



# Mindful Transitions

# Setting Yourself Up for Security in 2026

Ready to make change?

**Book a 30 minute 'alignment call', real conversations, no expectations.**

A Mindful Transitions™ reflection guide

# Welcome

## Security Before Success

Hey you,

First things first, welcome.

And no, you're not behind.

You're not late.

And you definitely don't need fixing.

If you're opening this with a mix of hope, curiosity, and a quiet "please let this year feel different", you're exactly where many thoughtful, capable humans find themselves in January.



There's a lot of noise at the start of a new year.

Big energy. Big promises. Bigger pressure.

New goals. New habits. New you.

And while some of that can be energising, it can also quietly send the message that who you are right now isn't enough yet.

Let me be clear — it is.

Here's the truth most people skip over:

Sustainable change doesn't start with pushing. It starts with support.

I've spent years working with high-functioning humans, leaders, parents, carers, creatives, people who are deeply capable and quietly tired. People who don't lack ambition, intelligence, or willpower... but who have been carrying a lot for a long time.

And what I've noticed, again and again, is this:

When life feels heavy, when goals stall, when motivation wobbles, it's rarely because someone isn't trying hard enough.

It's because they're trying to build a future on an under-supported system.



That's where this guide comes in.

# Welcome Continued...



This isn't a workbook about doing more.

It's a space to pause, notice, and reset the foundations you're building from.

You'll be invited to explore your core needs — not as something to “optimise,” but as signals of what allows you to feel steady, connected, and resourced.

You'll meet the Mindful Transitions™ approach — a way of moving through change without overriding your nervous system or abandoning yourself along the way.

And you'll be gently encouraged to listen to what your system has been trying to tell you — sometimes quietly, sometimes loudly — for a while now.

Here's what I ask of you as you move through these pages:

- Don't rush.
- Don't perform.
- Don't try to get it “right.”

Let this be a conversation, not a checklist.

Reflection, not correction.

And yes — we'll talk about growth.

But not the kind that comes from pressure or self-criticism.

The kind that comes from **security**.

Because when you feel safe enough, supported enough, and resourced enough — progress stops feeling like a fight.

And success starts to feel human again.

So take a breath.

Drop your shoulders.

You're allowed to arrive exactly as you are.

Let's begin — gently, honestly, and with just enough sass to remind you that you don't have to disappear to become more.

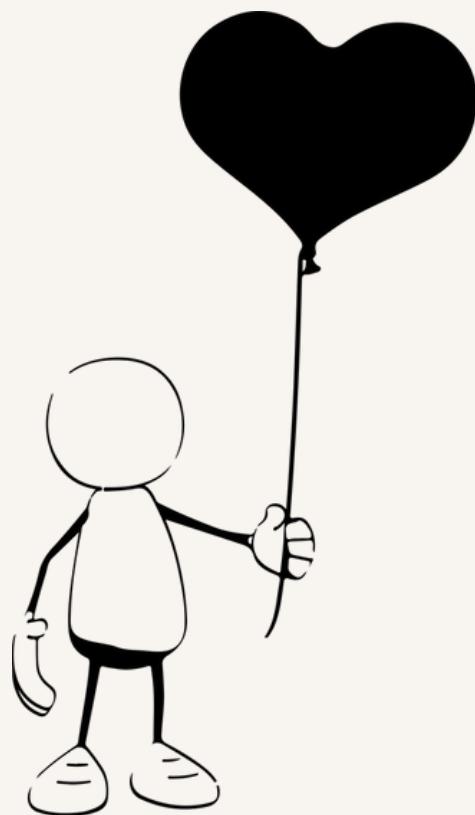
With you,

**Sonya**



# Section One

## 6 Core Needs



# The Foundations Beneath Your Goals

Before we talk about what you want this year, we need to talk about what supports you while you're moving toward it.

There's a well-known framework, often attributed to Tony Robbins, called the Six Core Human Needs. You may have encountered it before in leadership, coaching, or personal development spaces. But here's the reframe I want to offer you: These needs aren't a self-improvement checklist. They're a self-support system. When these needs are met, growth feels expansive. When they're ignored, even good goals start to feel heavy.

So as you read through each one, I invite you to do something different:

- Don't analyse
- Don't judge
- Don't rush to fix

Just notice.

Sometimes awareness alone creates more relief than effort ever could.



# I. Certainty — The Need for Safety & Stability

Certainty isn't about controlling outcomes or having everything figured out.

It's about the felt sense that you are supported enough to meet what arises.

When certainty is present, your body can settle.

When it's missing, the nervous system stays on alert — even when life looks "fine" on the outside.

You might notice a lack of certainty if:

- you feel constantly on edge or rushed
- rest feels unproductive or unsafe
- your mind keeps scanning for "what's next"

Reflection:

- Where in my life do I feel steady right now?
- Where am I asking myself to cope without enough support?

 Write here...

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## 2. Variety — The Need for Aliveness & Movement

Variety is the part of you that wants space to breathe, create, explore, and change pace.

Without it, life can start to feel repetitive, dull, or quietly draining — even if everything is technically “working.”

You might notice unmet variety if:

- your days blur into one another
- joy feels muted
- creativity feels blocked or distant

Reflection:

- Where does my life feel overly rigid or repetitive?
- What kind of variety would feel nourishing — not overwhelming?

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*“Security is not a reward for success — it’s the foundation that makes success sustainable.” - Sonya Figueiredo*



# 3. Significance – The Need to Matter

Significance isn't about ego.

It's about knowing that you — your thoughts, feelings, and presence — matter.

When significance is outsourced entirely to achievement or approval, self-trust erodes.

When it's internal, confidence becomes quieter — and steadier.

You might notice this need if:

- you minimise your own needs
- you wait for permission to take up space
- you feel invisible even when you're contributing a lot

## Reflection:

- Where do I feel seen and valued — without performing?
- Where am I still proving instead of allowing?



Write here...



# 4. Connection – The Need for Belonging

Connection isn't about being surrounded by people.  
It's about feeling emotionally met and safe to be yourself.  
Many people are very good at providing connection, and much  
less practised at receiving it.

You might notice unmet connection if:

- you feel lonely even when you're busy
- you're the strong one others lean on
- support feels uncomfortable or unfamiliar

## Reflection:

- Where do I feel genuinely met?
- Where might I be giving connection without allowing it back?



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*“Safety is not the absence of threat; it is the presence of connection.” - Stephen Porges*



# 5. Growth — The Need to Become

Growth is natural.

But when it's driven by pressure rather than curiosity, it stops feeling expansive and starts feeling exhausting.  
True growth feels steady, not frantic.

You might notice strained growth if:

- self-development feels like another task
- you're harsh with yourself for not being "there yet"
- progress feels never-ending

Reflection:

- What kind of growth feels nourishing right now?
- What would growth look like if I didn't rush it?

 Write here...



# 6. Contribution — The Need to Give & Make Meaning

Contribution is the desire to give, serve, and make a difference. But contribution without replenishment leads to depletion — not fulfilment.

You might notice imbalance here if:

- you give easily but struggle to receive
- you feel responsible for others' wellbeing
- resentment quietly creeps in

## Reflection:

- Where do I give from overflow?
- Where do I give from obligation?



Write here...

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*“You don’t lack discipline; you lack support for the system carrying your life.”* - Sonya Figueiredo

# A Gentle Reframe Before You Move On

Here's the key insight to hold as you continue:  
You don't need all six needs perfectly met.  
You just need to know which ones are asking for attention.  
This isn't about fixing yourself.  
It's about listening.

Because when your needs are acknowledged, your system softens.  
And from that place, clarity, motivation, and direction tend to follow naturally.

Take a breath.

And when you're ready, we'll move into the Mindful Transitions™ approach — a way of supporting change without abandoning yourself in the process.



# Mindful Transitions™

Moving Forward  
Without Leaving Yourself Behind



*“Integration is the key to well-being — linking differentiated parts into a functional whole.” - Dan Siegel*



# Moving Forward...

If you've made it this far, I want you to know something:  
This work wasn't created quickly.  
And it wasn't created generically.

It's been shaped over years of listening — to people's words, yes, but more importantly, to their bodies. To the moments where someone says "I'm fine"... while their system clearly isn't.

What I've learned is this:

Most people don't struggle with change.  
They struggle with how change is asked of their nervous system.

Mindful Transitions™ was born from that understanding.

It's a way of moving through growth, leadership, healing, and life transitions without overriding yourself, without forcing clarity, and without abandoning the parts of you that need steadiness before direction.

This is not a formula.

It's a way of relating to yourself during change.

At the heart of Mindful Transitions™ is a simple, embodied framework I call S.A.F.E.

Not because life needs to be controlled but because your system needs to feel supported enough to move.



# S – Slow the System

# Before insight.

## Before decisions.

Before goals.

We slow the system.

Because when your nervous system is activated, clarity is unreliable.

And when it settles, perspective returns naturally.

Slowing doesn't mean stopping your life.

It means creating enough internal space to hear yourself again.

### Notice:

- What happens in your body when you pause instead of push?
- Where do you feel the urge to rush — even here?



Write here...

*“Growth that costs you your nervous system is not growth — it’s pressure dressed up as progress.”* - Sonya Figueiredo



# A – Acknowledge Needs

Needs are not weaknesses.  
They are information.

When needs go unnamed, they don't disappear — they show up as exhaustion, irritability, or self-doubt.

Acknowledging needs isn't indulgent.

It's intelligent.

This step invites you to name what is actually required beneath the behaviour.

## Reflect:

- Which of my core needs has been asking for attention?
- What have I been overriding or postponing?



Write here...



# F — Fortify Foundations

This is where real change becomes sustainable.

Instead of leaping straight into action, we strengthen the foundations:

- safety
- self-trust
- internal steadiness

Because growth built on shaky ground will always feel harder than it needs to.

Fortifying doesn't mean waiting until you feel "ready."

It means ensuring enough support is in place so you don't burn out halfway through.

Consider:

- What helps me feel more grounded — physically, emotionally, relationally?
- What support would make this season feel steadier?

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# E — Embody the Next Step

Only once the system feels supported do we move forward.

Not in leaps.

In true steps.

Embodiment means your actions match your capacity.

That your body agrees with the pace you're setting.

This is where change becomes integrated — not just intellectually understood.

Ask yourself:

- What is one next step my system can actually carry?
- How will I know if I'm moving from steadiness, not urgency?



Write here...

*“The body keeps the score: if the memory of trauma is encoded in the viscera, in heart-breaking and gut-wrenching sensations, it must be addressed at that level.”*- Bessel Van der Kolk



# Why This Works (and Why It's Different)

Mindful Transitions™ doesn't ask you to push past discomfort. It teaches you how to move with yourself.

It honours:

- your nervous system
- your attachment patterns
- your lived experience

And it recognises that lasting change happens not when you try harder, but when you feel safe enough to grow.

This is the work beneath the work.

The part most systems skip.

And it's the reason so many people don't fail at change, they're simply unsupported while attempting it.

Take a moment here.

Let what's landed integrate.

When you're ready, we'll move into the next section, where we gently connect this foundation to the ways I support people more deeply, if and when that feels right for you.



## Section 4

# The Body's Role in Healing & Change



*“When your body feels safe enough, clarity stops being something you chase — it arrives.”* - Sonya Figueiredo



# A Quiet Journey of Becoming Secure

If there's one thing I want you to take with you from this guide, it's this:

Change doesn't happen just because you understand something. It happens when your body feels safe enough to live it.

Most personal growth focuses on insight — new ideas, new awareness, new intentions.

And insight matters.

But insight alone doesn't rewire patterns.

The body does.



# Why the Body Matters More Than We Were Taught

Your body is not a problem to overcome.

It's not something to "push through" or discipline into submission.

Your body is an intelligent system — constantly tracking safety, threat, connection, and belonging.

Long before your mind decides whether something is possible, your nervous system has already answered the question:

Is this safe for me?

When the answer is no:

- motivation drops
- clarity blurs
- follow-through becomes inconsistent
- and change feels exhausting instead of expansive

This isn't resistance.

It's protection.

*Neuroscience research shows that when the nervous system is in a state of threat, the brain prioritises survival over reflection, planning, and long-term decision-making.*



# Patterns Aren't Personal — They're Protective

Many of the patterns people want to “fix” over-functioning, withdrawing, people-pleasing, hyper-independence, emotional shutdown aren’t character flaws.

They’re adaptations.

Ways your system learned to stay safe, connected, or valued earlier in life.

When we try to change these patterns without involving the body, the system often tightens.

When we include the body, something softens.  
That softening is what allows real choice to return.



# Becoming Secure (What That Actually Means)

You may hear people talk about becoming secure and assume it's about being calm all the time, or never being triggered. It's not.

Becoming secure means:

- you can notice activation without being overtaken by it
- you can return to yourself after stress or disconnection
- you trust your internal signals more than external pressure

Security isn't perfection.

It's repair.

It's knowing how to come back to steadiness — again and again. And that capacity lives in the body.



# Why Gentle, Body-Based Work Creates Lasting Change

When the body feels included:

- insight integrates faster
- emotional responses become more flexible
- self-trust grows organically

This is why practices like:

- guided meditation
- somatic awareness
- gentle nervous system regulation
- and subtle energetic or quantum approaches can feel so powerful, not because they're magical, but because they work with the system instead of against it.

~~You don't have to relive the past.~~

~~You don't have to label yourself.~~

~~And you don't have to push into anything you're not ready for.~~

Healing happens at the pace safety allows.



# A Moment of Reflection

Before you move on, take a pause here.

You might like to reflect on one or two of these:

- Where does my body currently feel settled — even briefly?
- What does my system do when I feel pressured to change?
- What helps me return to myself when I'm stressed or overwhelmed?



Write here...

“You don’t need to push harder to change your life; you need to feel steadier while you change it.” - Sonya Figueiredo



# A Gentle Note Before We Close

If this section has stirred something, curiosity, relief, recognition, that's information, not obligation.

Some people choose to explore this work more deeply through understanding their attachment patterns, learning how security is built over time, and practising regulation and repair in embodied ways.

If that ever feels supportive for you, you're welcome to explore further.

And if not, what you've already done here still matters.

Nothing in you is behind.

Nothing in you is wrong.

Your system has been doing its best, and with the right support, it knows how to settle, grow, and move forward in ways that feel both safe and true.

Take a breath.

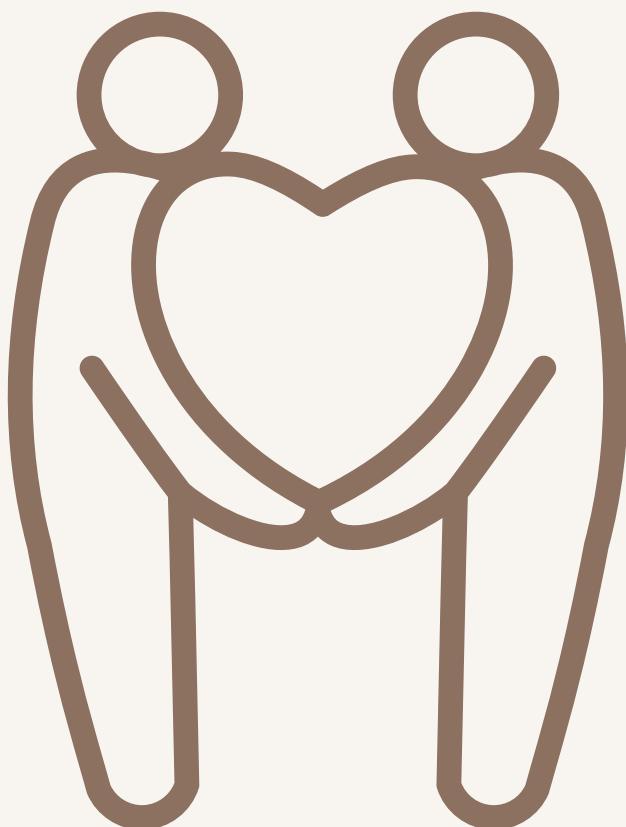
We'll close this guide gently next.



# Section 5

## Final Section

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# A Gentle Invitation — If and When You're Ready

If you've taken your time with this guide, I want to acknowledge something first:

You've already done meaningful work.

Pausing.

Reflecting.

Listening a little more closely to yourself.

That matters more than most people realise.

There's no requirement to do anything next.

No urgency.

No "should."

Just choice.



# When Support Can Be Helpful

Sometimes, reading and reflecting is enough to shift something. And sometimes, it simply makes clearer where support might help.

Not because you're stuck, but because you're ready to be better supported.

People often come to this work when they notice patterns like:

- repeating relationship dynamics
- difficulty resting or receiving support
- ~~over-responsibility or emotional over-functioning~~
- feeling capable on the outside but unsettled underneath

These aren't problems to solve.

They're signals, often pointing toward attachment, nervous system patterns, and the body's need for safety and repair.



# How I Support People (In Plain Language)

My work focuses on helping people become more secure — internally and relationally.

That can include:

- understanding your attachment patterns and how they shape relationships
- building emotional and nervous system safety
- strengthening secure leadership, presence, and boundaries
- reconnecting with younger parts of yourself with compassion
- using guided meditation, somatic awareness, and gentle energetic or quantum approaches to support integration and regulation

There's no single pathway.

And nothing is rushed.

We work at the pace your system can actually carry.



# If You'd Like to Explore Further

If you feel curious — not pressured — you're welcome to book a **30-minute Alignment Call** (send an email to [sonyafgrd.inquiry@gmail.com](mailto:sonyafgrd.inquiry@gmail.com)).

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This isn't a sales conversation.

It's a grounded, human discussion to explore:

- where you are
- what your system might need
- and whether working together feels supportive for you

And if it doesn't, that's completely okay too.  
You'll still leave with more clarity than you arrived with.

*“The most powerful shifts happen when we stop asking  
‘What should I do?’ and start asking  
‘What does my system need?” - Sonya Figueiredo*



# One Last Thing Before You Go

You don't need to become someone else to have a meaningful year.

You don't need to rush healing or growth.

And you don't need to earn rest, support, or steadiness.  
Security isn't a destination.

It's something that's built — moment by moment, with care.  
Thank you for being here.

Thank you for taking yourself seriously enough to pause.  
And whatever you choose next — may it be guided by  
steadiness, not pressure.

With warmth,  
Sonya



# Disclaimer



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