Tiny Shift, Big Change

By My Unique Wooman

This isn't a test.  
This isn't a quiz.  
This is a moment.  
A pause.  
A soft invitation to look inside, gently.

Below are 12 questions, each designed to stir a thought, open a door, or raise a quiet eyebrow. They’re not always comfortable, but they are yours. And hidden within them? A whisper of what you may be ready to change.

Let’s begin.

**1. Do you ever feel like something is missing — even when everything 'should' feel right?**

Because sometimes, what’s missing is you.

**2. When was the last time you did something for the first time?**

Growth often starts at the edge of the unknown.

**3. Have you forgotten a dream that once lit you up?**

It might be time to remember.

**4. Do you find yourself scrolling, buying, or talking — just to avoid being alone with your thoughts?**

Your silence might be your most honest mirror.

**5. If your best friend lived your life today — what advice would you give her?**

Now try giving it to yourself.

**6. Is the life you’re living today a reflection of your desires — or your fears?**

It’s hard to tell sometimes. That’s why this question matters.

**7. Do you ever say yes when every cell in your body wants to say no?**

Notice how often you betray yourself in small, polite ways.

**8. What’s one truth about yourself you rarely say out loud?**

Write it. Whisper it. Let it breathe.

**9. What would happen if you stopped explaining yourself?**

To your family. Your friends. The world.

**10. Do you believe that when fear shows up — it might actually be pointing toward something good?**

Sometimes fear is your compass. Not your stop sign.

**11. If every step you take needs validation — have you forgotten how to walk alone?**

Courage doesn’t always come with applause.

**12. If you're someone who needs to consult everyone before deciding... have you lost your own voice?**

You might already know the answer. It’s just waiting for you to trust it.

If one of these questions sparked something — don’t ignore it.  
Maybe it’s time to begin again, in a slightly new way.

This mini reflection is a gift from My Unique Wooman —

Because sometimes, all it takes is a tiny shift to start a big change.