

# You vs U

## The Self-Relationship Reset

*PAUSE. REFLECT. RECONNECT  
WITH YOURSELF.*

**A GUIDED REFLECTION TO HELP  
YOU RECONNECT, REALIGN, AND  
CHOOSE YOURSELF.**



**CREATED BY KENDRA SCOTT  
RELATIONSHIP LIFE COACH | YOU VS U**

# Before You Begin

THIS GUIDE IS AN INVITATION TO SLOW DOWN AND RECONNECT WITH YOURSELF.  
THERE IS NOTHING HERE TO FIX, FORCE, OR RUSH.

Answer each question honestly. Let your responses be real, not perfect.

Awareness is the first step toward alignment, and alignment begins within.

*“I give myself permission to pause and  
listen to myself.”*

# Self Reflect

## CORE SELF-RELATIONSHIP PROMPTS

1. Where in my life do I feel disconnected from myself right now?  
*(Emotionally, mentally, spiritually, or relationally)*

2. What patterns keep repeating in my relationships and how do I usually respond?

3. What am I holding onto that no longer serves the person I'm becoming?  
*This question reveals where growth is asking for your attention.*

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4. What do I need more of right now to feel supported and grounded?

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5. If I truly choose myself more intentionally, what would change?

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# Awareness Is Power



**YOU VS U**

ELEVATE, EMBODY, EVOLVE!

IF THIS GUIDE STIRRED EMOTION,  
CLARITY, OR REFLECTION, THAT'S NOT  
AN ACCIDENT.

IT MEANS YOU'RE BECOMING MORE  
AWARE OF YOURSELF, AND AWARENESS  
CHANGES EVERYTHING.

YOU DON'T HAVE TO DO THIS WORK  
ALONE.

## Call To Action:

When you're ready to go deeper, I'd love to support you through intentional coaching and guided growth experiences.

*"I am worthy of growth, clarity, and meaningful connection."*