WHOLE SOUL HAPPINESS
Your Exquisite Life Revealed

THE WHOLESOUL™ RESET

# Five honest questions for your next move

## *A short reflection guide from Laila Morcos Zissis*

There is a particular kind of tired that sleep does not solve. It shows up when your energy, your boundaries, your work, or your sense of self have drifted out of conversation with one another.

This is not a productivity worksheet. It is a place to tell the truth without turning the truth into another problem to solve.

> **Take seven quiet minutes.** Use a notebook. Answer quickly before your inner editor starts producing a press release.

## 01 · What is actually draining me?

Name the thing beneath the thing. Is it the number of tasks, the emotional labor, the decision-making, the people-pleasing, the uncertainty, or the story you are carrying about what you should be able to handle?

**Write it plainly:**

## 02 · What am I carrying that is not mine?

Notice the expectations, urgency, guilt, or responsibility you picked up because you are capable. Capability is not a lifetime contract.

**What can be returned, renegotiated, delegated, or released?**

## 03 · What would “enough” look like today?

Not your ideal day. Not the version of you who has unlimited energy and a color-coded life. Today. Choose a definition of enough that lets your body, your values, and your actual responsibilities exist in the same room.

**Today, enough looks like:**

# Let the answer get practical.

You are not solving your whole life on these pages. You are noticing what deserves your attention next.

## 04 · Where am I performing instead of participating?

Performance can look polished while your real life is asking for honesty. Where are you saying the right thing, making the right face, or keeping the peace while quietly leaving yourself out of the picture?

**The more honest sentence is:**

## 05 · What is one next move my future self can trust?

Do not build a new identity today. Choose one move that creates evidence for the person you are becoming. Make it specific, kind, and small enough to do before the week gets loud again.

**My next move is:**

## You do not need a whole new life today. You need one honest next move, followed by another one you can actually sustain.

If these questions opened something useful, bring the page to a conversation with Laila. The work is personal. The standard is rigorous. There is room for the hard truth, the useful plan, and the laugh that makes both easier to live with.

**Learn more:** lailamorcoszissis.com

*This guide is educational and reflective. It is not medical advice, diagnosis, or treatment.*