



THE REINVENTION ROOM

Season 1 Reflection Guide

Listen. Reflect. Reconnect. Reinvent.

"Your next chapter does not require permission. It begins with one honest decision."

A guided companion for the eight episodes of Season 1

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Welcome to The Reinvention Room

This guide is your invitation to slow down and listen to what your life may be trying to tell you. Season 1 explores identity, change, courage, purpose, relationships, and the daily choices that shape your future.

There are no perfect answers here. Write honestly. Circle what stands out. Return to a prompt when you need it. Reinvention is not a single dramatic leap; it is often a series of small, brave decisions.

You are not behind. You are becoming.

How to Use This Guide

- 1. Listen:** Play one episode without pressuring yourself to solve everything.
- 2. Reflect:** Notice which words, memories, fears, or possibilities surface.
- 3. Write:** Respond without editing or judging yourself.
- 4. Act:** Choose one small next step before moving to the next episode.

My intention for this season:

EPISODE 1

Have I Outgrown This Version of My Life?

Sometimes discomfort is not failure. It is evidence that the version of life that once fit you may no longer match who you are becoming.

"Growth often begins as a quiet feeling that something no longer fits."

The Honest Check-In

What parts of my life still feel aligned? What parts feel heavy, performative, or too small?

The Identity I Have Outgrown

Which role, habit, expectation, or version of success am I ready to release?

One Brave Admission

What truth have I been avoiding because acknowledging it might require change?

Your Reinvention Action

Choose one area of your life to observe this week without fixing it. Simply notice what energizes you and what drains you.

My next step:

EPISODE 2

The Cost of Staying the Same

Change carries risk, but staying in the same place carries a cost too. This episode asks you to name that cost honestly.

"Familiar does not always mean safe, and comfortable does not always mean aligned."

What Is Staying the Same Costing Me?

Consider your energy, confidence, health, relationships, creativity, time, and future opportunities.

The Fear Beneath the Fear

What do I believe could happen if I change? What evidence supports or challenges that belief?

Six Months From Now

If nothing changes, how might I feel six months from today?

Your Reinvention Action

Identify one “too small to fail” action you can complete in the next 48 hours.

My next step:

EPISODE 3

Permission to Want More

Wanting more does not erase gratitude. You can appreciate your life and still feel called toward growth, joy, freedom, or purpose.

"Desire can be information, not ingratitude."

What Do I Want?

Write what you want without explaining, minimizing, or making it realistic.

Whose Voice Is That?

Which opinions or expectations make me feel guilty for wanting more?

Permission Slip

Complete this sentence: I give myself permission to...

Your Reinvention Action

Say one desire out loud to yourself or to a trusted person.

My next step:

EPISODE 4

When Your Life Looks Fine but Doesn't Feel Right

A life can look successful from the outside while feeling disconnected on the inside. Alignment requires honesty beyond appearances.

"A life that looks good is not always a life that feels like yours."

The Outside View

How might someone describe my life from the outside?

The Inside Truth

How does my life actually feel when no one is watching?

Where Am I Performing?

Where am I pretending to be satisfied, confident, happy, or certain?

Your Reinvention Action

Create one moment this week that is only for you, not for approval, productivity, or appearance.

My next step:

EPISODE 5

You Don't Need Permission to Start Over

You are allowed to change direction, begin again, and make a new choice even when others do not understand it.

"You do not need consensus to honor what you know."

The Permission I Am Waiting For

Whose approval have I been waiting to receive?

What I Already Know

What decision would I make if I trusted myself completely?

A New Beginning

What could starting over look like in a small, realistic way?

Your Reinvention Action

Make one decision based on self-trust rather than outside validation.

My next step:

EPISODE 6

The People Who Knew the Old You

Growth can challenge relationships when people are most comfortable with an older version of you. You can evolve without apologizing for becoming more honest.

"You are allowed to become unfamiliar to people who only knew you when you were shrinking."

Where Am I Shrinking?

Around whom do I edit myself, downplay my goals, or return to an older role?

Relationship Inventory

Who celebrates my growth? Who tolerates it? Who resists it?

A Needed Boundary

What boundary would protect the person I am becoming?

Your Reinvention Action

Practice one clear, kind sentence that honors your boundary.

My next step:

EPISODE 7

Your Next Chapter Won't Look Like Your Last

Your future does not need to recreate your past. Reinvention may ask you to release an identity that once served you.

"The next chapter can be beautiful precisely because it is different."

The Identity I Am Releasing

Which title, role, or version of success am I still trying to prove?

My Next Chapter Looks Like...

Finish the sentence repeatedly without editing yourself.

What Becomes Possible?

What could open up if I stopped trying to recreate the past?

Your Reinvention Action

Choose three words you want your next chapter to feel like.

My next step:

EPISODE 8

Becoming the Person Your Future Is Waiting For

Your future is built through present-day habits, choices, standards, and courage. Becoming comes before sustaining the life you desire.

"Your future is not only something you reach. It is someone you become."

Meet Your Future Self

Describe the future version of you: how she thinks, speaks, chooses, rests, works, and loves.

The Habit Gap

Which daily habits support that version of me? Which habits keep me tied to the past?

Begin Today

What would my future self ask me to start, stop, or continue today?

Your Reinvention Action

Choose one identity-based habit and commit to it for the next 30 days.

My next step:

Season 1 Integration

Pause before rushing into the next thing. Look back at what you wrote and notice the patterns, truths, and desires that repeated themselves.

The Message I Needed Most

Which episode spoke to me most deeply, and why?

The Pattern I Can No Longer Ignore

What theme appeared across several episodes or responses?

What I Am Ready to Release

What belief, role, habit, expectation, or relationship dynamic am I ready to loosen?

What I Am Ready to Choose

What do I want to move toward with greater intention?

My Next Chapter Commitment

Reinvention becomes real when reflection turns into action.

The Person I Am Becoming

I am becoming someone who...

My Three Guiding Words

The three words I want this next season to feel like are...

My 30-Day Commitment

For the next 30 days, I will...

The Support I Need

Who, what, or which boundary will help me honor this commitment?

Signed:

Date:

*Your next chapter is not waiting for a perfect version of you. It is waiting
for the willing one.*



Keep the Conversation Going

Listen to The Reinvention Room, share your reflections, and connect with a community of people redefining what is possible in their lives.

Listen. Reflect. Connect. Begin again.

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Let's Connect 



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*Thank you for being here.
Your next chapter is already beginning. *