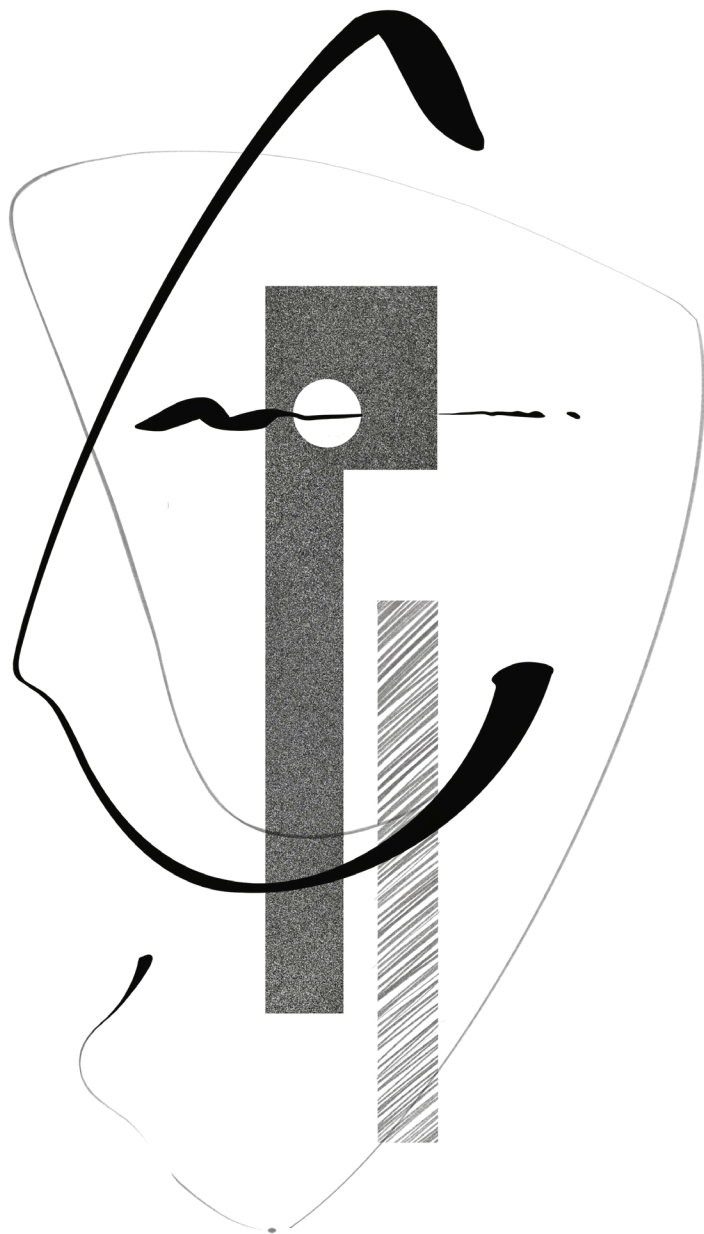


Let's Reflect

A companion guide for self-discovery and growth

Additional questions for 'Let's Meet in Barcelona'



Gabrijela Šitum

Hello, brave and curious soul

This workbook is your companion on a journey of self-discovery, reflection, and creativity, inspired by *Let's Meet in Barcelona*. Inside, you'll find exercises, thought-provoking questions, and activities designed to help you connect deeply with yourself and spark new insights. Each question or prompt is thoughtfully paired with a poem or prose from the book, inviting you to explore your own experiences and emotions.

There's no need to search for the "right" answers here. This is your space to reflect, dream, and imagine new possibilities. So grab a pen, find a cozy spot, and dive in. Let this journey be a time to uncover what truly matters to you, and to take steps—no matter how small—toward a life that feels genuinely yours.

Let's begin!

Welcome

What does “welcome” mean to you in your life right now?
How can you be more welcoming to new opportunities or changes?

You know where the door is, I would appreciate it if you left

What or who in your life no longer serves you, and how can you gracefully let go?

Dance with others, but don't forget to dance alone

Who or what would you like to invite into your life, and how would you like to feel in their presence?

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Echoes of Communication

Think of a conversation that left a lasting impact on you. What did it teach you about communication?

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“What time is it?” I asked.
“Time to explode,” said the sun.
What untapped potential within you is ready to come alive?

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In a new skin after so many burning wounds
What have you shed or outgrown recently, and how are you
embracing this new version of yourself?

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I lost my love for the old home so that I could
build a new one

Describe a time when you had to leave something behind to make
room for something new.

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Time

How do you currently spend your time, and what would you like to
change about it?

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Just do it

What’s one thing you’ve been putting off, and what small step can you take today to start?

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Let it go, breathe, and go with the flow

What area of your life would benefit from a bit more ease and flexibility? How can you start to “go with the flow” in that area?

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My Definition of Strength

What does strength mean to you? Reflect on a time when you felt strong, either emotionally or physically.

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On the run

What are you running toward, or away from, in your life right now?

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Appreciating Acts

Think of someone whose kindness made a difference in your life.
How can you show appreciation to them or to others?

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Reflections

Where in your life do you need to create space for rest and renewal?

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Unconditional Naivety

Reflect on a moment when you felt childlike curiosity or innocence. How can you bring more of that openness into your life?

Sand Everywhere

What environments or experiences do you find yourself drawn back to, even when they linger like sand—familiar and comforting, yet inescapable?

Let’s meet in Barcelona

What does “meeting yourself” look like? If you were to meet the truest version of yourself today, what would they tell you?

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Final Thoughts

Looking back on this journey, what insights have resonated with you the most? What steps will you take moving forward?

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Now, maybe it's time for you to write your own story

This workbook is just the beginning. Thank you for being brave enough to dive into this journey of reflection, exploration, and growth. As you continue, you might find the urge to put your own experiences into words, or to keep exploring what truly matters to you.

If you haven't yet, be sure to check out *Let's Meet in Barcelona*. It's filled with more insights, poetry, and reflections that can support you along the way. And remember, this journey is yours to embrace, at your own pace.

Feel free to reach out anytime—I'd love to hear from you, whether it's your thoughts, reflections, or just a hello.

My email is journeywithgabrijela@gmail.com, and you can also find me online at www.journey-with-gabrijela.com.

And hey, if you need a cheerleader on this path, I'm here for you.

Enjoy the journey,
Gabrijela