



EMBRACE REFLECTION GUIDE

“What’s Weighing on You?”

A simple tool to help you identify what keeps showing up and take one realistic next step.

Before You Begin

This guide is not a test. There are no wrong answers.

Sometimes the hardest part of moving forward is figuring out what’s actually weighing on you. Not the surface-level stress, but the deeper thing — the pattern, feeling, or challenge that keeps showing up no matter what you try.

The EMBRACE Model gives you a simple, structured way to pause, name it, and take one realistic step forward.

How to Use This Guide

- 1 Find a quiet moment. Even five minutes is enough.
- 2 Read each section slowly. Let the questions sit before writing.
- 3 Write honestly. No one else needs to see this.
- 4 Focus on one thing. Just name what’s loudest right now.
- 5 Take one step. By the end, you’ll have a realistic next step.

“People are not always resistant to change.
Sometimes they just don’t have a clear way to work
through what is weighing on them.”

— Jan Davidson

Beside you on the journey,

Your EMBRACE Reflection

E Evaluate — Finding Your Ground

Take an honest, kind look at where you are right now.

What keeps showing up for you lately? What feels heavy or unresolved?

If you had to name the one thing weighing on you most, what would it be?

M Maintain — Nurturing Your Progress

Identify what is steady and supportive in your life right now.

What is already working? What people, habits, or routines help you hold steady?

What is one thing you want to protect or keep doing?

B Balance — Harmonizing Your Heart

Notice where things feel off and where adjustment is needed.

Where does your life feel out of alignment right now?

What would feel more balanced? What small shift could help?

R Reach Out / Release — Lightening the Load

Let someone in — or begin letting something go.

What are you holding that may be ready to shift?

Who could you talk to? What would it feel like to let someone in?

A Action — Stepping Into Your Power

Take a small, realistic step forward. Not a perfect one — just a real one.

What is ONE thing you can do this week — even a small one?

What has stopped you before? What could be different this time?

C Connect / Commit — Building Your Circle

Reconnect with your values and commit to continued movement.

What matters enough to keep going?

Who will you share your next step with?

E Empower — Owing Your True Grit

Recognize your capacity to keep showing up — even when it's hard.

What strength have you already shown — even if no one noticed?

If you could say one kind thing to yourself right now, what would it be?

Your One Next Step

You've paused. You've reflected. Now name it:

The one realistic step I will take this week:

Want to Go Deeper?

Jan Davidson is hosting a free 90-minute webinar on May 19, 2026, walking through the full EMBRACE Model with real-life application. Everyone who registers receives a free downloadable resource.

Register free: embraceyourjourney.net/webinar

*"This is not about perfect solutions.
It is about giving yourself a place to start."*