

FUCK STAYING SILENT · SOULFUL HORIZONS

Map of My Forest

This is yours — you gave me thirty honest minutes,
so here's something back.

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In session, we sketched the outline of your forest — enough to see roughly where you're standing. This is room to go back into it properly, without me steering the questions.

You don't have to fill in every part. Go where it's loudest and let the rest wait.

WHY THIS HAPPENS

Overwhelm doesn't usually mean there's more going on than usual. It means several things are demanding attention at once, none of them resolved, and your mind's trying to hold all of it live at the same time. Attention's limited — split it six ways and none of the six get looked at properly.

Writing something down, or mapping it out like this, isn't a nice-to-have habit. It gives your mind somewhere to put a thought that isn't your working memory. Once something's got a place outside your head, it needs less energy to keep track of — which is often why people feel calmer partway through mapping something, before they've solved a single thing.

Reflection Prompts

1. The Forest & The Well-Worn Paths — what's the overall feel of things right now, and which patterns do you keep finding yourself back on?

2. The Clearing & The Lantern — where does it feel a little less dense, and what have you been getting more aware of lately?

3. Sacred Whispers & The Compass — what's your body saying that your mind keeps talking over, and which way does your gut point, if you trusted it?

*You don't need to map the whole
forest in one sitting. The real
thing's usually in the one part that
keeps pulling your attention back.*

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*This workbook is a reflective tool, not a replacement for
professional support. If you want to go further, 1:1 coaching is
where the real work happens — and there are four more tools
like this one waiting for you too.*

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