

Worksheet — Punctual. Empty.

For the version of you that's been showing up for everyone else.

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Name: _____

Date: _____

No right answers here — just space to be honest with yourself.

Write quickly. Don't edit. Let it be messy. Come back as often as you need.

01 Lately, I've been "fine" about...

02 What's one thing you've done recently only because someone was watching?

03 Name the last time you felt like you were performing instead of living.

04 What would you do differently if no one was keeping score?

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05 I'm tired of pretending that...

06 When did you last do something just because it made you happy — not because it made sense?

07 Who do you wish you could be 100% honest with — and what's the one thing you haven't said?

08 Name one thing you keep doing that's never actually felt like you.

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09 If you cancelled everything tomorrow, what's the first feeling that would show up?

10 What's one thing you keep almost saying out loud — but swallow back down?

11 Write what you'd want for yourself if no one else got a say in it.

12 The last time I let myself feel something all the way through was...

Come back to this whenever “fine” starts feeling heavy.

This is page 3. You made it here. That already means something.