it. These patterns become your personal roadmap.

Step 3:

SMART(ER) Goal Framework

Let's redefine goal setting for your current reality, not your pre-injury self. Use this adapted SMART(ER) model – it adds Energy and Recovery to traditional goal planning.

Goal	Specific	Measurable	Achievable	Relevant	Time-Bound	Energy Plan	Recovery Plan
Example: Build daily routine	Morning routine (wake, dress, breakfast)	Track 5 days/week	Yes, manageable	Improves structure	Review weekly	Keep under 1 hour	Rest after breakfast

Goal	Specific	Measurable	Achievable	Relevant	Time-Bound	Energy Plan	Recovery Plan

Goal	Specific	Measurable	Achievable	Relevant	Time-Bound	Energy Plan	Recovery Plan

Reflection Space

Reflection Prompt:

What parts of my goal might need to flex to support healing rather than hinder it?

How can I schedule recovery time within my progress plan?

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Step 4:

Overcoming Roadblocks

When you live with post-concussion fatigue, consistency can waver — and that's okay.

This table helps you identify common setbacks and create gentle, proactive responses.

Roadblock / Symptom Flare	Emotional Response	Helpful Strategy	Backup Plan
Headache mid-task	Frustration	Pause, hydrate, dim lights	Resume later with timer
Brain fog	Overwhelm	Simplify task list	Ask for support
Low motivation	Self-doubt	Start with smallest step	Visual cue or checklist
Sensory overload	Irritability	Use calm environment	Noise-cancelling headphones

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Reflection Space

Reflection Prompt:

How can I remind myself that rest is part of the plan, not failure?

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Step 5:

Building Momentum – Small Wins Scaling Map

Use this space to map how one habit or win can naturally grow into something larger.

Small Win	What It Builds Toward	Next Scalable Step	Milestone to Celebrate
5-min daily stretch	Improved mobility	Add 2 more minutes	Consistent for 1 month
Daily journaling	Clearer self-reflection	Add gratitude list	Filled 1 notebook
Weekly walk	Routine outdoor activity	Invite a friend	8 weeks consistent
Cooking once a week	Independence & confidence	Try new recipe	1-month variety

Small Win	What It Builds Toward	Next Scalable Step	Milestone to Celebrate

Growth happens by layering consistency, not chasing speed.

Step 6: Monthly Goal Reflection

[illegible]

Reflection Space

Reflection Prompt:

How have my priorities changed since beginning this workbook?

What long-term goals now feel possible that didn't before?

[illegible]

Step 7:

Sustaining Long-Term Growth

Long-term success with PCS recovery means pacing your ambition. Growth should support your wellbeing, not exhaust it.

Revisit goals monthly – adjust with your energy levels

Keep celebrating small wins – they are your stepping stones

Remember: healing and achievement can coexist

Share milestones with your support network – it reinforces motivation

“When you measure life by progress, not perfection, you’ll always find yourself moving forward.”

Section 6:

Sustaining Growth – Maintaining Balance and Preventing Burnout

*“You don’t have to do it all to be doing well.”
– Unfiled*

Purpose

Recovery is not linear – it’s cyclical. Sustaining growth means learning to recognise your limits, honour your rhythms, and protect the progress you’ve made.

In this section, you’ll create your own maintenance map – a practical, flexible system for pacing your progress, monitoring energy, and staying grounded when setbacks appear.

Step 1:

Recognising the Early Signs of Fatigue or Overload

Awareness is the first line of protection. The earlier you notice fatigue or overload, the easier it is to pause before burnout hits.

Physical Signs	Emotional Signs	Cognitive Signs	Sensory Signs
Headaches, dizziness	Irritability, low mood	Forgetfulness, brain fog	Light/sound sensitivity
Sleep changes	Anxiety or frustration	Word-finding difficulty	Feeling overstimulated
Muscle tension	Feeling disconnected	Poor concentration	Needing quiet space

[illegible]

Reflection Space

Reflection Prompt:

Which of these signs show up for me first?

What is my earliest warning signal that I'm pushing too hard?

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Step 2:

My Personal Recovery Plan

Recovery isn't a setback — it's a tool.

Use this space to build a simple “pause and reset” plan for when fatigue flares.

When I Notice:	I Will Pause and...	Who Can I Contact?	Environment Reset (Where I Can Rest):
Headache or dizziness	Hydrate, stretch neck	Partner / friend	Quiet room, low light
Emotional overwhelm	Step outside for air	Psychologist	Garden or verandah
Brain fog	Use checklist / stop multitasking	Work buddy	Calm workspace

WHen I Notice	I will Pause and...	Who Can I contact?	Environment Reset (where I can rest)

Tip: Keeping this plan visible (in a diary, phone note, or on your fridge) makes it easier to act on before exhaustion deepens.

Step 3:

Energy & Balance Reflection Tracker

Balance is dynamic — it changes daily. This tracker helps you reflect on what restores or drains you each week.

Day	What Gave Me Energy	What Drained My Energy	How I Recovered / Rebalanced
Monday	Morning walk	Too many screens	Nap and hydrate
Tuesday	Talking to a friend	Noise at work	Quiet dinner alone
Wednesday	Journaling	Overthinking	Early bedtime

[illegible]

Reflection Space

Reflection Prompt:

Am I creating enough space between effort and recovery?

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Step 4:

Boundaries that Protect My Growth

Boundaries preserve energy and prevent regression.
They're not about restriction – they're about sustainable pacing.

Area of Life	Boundary Needed	Why It Matters	How I'll Communicate It
Work	No late-night emails	Prevents cognitive overload	Set auto-response / schedule send
Family	15 mins rest after dinner	Aids sensory reset	Explain routine to family
Social	One event per weekend	Avoids burnout	Politely decline extras
Self	No guilt for resting	Reinforces self-compassion	Affirm daily: "Rest is productive"

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Reflection Space

Reflection Prompt:

Which boundary feels hardest to hold?

What might make it easier to maintain?

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Step 5:

Monthly Maintenance Reflection

Use this page at the end of each month to take stock — gently.

Month	Wins Sustained	What Felt Challenging	How I Rebalanced	Adjustment for Next Month
January				
February				
March				
April				

Month	Wins Sustained	What Felt Challenging	How I Rebalanced	Adjustment for Next Month
May				
June				
July				
August				
September				
October				
November				
December				

Reflection Space

Reflection Prompt:

Am I living in alignment with my energy – or trying to live in alignment with my old expectations?

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Step 6:

Recalibration — When Life Shifts Again

Change is constant. When a new challenge, opportunity, or symptom appears, it helps to re-evaluate your systems.

My Recalibration Map

What Changed	Impact on My Energy / Routine	What Needs Adjusting	New Routine / Strategy
New job or project	More morning fatigue	Shift exercise to afternoon	Add 15-min quiet start
Seasonal change	Poorer sleep	Adjust bedtime routine	Warm shower, no screens
Emotional stress	Brain fog	Simplify goals	One main task per day

My Recalibration Map

[illegible]

Reflection Space

Reflection Prompt:

What core routines can stay stable even when life changes?

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Step 7:

The Maintenance Mindset

This is where healing becomes lifestyle — not effort.

Sustaining Growth Principles:

1. Progress ebbs and flows — both count.
2. Rest is productive. It allows progress to continue.
3. Goals evolve as you do. Adjust, don't abandon.
4. Consistency beats intensity.
5. Connection fuels resilience. Stay supported.

“Growth doesn't always mean doing more — sometimes it means doing what matters most.”

Your Season of Growth

Use these final pages of the workbook section for your own thoughts or a note to your future self.

Prompts to Consider:

- What has this season of growth taught me about my limits and strengths?

[illegible]

Your Season of Growth

Reflection Prompt:

- What do I want to remind my future self about balance?
- How will I celebrate the progress I've sustained – even if no one else sees it?

[illegible]

Section 7:

Closing Reflection & Summary

“Healing is not about returning to who you were – it’s about growing into who you’re becoming.”

– Unfiled

Purpose

This final section brings together everything you’ve explored throughout the workbook.

It’s your space to pause, look back, and recognise how far you’ve come – and to look forward with purpose and confidence.

Step 1:

The Journey So Far

Reflect on your progress through the key pillars of Unfiled.

Pillar	What I've Learned	How I've Applied It	Where I Want to Grow Next
Small Wins			
Pacing			
Resilience			
Scaling Goals			
Sustaining Growth			

Reflection Space

Reflection Prompt:

- Which pillar has made the biggest difference in my life so far?

What surprised me most about my ability to adapt?

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Step 2:

Sometimes progress isn't visible – it's felt.

Use this space to honour the moments that may never make a checklist
but define your recovery.

Moment / Experience	Why It Mattered	What It Taught Me

Moment / Experience	Why It Mattered	What It Taught Me

Tip: You can also paste or draw photos, quotes, or sketches that symbolise these moments – a visual “memory map” of growth.

A powerful way to close your journey is to write a letter to the version of yourself who will read this months or years from now.

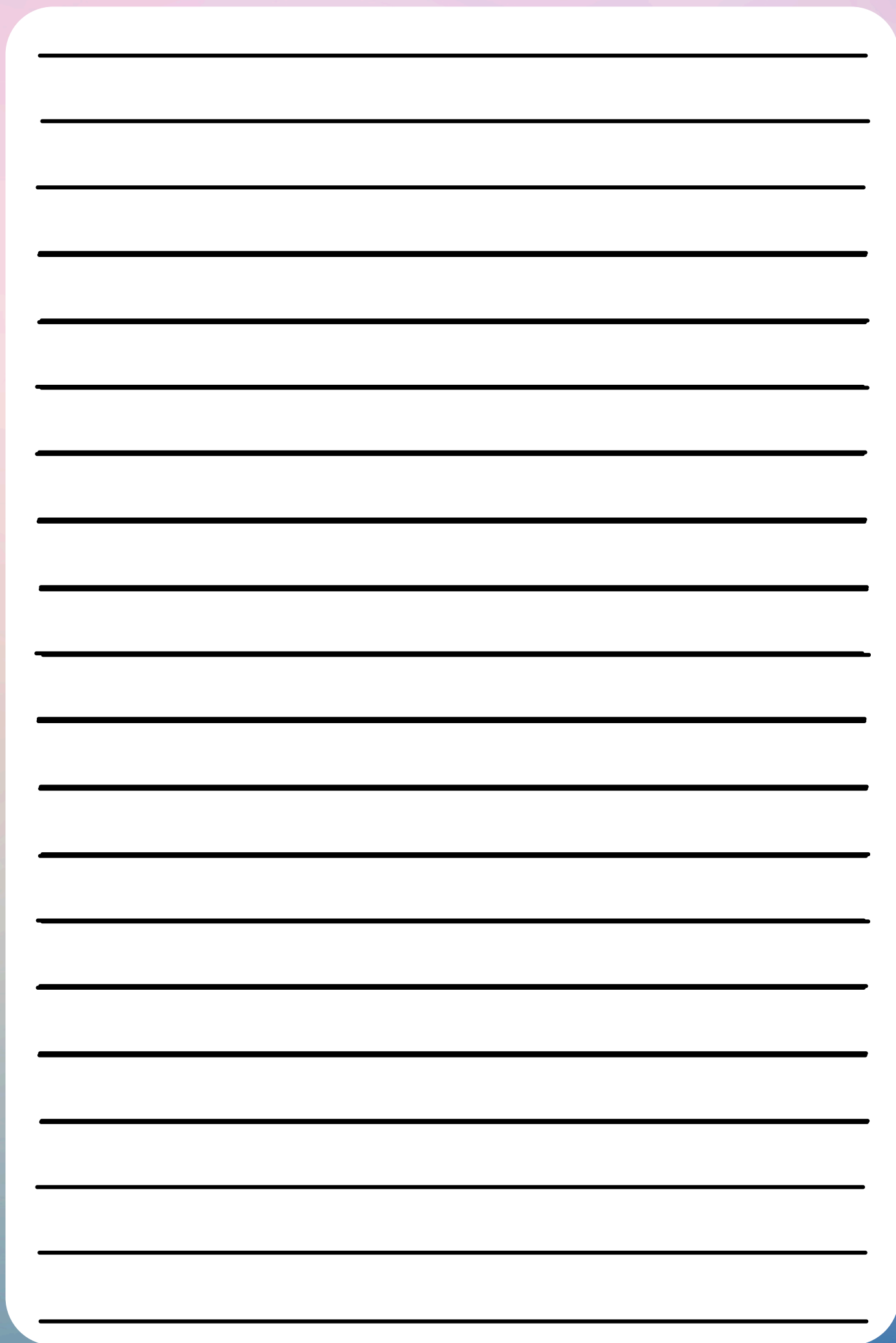
This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

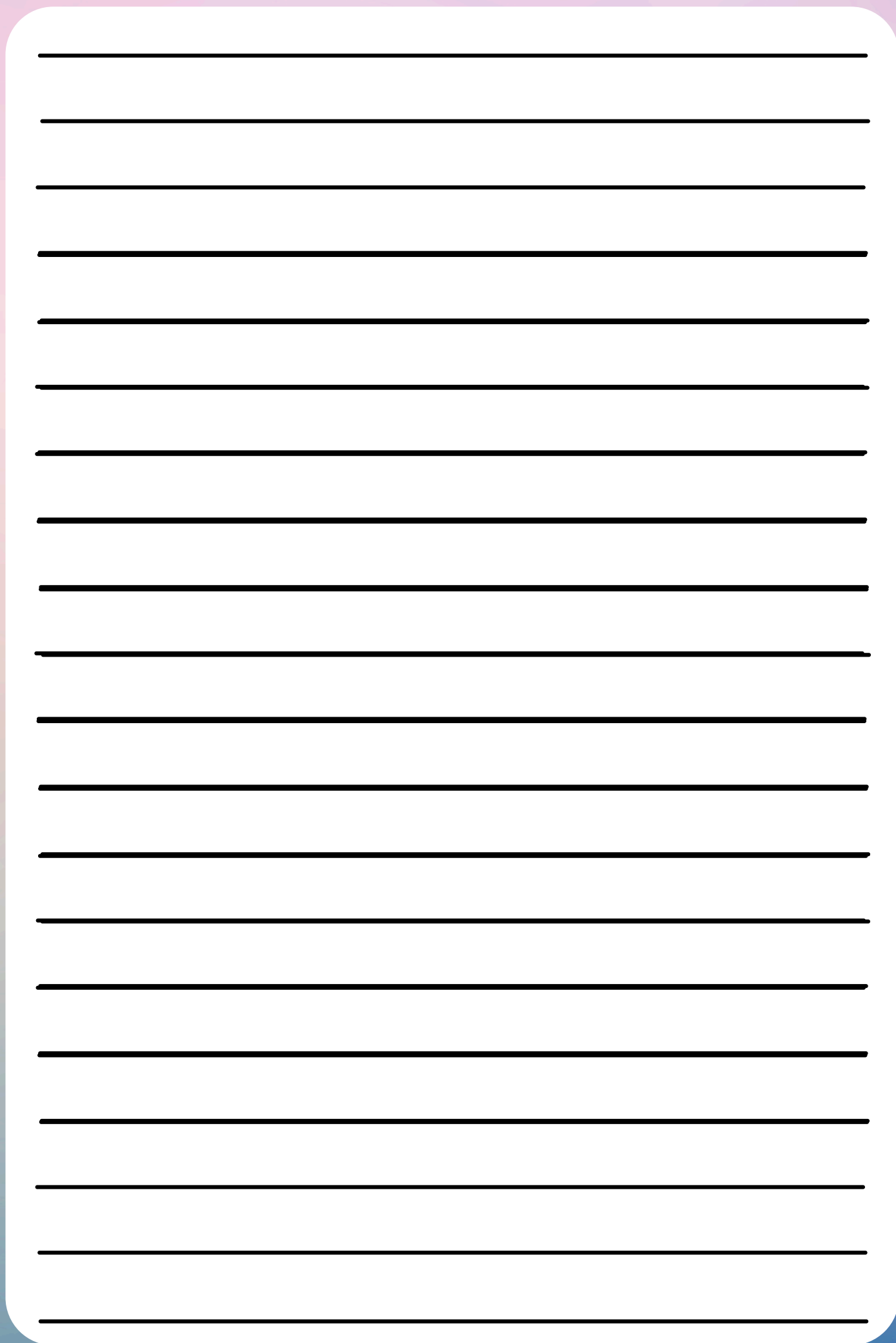
Step 3: Letter to My Future Self

Guided Prompts:

- What do you want to remember about how strong you've been?
- What truths have you learned about patience, pacing, and resilience?
- What would you say to yourself if life feels hard again?
- What do you hope your future self is celebrating?

This image shows a blank sheet of white paper with horizontal black ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper. At the very bottom of the image, there is a small portion of a blue surface, likely a desk or folder.





Step 4:

Carrying It Forward

You've built tools, systems, and self-awareness that will continue serving you beyond this workbook.

Here are some ideas for continuing the journey:

Practice	How to Maintain It	Frequency / Reminder
Energy Tracking	Use simplified daily version	Morning / evening check-in
Reflection	Journal or audio log	Weekly or monthly
Gratitude	3 wins or joys	Nightly
Movement	Gentle or mindful exercise	3-4x per week
Connection	Talk to support network	Weekly
Pacing Review	Adjust tasks and routines	Each Sunday

[illegible]

Reflection Space

Reflection Prompt:

What one practice will I commit to keeping, no matter what?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Step 5:

My Personal Affirmations

Affirmations reframe your inner dialogue — a small step that nurtures long-term confidence and peace.

Write (or choose) 3 affirmations that will guide your next chapter.

My Affirmation	Why It Resonates

Example Affirmations:

“I am healing at my own pace, and that is enough.”

“Rest is not quitting; it is part of the process.”

“Each small step brings me closer to my goals.”

“I am more capable than I once believed.”

Step 6:

Closing Reflections

Take a quiet moment to complete this page. It's your pause before you move forward.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Reflective Prompts:

- What am I proudest of since beginning this journey?
- What has changed — within me, and around me?
- Who supported me, and how can I thank them?
- What does living unfiled mean to me now?

[illegible]

A Final Word from Rachel

You've done something extraordinary — not by doing more, but by showing up for yourself, consistently and courageously. Healing, growing, and rebuilding after life has been turned upside down takes more strength than most people will ever understand. Every page you've completed, every reflection you've written, every moment you chose rest over pushing through — those are the quiet victories that define true resilience.

This journey has been about rediscovering your rhythm, redefining success, and learning that strength doesn't come from never breaking, but from rebuilding — gently, patiently, again and again.

You've faced uncertainty and chosen hope. You've learned to listen to your body, honour your limits, and celebrate the smallest steps forward — knowing they all count. You've proven that progress doesn't need to be loud or fast to be meaningful.

Healing is not a race; it's a relationship — one you build with yourself, day by day. There will still be hard days. There will still be moments of doubt or frustration. But now, you have tools, awareness, and the confidence that you can find your way through. You know how to pause, breathe, and begin again — and that is everything.

As you continue moving forward, remember:

 You don't have to have it all figured out.

 You don't have to do it perfectly.

 You just have to keep taking the next right step — one at a time.

And as you do, life will slowly start to unfold again — not as it was, but as it's meant to be now: calmer, more intentional, and filled with purpose. You've built something stronger than recovery; you've built resilience, self-trust, and the courage to live unfilled — embracing life as it is, not as it was planned.

So take a deep breath. Close this workbook when you're ready. Look back at how far you've come — and forward to everything still waiting for you. Because this isn't an ending. It's your continuation. With deep gratitude and belief in your strength,
Rachel 

An Invitation to Connect

Healing doesn't happen in isolation — it grows in connection, shared stories, and gentle encouragement.

If Unfiled and this workbook have resonated with you, I'd love to stay connected. Together, we can keep building a community where small wins are celebrated, progress is honoured, and every journey — no matter how messy or meandering — is valued.

You can:

-  Join the conversation: share your reflections or wins from this workbook.
-  Connect on social media:
Orderfromchaoswithrachel
-  Explore the series: Baking Memories, Bottling Dreams • Unfiled • on Amazon

However you choose to connect, know that your story matters. You are proof that healing, growth, and possibility are not just abstract ideas — they are lived experiences, built one small, brave step at a time.

When we share our stories, we give others
permission to begin theirs.” — Rachel 💖

