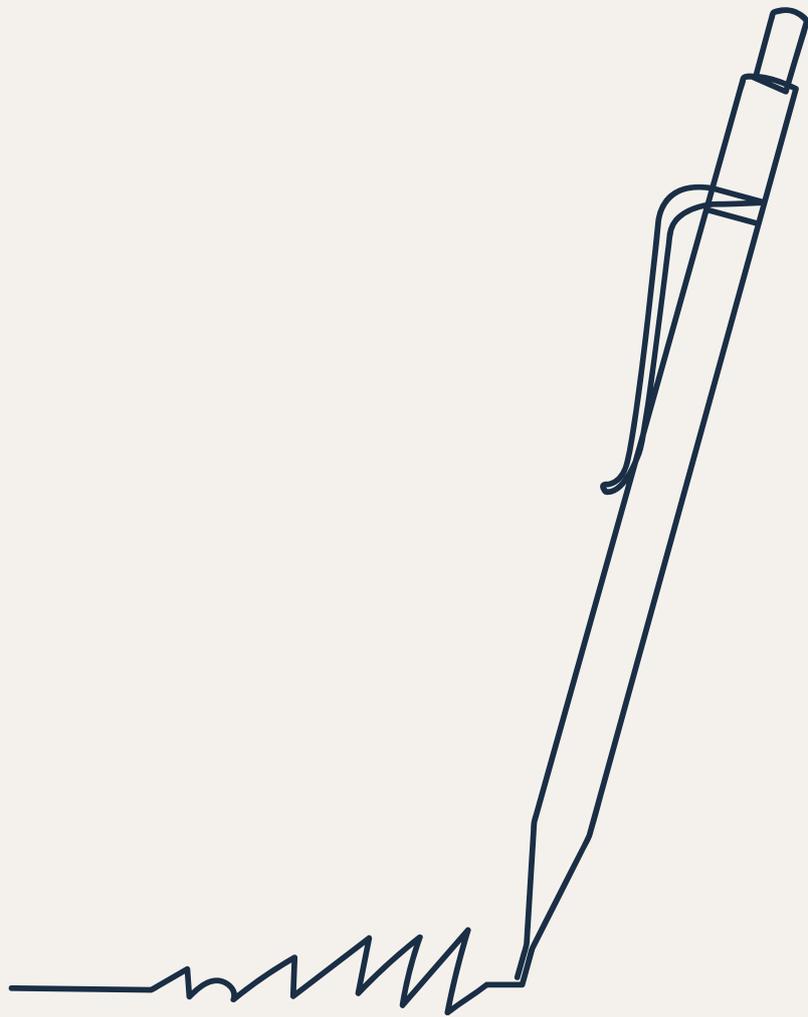


YOUR

Life Signal Check

by Hallie Hudson Peavey



A 5-minute reset to see if you're
living like the author of your life... or
just the character

HEY THERE!

You don't lose yourself all at once. It happens slowly. Responsibilities and expectations take priority. We slip into roles we don't question and make decisions that make sense at the time. For me, I spent years moving forward without stopping long enough to ask if the direction still felt like mine. Then, one day we look up and realize something feels off. It's not totally broken. Not dramatic.

Just... off.

Like you're living your life, but not fully writing it. It's like you became a character in a story you don't remember choosing.

So before you try to change anything, you need to see clearly where you are. This short check isn't about fixing your life today. It's about listening for your signal. To begin, answer the questions below without overthinking them. Your first reaction is usually the honest one.

Thanks for joining me here!



THE LIFE SIGNAL CHECK

When I make decisions lately, I usually feel:

- Clear
- Rushed
- Obligated
- Unsure
- Disconnected

The life I'm living right now feels like:

- Something I chose
- Something I fell into
- Something I built for other people
- Something I don't recognize anymore
- Something I'm still figuring out

The last time I felt fully like myself was:

(write a few sentences)

If nothing changed, the life I'm living would feel:

- Good
- Heavy
- Busy but not meaningful
- Empty in places I can't explain
- Uncertain

Right now I feel more like:

- The writer
- The actor
- The caretaker
- The problem-solver
- The character

If something shifted while you answered these, that's the signal. Not a signal that your life is wrong or that you made bad choices. Just a signal that somewhere along the way, you stopped feeling like the one holding the pen.

It's much more common than people admit. I've lived it and witnessed it. And it's exactly the place this work starts.

Right now I'm finishing an interactive guide called Emerge. It's designed for people who don't just want motivation... they want clarity.

People who don't need to become someone new... they just want to become themselves again.

HALLIEHUDSON.COM

INTERESTED IN LEARNING MORE ABOUT EMERGE?

Inside Emerge, you'll go deeper into this process using guided prompts, reflection, and AI as a thinking partner to help you see your life more clearly than you can on your own.

If you want me to notify you when it's ready, let's stay connected through email [[email signup link](#)]

Or if you found this through social media, comment the word EMERGE and I'll reach out to you there.

If something in these questions felt true, even a little, that's the signal. Not that your life is wrong. Just that it might be time to start writing it more intentionally.

That's the work I built Emerge for.

And this is exactly where it begins.

Hallie