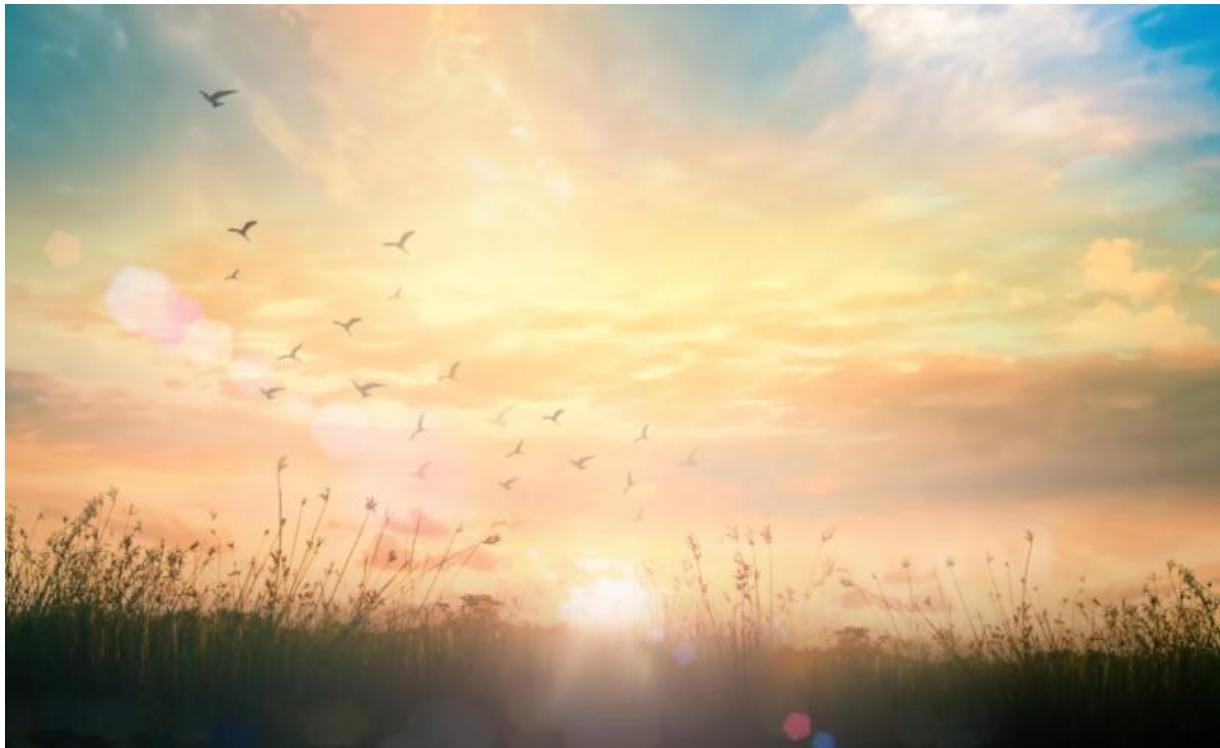


WAITING TO FLY

COMPANION WORKBOOK

A Guided Reflection Journey

By Dr. Samly Maat



Introduction

This workbook is a gentle companion to ***Waiting to Fly***—warm, calm, and reflective. Each theme invites you to pause, breathe, and look inward. The prompts are simple and encouraging, allowing you to connect with your own story at your own pace. It can be used alongside ***Waiting to Fly*** or on its own.

Faith, Hope, and Inner Light

A Gentle Beginning

There are moments when the world grows quiet and we are left alone with ourselves—a breath, a memory, a whisper telling us to keep going.

Quote from *Waiting to Fly*

“We were flying away, toward a new world, toward new hope, toward the light that would guide us forward.”

Reflection — Soft and Simple

What is one moment in your life when you felt unsure but continued anyway?

Examples:

- Facing a change but taking the next step.
- Trying something new despite fear.
- Moving forward even when the outcome was unclear.

Reflection — A Little Deeper

When you look back, what helped you move forward?

Possible sources of strength:

- Faith or prayer
- A memory of someone you love
- A lesson learned long ago
- A quiet push from within

Action Step – Gentle and Doable

Choose one small action to reconnect with your inner light.

Ideas:

- Sit quietly for two minutes.
- Recall one encouraging phrase.
- Step outside for a breath of fresh air.
- Write one hopeful sentence.

Closing Encouragement

Hope doesn't need to be loud. Even the softest light can guide the way.

Self-Worth and Personal Power

A Gentle Beginning

Life can make us forget our worth, but strength often grows quietly, in the everyday moments.

Quote from *Waiting to Fly*

“I whispered a prayer that I would be strong, that I would make them proud...”

Reflection — Soft and Simple

Think of one strength you've shown in your life.

Examples:

- Showing up when it was difficult.
- Caring for someone else.
- Trying again after failing.

Reflection — A Little Deeper

What belief about yourself are you ready to release?

Common ones include:

- “I’m not enough.”
- “I always fall behind.”
- “I don’t deserve support.”

Action Step – Gentle and Doable

Choose one small way to honor yourself today.

Gentle options:

- Enjoy a peaceful moment.
- Take a short walk.
- Say no when needed.

Closing Encouragement

Your worth is not earned. It is carried.

The Journey from Pain to Purpose

A Gentle Beginning

Pain can feel like an ending, but often it becomes the beginning of deeper strength.

Quote from *Waiting to Fly*

“Maybe that is what happens when we lose a place. It does not disappear; it moves inside us.”

Reflection — Soft and Simple

Think of one difficult moment that shaped you.

Examples:

- A loss
- A transition
- A moment when life changed suddenly

Reflection — A Little Deeper

What did that moment teach you?

Possibilities:

- Courage
- Patience
- Compassion
- Resilience

Action Step – Gentle and Doable

Choose one small action that honors your growth.

Suggestions:

- Write “I have grown.”
- Encourage someone else.
- Take one peaceful breath.

Closing Encouragement

Pain may shape your path, but it does not define who you are.

The Strength of Family and Community

A Gentle Beginning

Family and community shape us—through love, sacrifice, and even struggle.

Quote from *Waiting to Fly*

“Still, we had the love of our aunts on Mother’s side, and that love became our strength.”

Reflection — Soft and Simple

Who is one person whose love carried you?

Examples:

- A parent
- A mentor
- A sibling
- A close friend

Reflection — A Little Deeper

What quality did they model that you now carry?

Possibilities:

- Patience
- Generosity
- Responsibility
- Kindness

Action Step — Gentle and Doable

Choose one small way to honor or strengthen that connection.

Ideas:

- Send a message.
- Write a memory.
- Offer a quiet prayer of gratitude.

Closing Encouragement

We are shaped by the hands that held us.

Identity, Belonging, and Starting Over

A Gentle Beginning

Starting over is one of life's greatest acts of courage—and one of the most defining.

Quote from *Waiting to Fly*

"Everything felt familiar and yet impossibly far away, like an echo from another life."

Reflection — Soft and Simple

Where in your life have you had to begin again?

Examples:

- Moving to a new place
- Starting a new job
- Reinventing yourself after loss

Reflection — A Little Deeper

What part of you grew stronger because of it?

Examples:

- Independence
- Wisdom
- Faith
- Courage

Action Step – Gentle and Doable

Choose one small way to affirm who you are becoming.

Ideas:

- Write “I am learning to...”
- Refresh a small corner of your space
- Begin or restart one small habit

Closing Encouragement

Wherever you go, your roots go with you.

Closing Message

Thank you for walking through this workbook with openness. May the reflections here help you recognize your own courage, strength, and peace. Your story continues to unfold with purpose.

About the Author

Dr. Maat is a retired software quality engineer with more than three decades in the medical device industry. A mother, gardener, home cook, teacher at heart, and memoirist, she writes to honor her journey and inspire others to see the quiet strength within themselves.