7 Signs You've Lost Yourself

A GENTLE GUIDE FOR WOMEN FINDING THEIR WAY BACK TO *themselves*

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A note from Ellie

If you're reading this, there's a good chance you've been carrying a lot.
Perhaps you've spent years looking after everyone else.
Perhaps you've survived something difficult.
Perhaps you've become so focused on getting through the day that you've stopped asking yourself what you need.
It happens slowly.
You don't wake up one morning and decide to lose yourself.
You simply adapt.
You become responsible.
You become dependable.
You become who everyone needs you to be.
Until one day you're left wondering:
"What happened to me?"
If that sounds familiar, you're not alone.

This guide is a gentle place to begin finding your way back.

A Gentle Note:

This guide is intended as a source of education, reflection, and personal insight.
It is not counselling, therapy, medical advice, or crisis support.
Please take what feels helpful, leave what doesn't, and seek professional support if you need assistance with your mental, emotional, or physical wellbeing.
Be gentle with yourself as you move through these reflections. There is no right way to do this work and no timeline for healing, growth, or change.

Sign 1

You Don't Know What You Want Anymore

When someone asks:
"What do you want?"
you immediately think about everyone else first.
Their needs.
Their schedules.
Their expectations.
Their feelings.
Somewhere along the way, your own voice became very quiet.

If nobody else's opinion mattered , what would you choose more of in your life?

Sign 2

You Feel Disconnected From Yourself

You get up.
You do what needs to be done.
You function.
You manage.
But something feels missing.
The person you once were feels distant.
Almost like someone you used to know.

Think back to a time when you felt most like yourself.
What was different then?

Sign 3

You're Always Tired

Not just physically.
Emotionally.
Mentally.
Spiritually.
You feel like you're carrying the weight of everything and everyone.
You're constantly giving.
But rarely refilling your own cup.

What responsibility are you carrying that may not actually belong to you?

Sign 4

You Constantly Second-Guess Yourself

You replay conversations.
Question decisions.
Seek reassurance.
Worry about getting things wrong.
Trusting yourself feels harder than it used to.

What would change if you trusted yourself a little more than you trusted your fears?

Sign 5

Your Life Looks Fine On The Outside

Many people would look at your life and assume everything is okay.
And in some ways it is.
But deep down, something still feels missing.
You can't always explain it.
You simply know you were made for more than surviving.

What part of yourself feels unseen right now?

Sign 6

You've Forgotten What Brings You Joy

Life became obligations.
Appointments.
Responsibilities.
Bills.
Deadlines.
The things that once lit you up slowly disappeared.
Not because they weren't important.
But because there never seemed to be enough time.

What did the younger version of you love doing?

Sign 7

You're Longing For Something To Change

You can feel it.
The quiet restlessness.
The pull towards something different.
The sense that a new chapter is waiting.
You may not know exactly what needs to change.
But you know you cannot stay where you are forever.

If nothing changed over the next five years , how would you feel?

Finding Your Way Back

Here's something I want you to remember.

You do not need fixing.
You are not broken.
You have not failed.
The person you're searching for isn't gone.
She's still there.
Beneath the expectations.
Beneath the responsibilities.
Beneath the self-doubt.
Beneath the years spent putting everyone else first.
Finding yourself again is not about becoming someone new.
It's about returning to who you've always been.

One choice.
One step.

One moment of honesty at a time.

Your Next Step

If this guide resonated with you, you may enjoy:

Finding Yourself Again

A self-guided learning pathway designed to help you reconnect with your identity, values, strengths, and future direction.

Identity Reinforcement Audio Experience

A guided audio experience designed to strengthen self-belief and reconnect you with who you truly are.

Identity & Clarity Session

A private one-to-one session with Ellie for women seeking clarity, confidence, and direction.

A Final Reminder

You do not need to have everything figured out.
You do not need to rush.
You do not need to become somebody different.
Sometimes the bravest thing we can do is pause long enough to ask

"What do I need?"

Because the journey back to yourself begins there.

With warmth,

Ellie Fayne