



Tiny Buddha's

Best You, Best Life

TOOLKIT

Tiny Steps to Come Home to Yourself

A Workbook for Sensitive Souls Who Feel Lost or Misunderstood

Dear You,

If you've ever felt like you're too much or not enough...

If you've been told to "toughen up," "stop overthinking," or "let it go" more times than you can count...

If you're emotionally tuned in to *everyone else* but can't quite hear yourself anymore...

There's nothing wrong with you. You're just deeply feeling in an overwhelming world that wasn't built for sensitive souls like you.

This workbook is here to help you reconnect with who you are beneath all the noise—your feelings, your needs, your voice.

Not to change you, but to remind you: your sensitivity isn't the problem. It's part of your power.



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10 Questions to Reconnect With Yourself

1. When was the last time you felt like yourself? What felt different then?
2. What parts of yourself have you quieted to fit in—or to avoid judgment?
3. What do you long for that you rarely say out loud?
4. When do you feel most energized and alive, and when do you feel most drained?
5. Whose voices have you internalized about how you “should” be?
6. What do you know to be true about your heart, even if others don’t see it?
7. How do you tend to cope when you feel misunderstood or unseen, and how does this help or hurt you?
8. What helps you feel safe enough to be fully yourself?
9. What do you need more of in your daily life to support your sensitivity?
10. What might you do differently if you gave yourself full permission to be who you are?

by Lori Deschene, Tiny Buddha founder, tinybuddha.com/bundle



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5 Tools for Sensitive Souls Who Feel Disconnected

1. The Compass Check

Grab a piece of paper and write down three words that describe:

- Who you are at your core
- How you want to feel
- What matters most to you right now

Use this as a daily compass. When you're pulled in a dozen directions, return to those words to re-center.

2. The Energy Check-In

Ask yourself: Is this feeling, thought, or pressure really mine, or did I pick it up from someone else?

This might be someone else's sadness, stress, frustration, expectations, or even their unspoken needs.

If it's not yours, take a deep breath and imagine setting it down—like taking off a heavy coat you've been carrying all day without realizing it.

Then ask: "What is mine right now? What do I need?"

This helps bring you back to your own emotional center—where your needs, feelings, and voice live.



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5 Tools for Sensitive Souls Who Feel Disconnected (cont'd)

3. The "Should" Detox

Write down 3-5 things you feel like you should do, be, or feel right now. Then cross out the word "should" and ask:

- Do I actually want this?
- Who told me this was necessary?
- What would I choose if I trusted myself?

This helps you separate internal pressure from authentic desire.

4. The Inner Advocate

Think of a version of you that fiercely protects your peace. What do they sound like? What would they say when you:

- Over-apologize
- Feel like a burden
- Hide parts of yourself to feel accepted

Write a short script your inner advocate might say, then practice saying it to yourself when you need it most.

(Ex: "You don't have to earn rest. You're allowed to step back. You're doing enough.")



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5 Tools for Sensitive Souls Who Feel Disconnected *(cont'd)*

5. Sensory Sanctuary

Create a small ritual, space, or sensory experience that feels like emotional shelter.

- Noise-canceling headphones
- Weighted blanket
- Favorite scent
- Soft light

Let this be your nervous system's safe room.

5 Permission Slips for Sensitive People Finding Their Way

1. I give myself permission to be soft in a world that prizes hardness.
2. I give myself permission to listen inward before I perform outward.
3. I give myself permission to let people misunderstand me without chasing their approval.
4. I give myself permission to need more space, quiet, or gentleness than others do.
5. I give myself permission to belong to myself—first, and fully.

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Want a Guided Path to Reconnect with Yourself?

If you've been feeling lost, disconnected, or unsure who you are beneath the noise of daily life, you'll love this beautiful, supportive course by psychotherapist and sensitivity expert Julie Bjelland:

The Self-Discovery Journey for the Sensitive Soul

This course is designed specifically for highly sensitive people (HSPs) who want to understand themselves better, develop deep self-trust, and live with more clarity, peace, and purpose.

You'll learn:

- What it means to be sensitive—and why it's a strength
- How to set boundaries and protect your energy
- How to hear your own voice again
- Tools for confidence, inner calm, and aligned living

Get it now in the Best You, Best Life Bundle.

For a limited time, you can get *The Self-Discovery Journey*—plus more than a dozen other powerful tools to support your emotional wellness—for 95% off.

This bundle includes resources for:

- Nervous system healing
- Stress and anxiety relief
- Relationship support
- Self-compassion and mindfulness
- Reconnecting with joy, purpose, and peace

[Click here to explore the bundle](#)

Available through May 21st.