

SELF-ASSESSMENT + JOURNAL



**BEFORE
WORDS**

APPEAR



**The Subtle Signals
Shaping Every
Conversation**



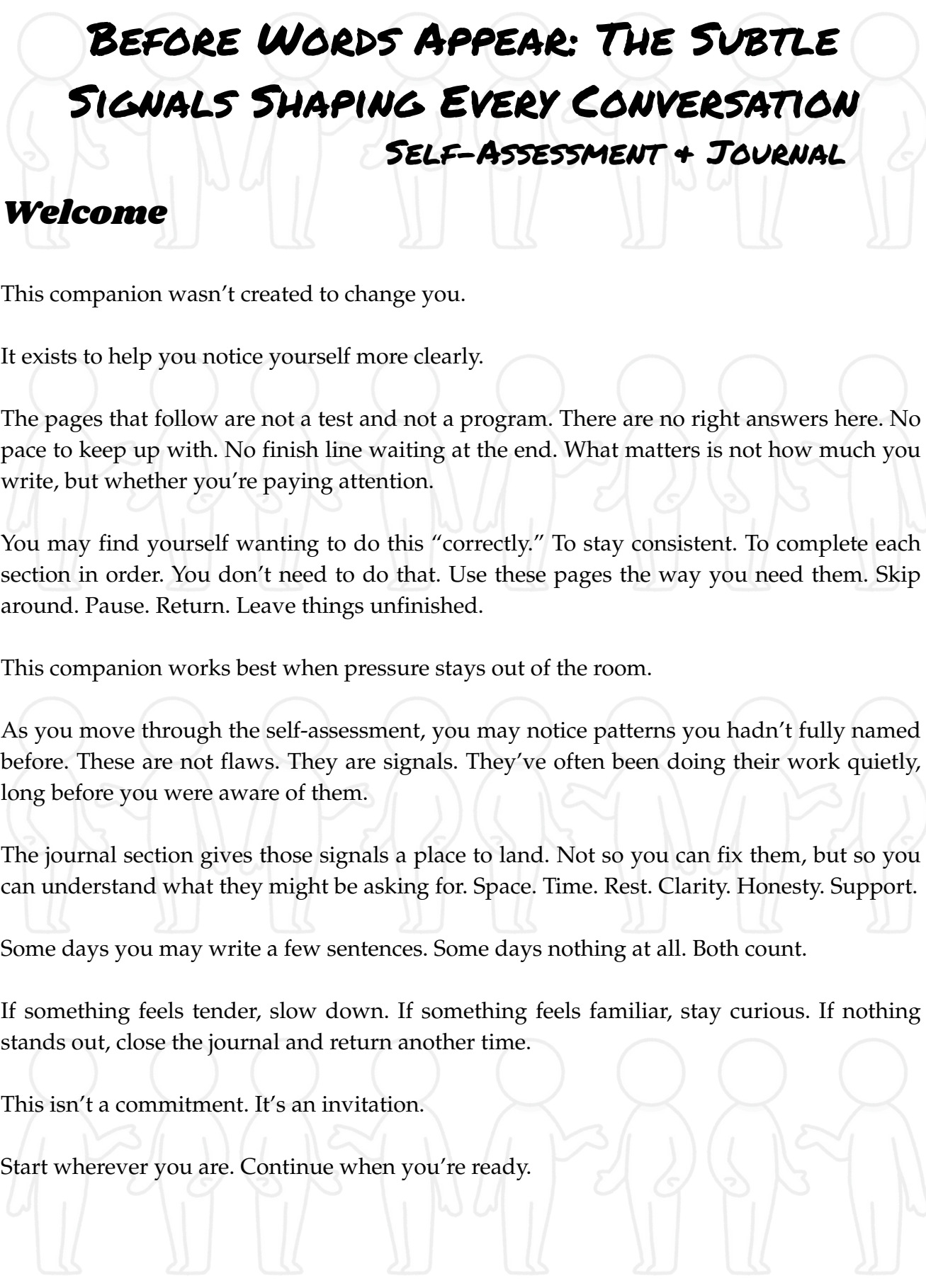
RONNIE CANTY, LLC

INSTRUCTIONS



**DUPLICATE AND RENAME FILE
BEFORE FILLING!**

**IT IS IMPORTANT TO ENSURE THAT YOU CAN GET THE MOST OUT
OF THIS PRODUCT, TREAT IT AS A TEMPLATE AND DUPLICATE THE
FILE AND USE THE COPY AS WORKING FILE.**



BEFORE WORDS APPEAR: THE SUBTLE SIGNALS SHAPING EVERY CONVERSATION

SELF-ASSESSMENT + JOURNAL

Welcome

This companion wasn't created to change you.

It exists to help you notice yourself more clearly.

The pages that follow are not a test and not a program. There are no right answers here. No pace to keep up with. No finish line waiting at the end. What matters is not how much you write, but whether you're paying attention.

You may find yourself wanting to do this "correctly." To stay consistent. To complete each section in order. You don't need to do that. Use these pages the way you need them. Skip around. Pause. Return. Leave things unfinished.

This companion works best when pressure stays out of the room.

As you move through the self-assessment, you may notice patterns you hadn't fully named before. These are not flaws. They are signals. They've often been doing their work quietly, long before you were aware of them.

The journal section gives those signals a place to land. Not so you can fix them, but so you can understand what they might be asking for. Space. Time. Rest. Clarity. Honesty. Support.

Some days you may write a few sentences. Some days nothing at all. Both count.

If something feels tender, slow down. If something feels familiar, stay curious. If nothing stands out, close the journal and return another time.

This isn't a commitment. It's an invitation.

Start wherever you are. Continue when you're ready.

THE QUIET SIGNALS COMPANION

A Self-Assessment and Reflection Journal for Noticing What Speaks Before Words

HOW TO USE THIS COMPANION

This is not a program.

There's no correct pace.

You are not meant to "complete" this.

Think of this document as a place to land when something from the book lingers longer than expected.

You may:

- Start anywhere
- Skip sections
- Return to the same prompt multiple times
- Leave answers unfinished

If nothing feels clear, pause anyway. That still counts.

Number of Journaling pages:

Daily: 31

Weekly: 5

Monthly: 1

****** Remember to make copies of pages if handwriting answers. Make copy of entire Journal is completing digitally.***

A Gentle Rule for This Journal

No fixing days.
No failing days.
Only noticing days.

If you skip a week, you resume without explanation.

Final Note

This companion exists because change rarely comes from insight alone.

It comes from repetition.
From seeing the same pattern twice.
From noticing yourself without turning that noticing into criticism.

Use this as long as it's useful. Set it down when it's not. Return when something nudges you back.

Communication doesn't improve when you try harder to be better.

It improves when what you mean and what you send begin to line up.

Quietly.
Over time.



PART I: THE SELF-ASSESSMENT

MAPPING THE SIGNALS YOU SEND WITHOUT TRYING

Move through this section slowly. Read each prompt. Write only when something feels worth exploring. Awareness does more work than effort here.

Section 1: Silence and Pauses

Consider your relationship with quiet moments.

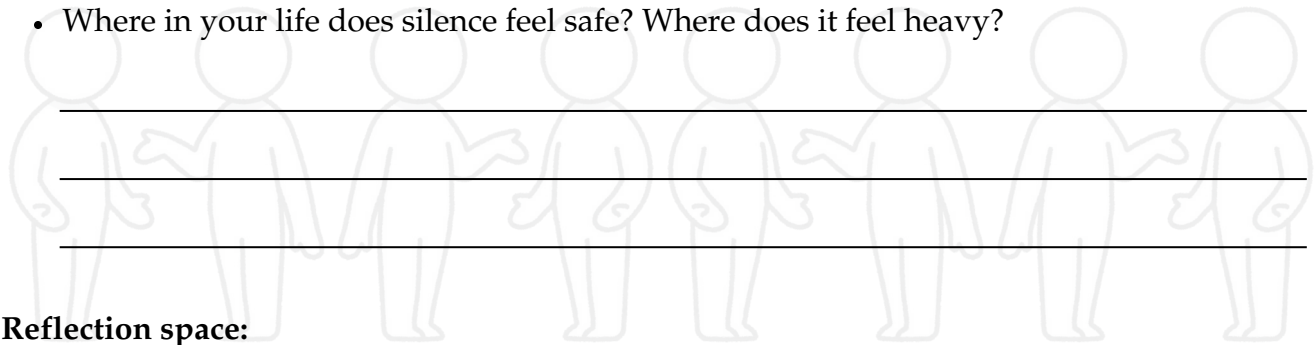
- When a conversation goes silent, what happens in your body first?

- What do you usually feel compelled to do when no one is speaking?

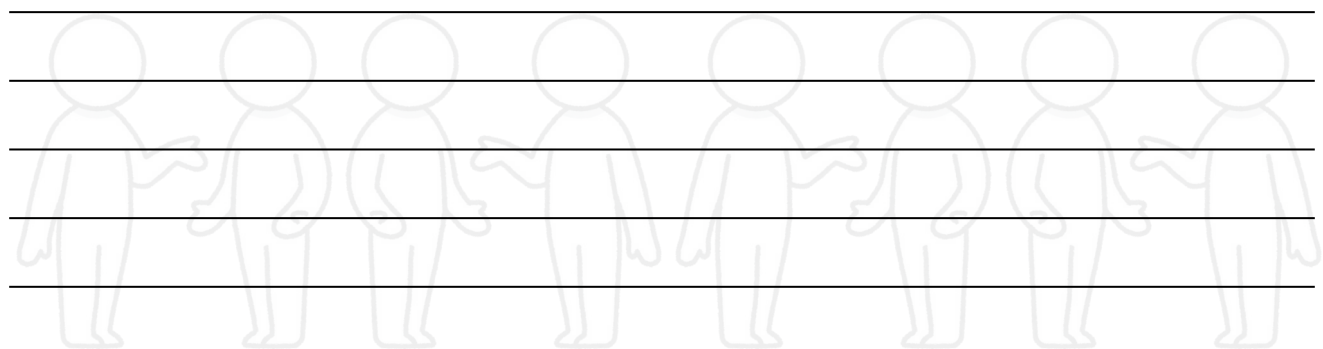
- When do you use silence to think, and when do you use it to protect yourself?

- How do others tend to respond to your pauses?

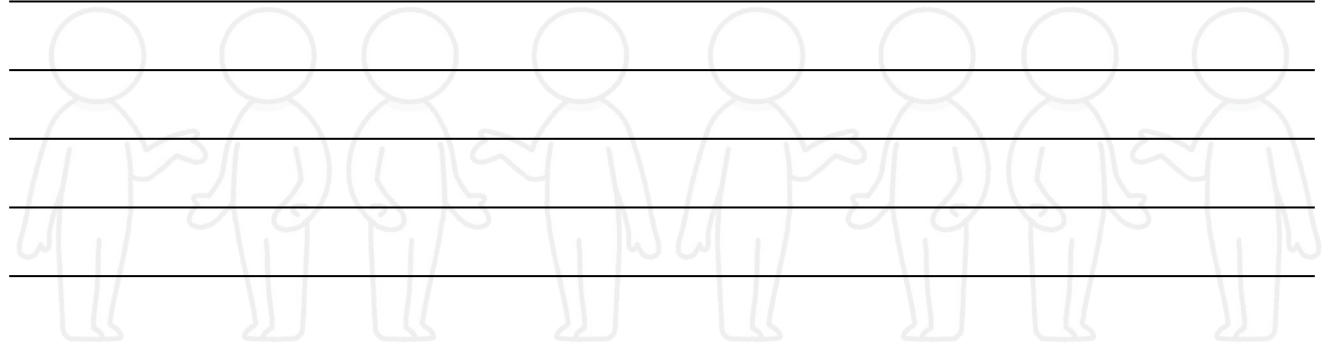
- Where in your life does silence feel safe? Where does it feel heavy?



Reflection space:







Section 2: Absence and Distance

Absence stretches meaning.

- When you delay responding, what are you usually protecting or managing?

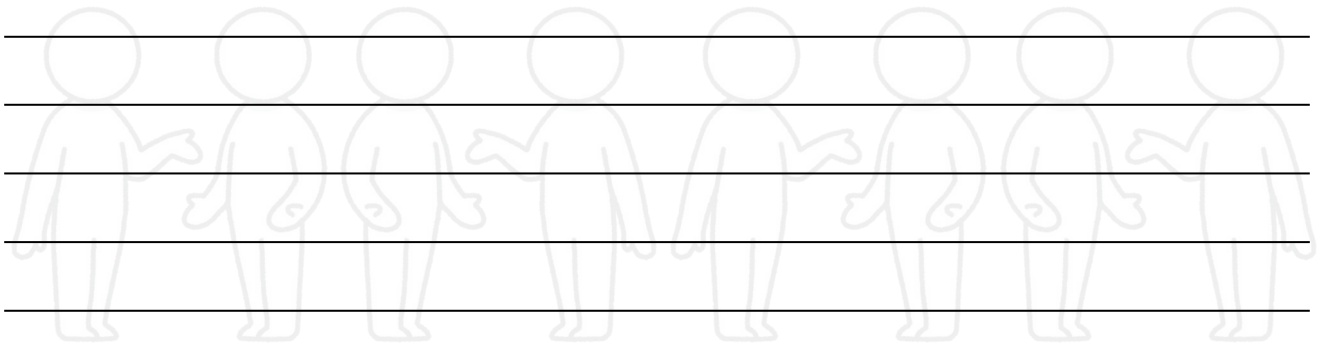
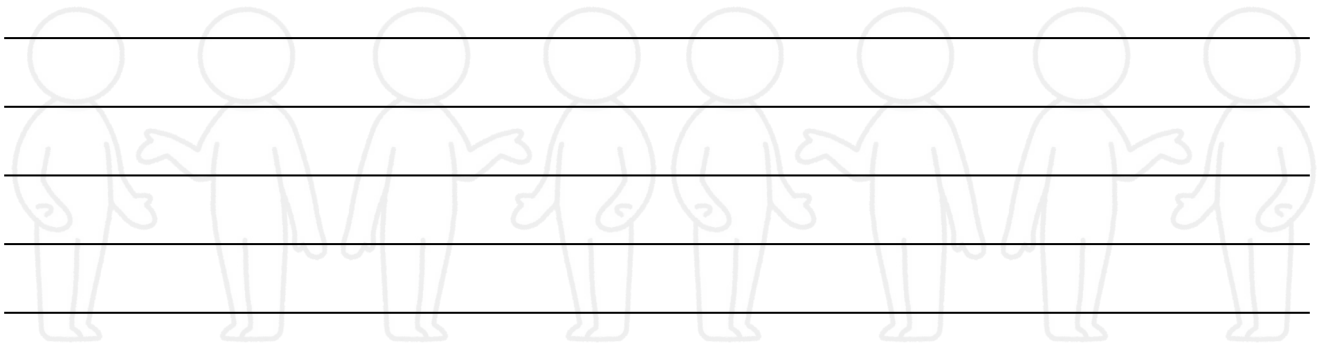
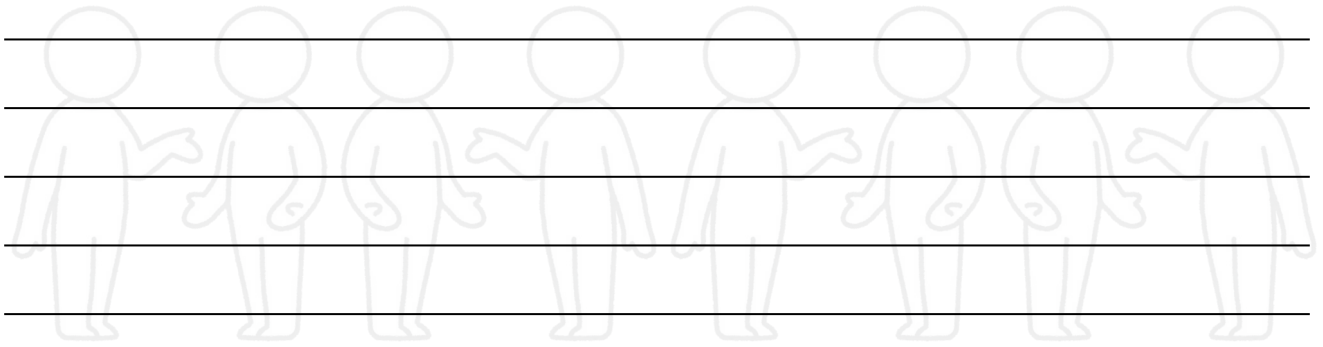
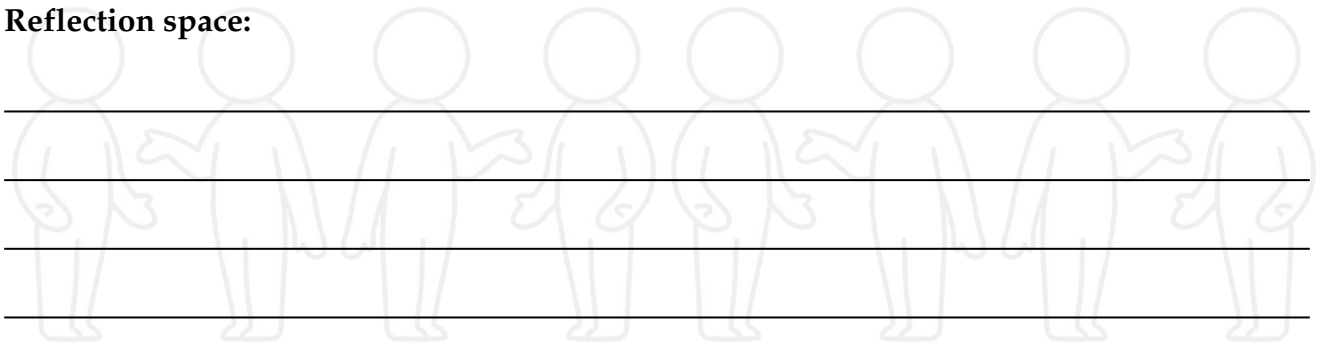
- How comfortable are you with needing space?

- How do you interpret others' distance from you?

- When do you withdraw instead of explaining?

- Where in your life does silence feel safe? Where does it feel heavy?

Reflection space:



Section 3: Timing and Readiness

Timing often matters more than clarity.

- How do you know when you are emotionally ready to speak?

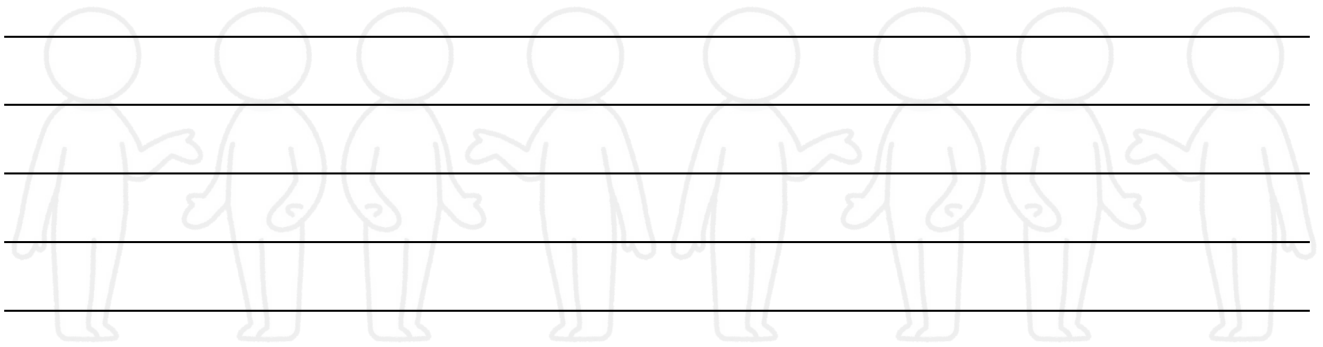
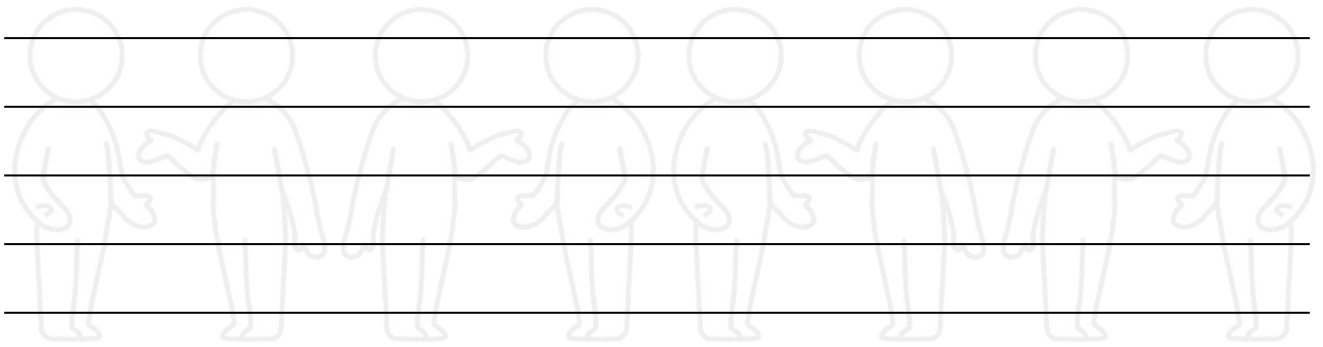
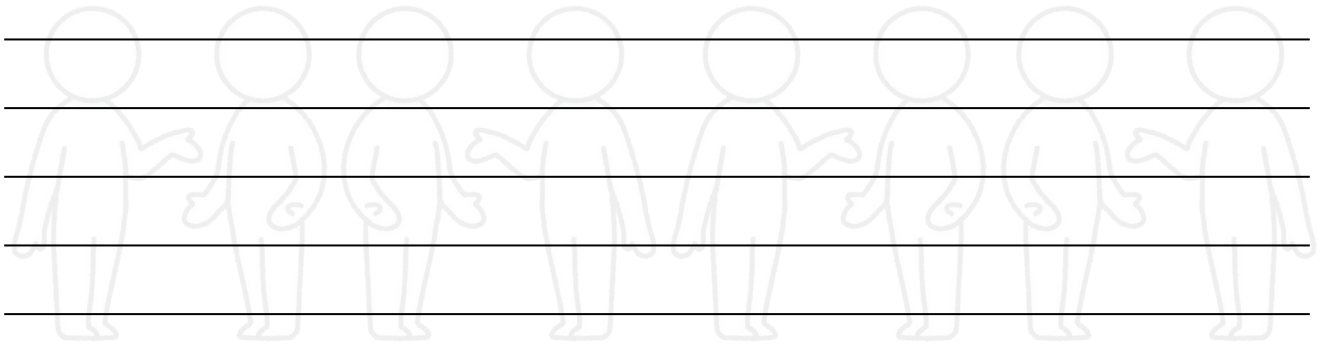
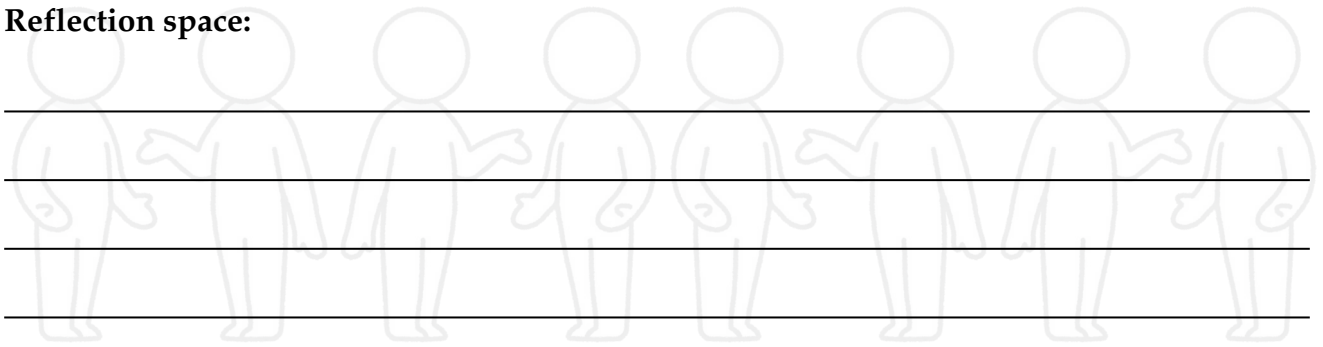
- What signals tell you someone else is not ready?

- Do you tend to speak early to ease tension or late to avoid it?

- When has honesty arrived too soon or too late?

- Which conversations linger because timing never felt right?

Reflection space:



Section 4: Emotional Signals

Emotion arrives first, whether acknowledged or not.

- What emotion shows up most often before difficult conversations?

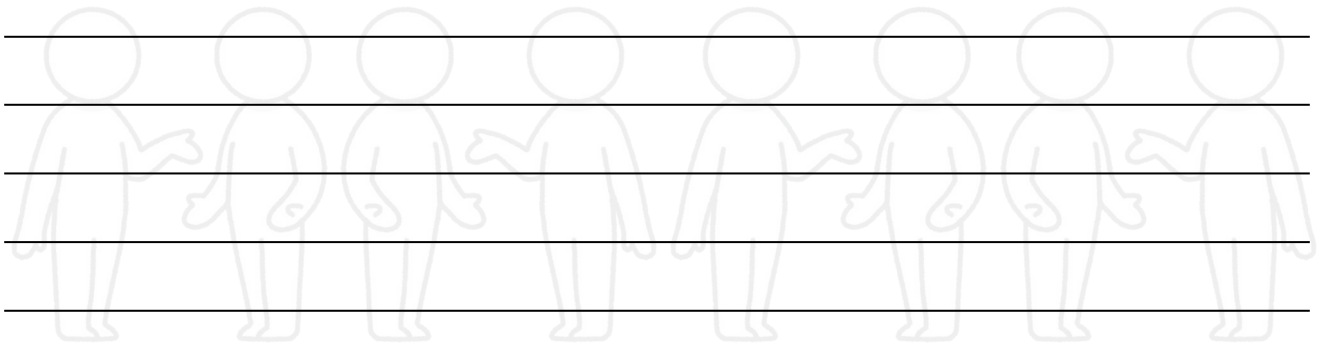
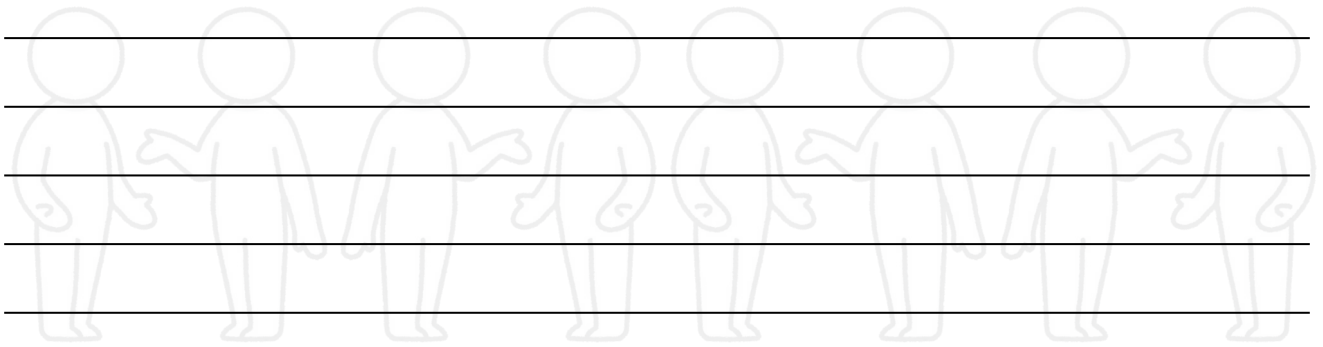
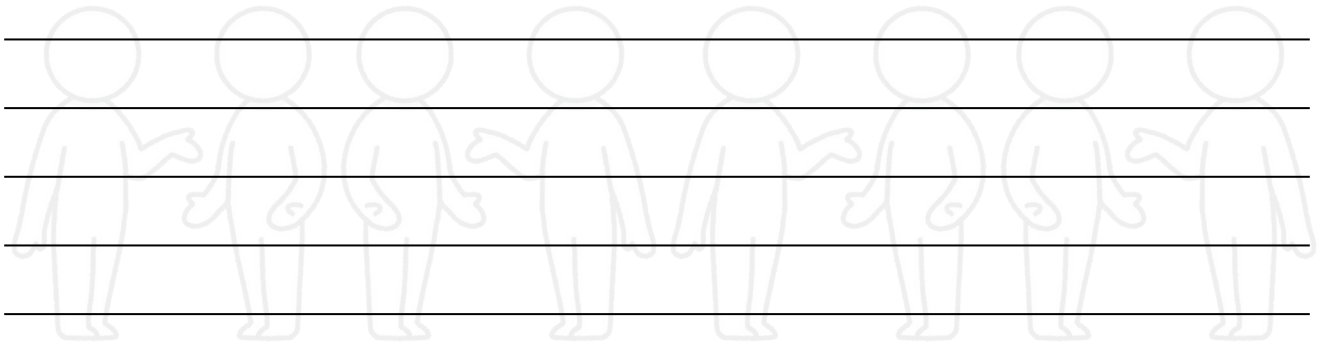
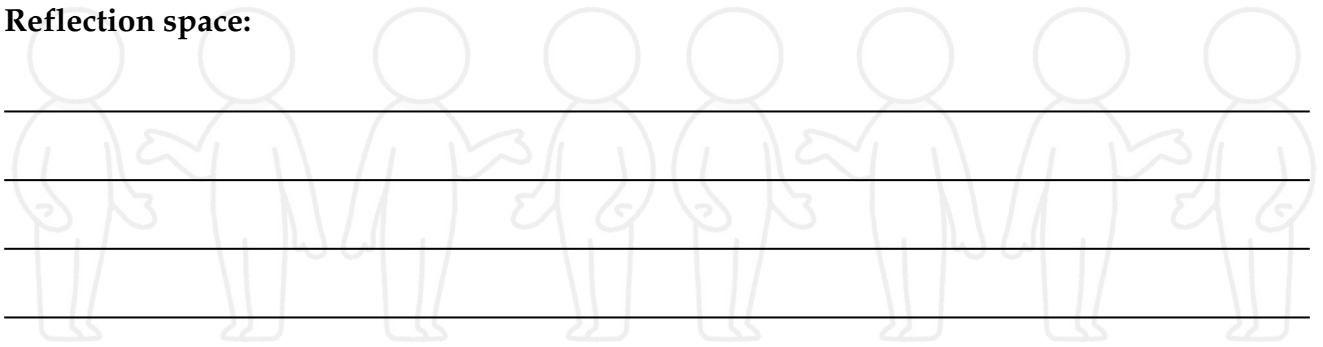
- How does your body react under stress?

- Which emotions do you tend to minimize or hide?

- How comfortable are you naming emotion without explaining it?

- What do people seem to feel from you before you speak?

Reflection space:



Section 5: Habits and Repetition

Habits teach others how to experience you.

- What behaviors do people encounter from you consistently?

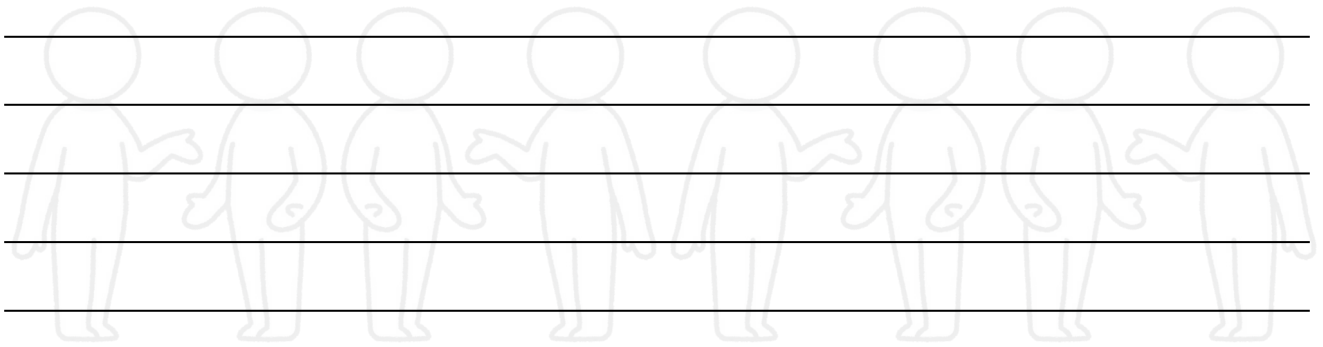
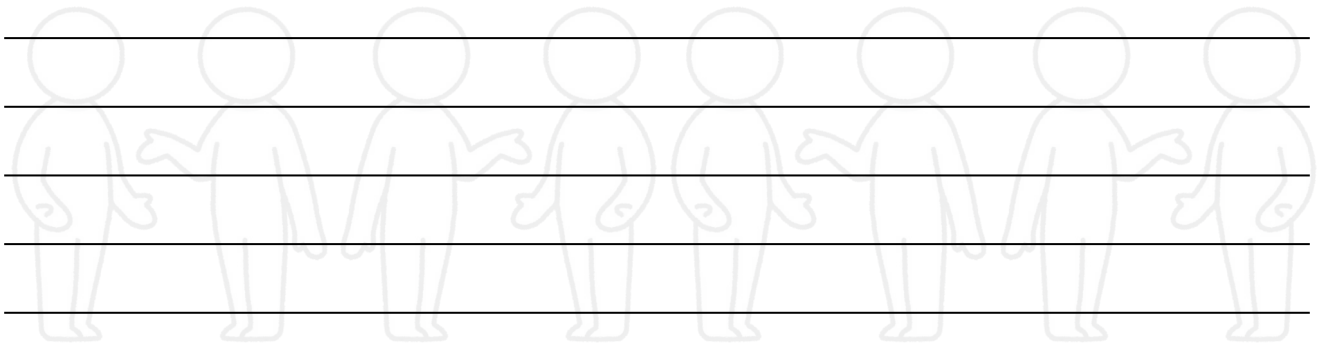
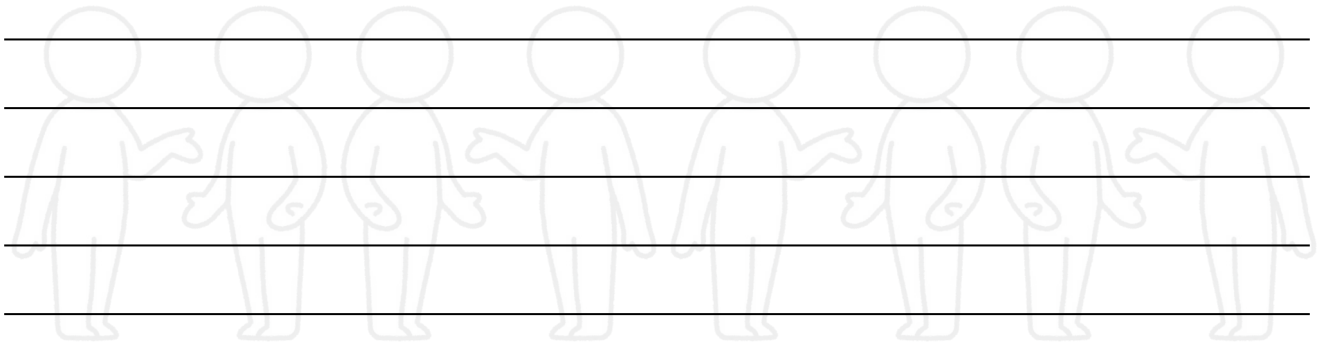
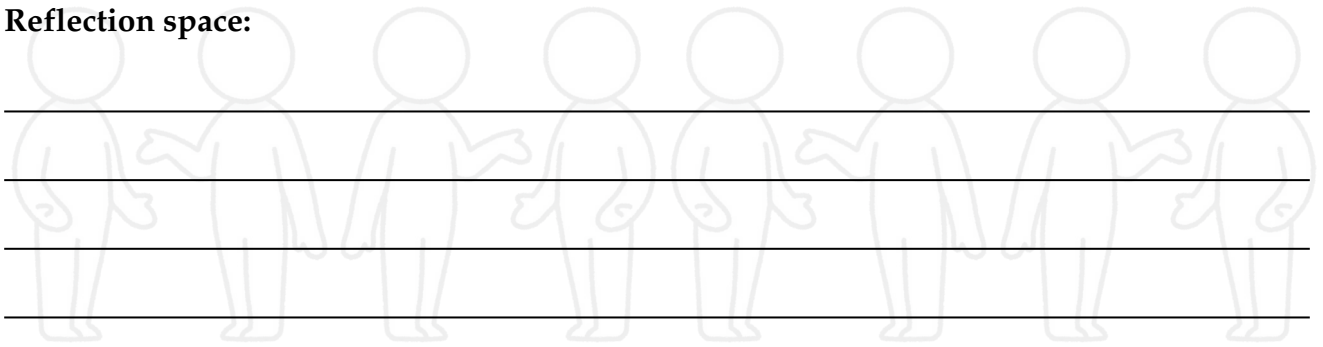
- How do you usually respond to misunderstanding or conflict?

- How do you initiate repair?

- Which habits reflect your values well?

- Which habits send a mixed message?

Reflection space:



Section 6: Avoidance

Avoidance highlights pressure points.

- What conversations do you tend to postpone?

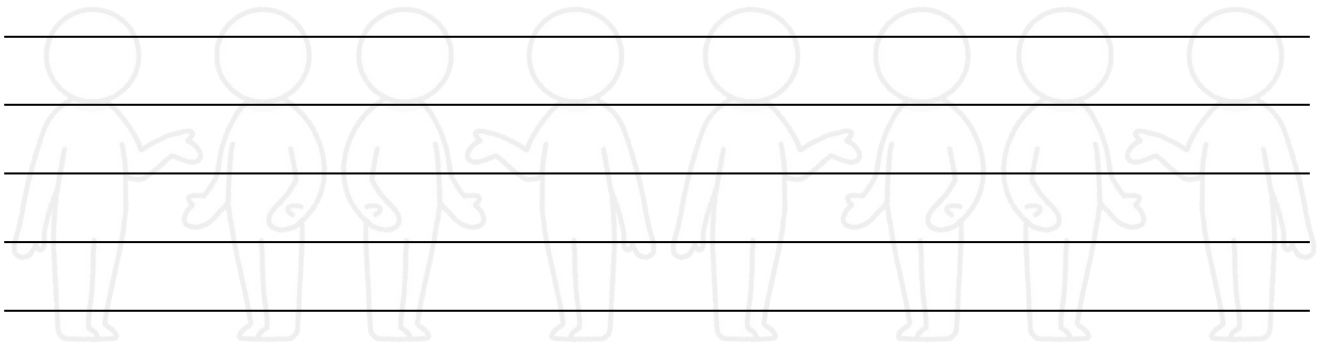
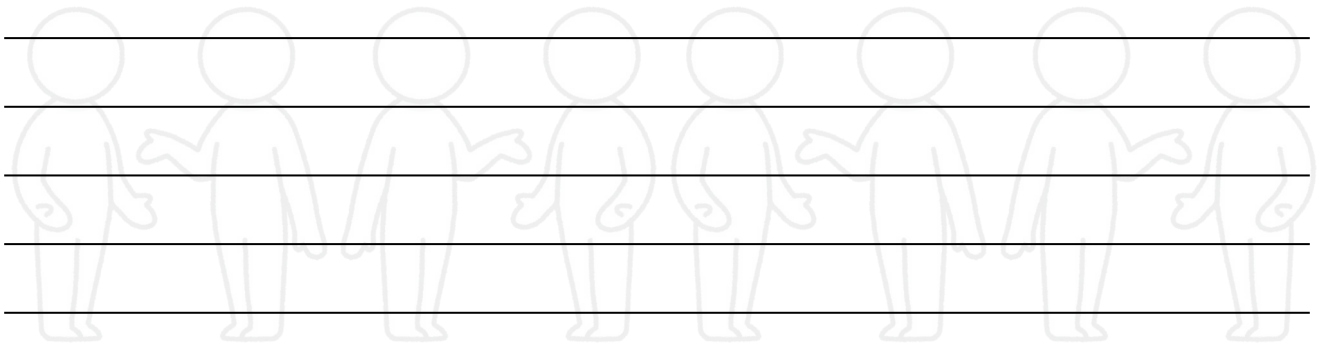
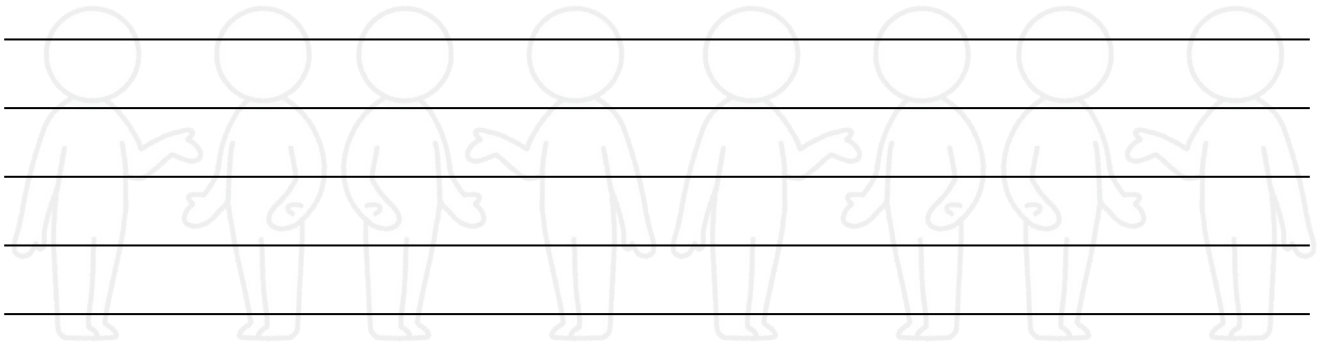
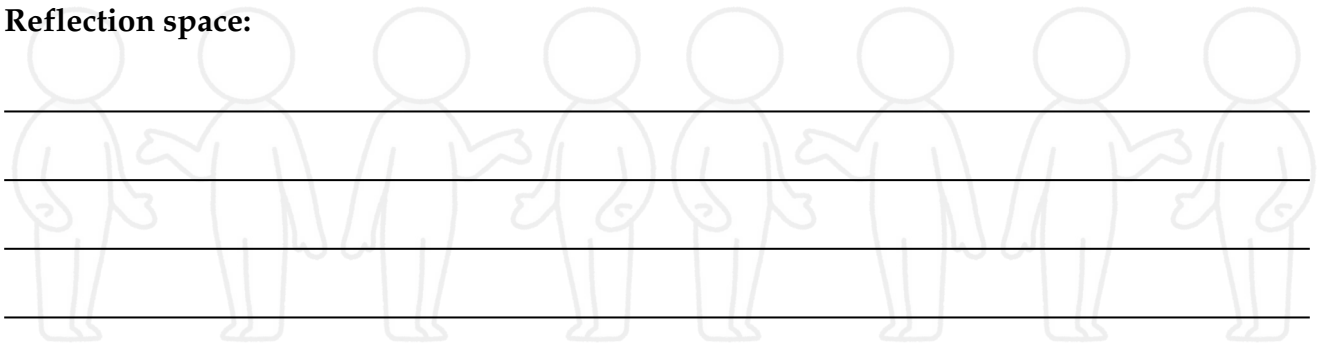
- Who do you find yourself distancing from?

- What decisions remain unresolved?

- What does avoidance give you in the short term?

- What does it cost over time?

Reflection space:



Section 7: The Body as Messenger

Your body speaks before you intend it to.

- What does your posture say when you're stressed?

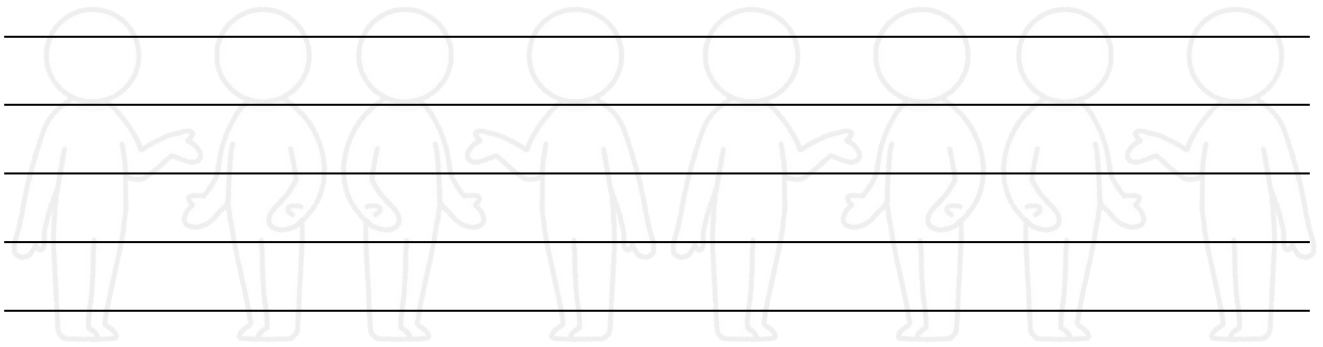
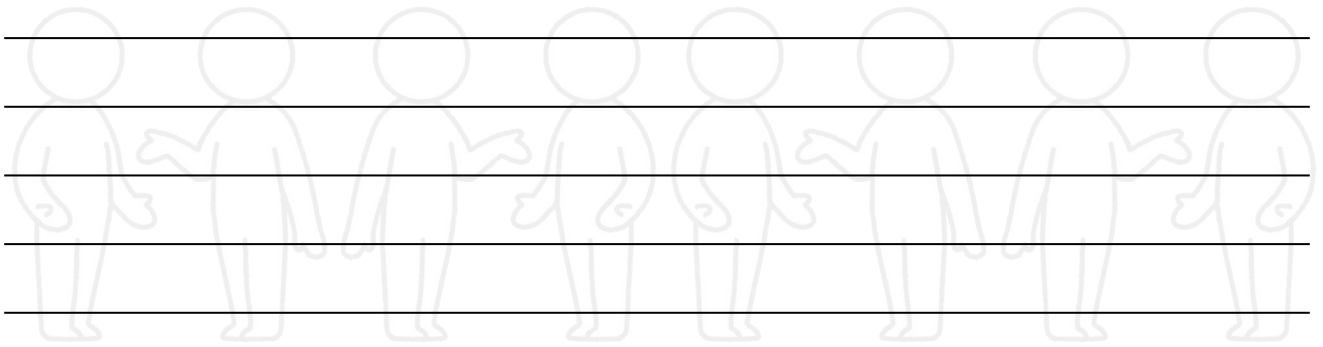
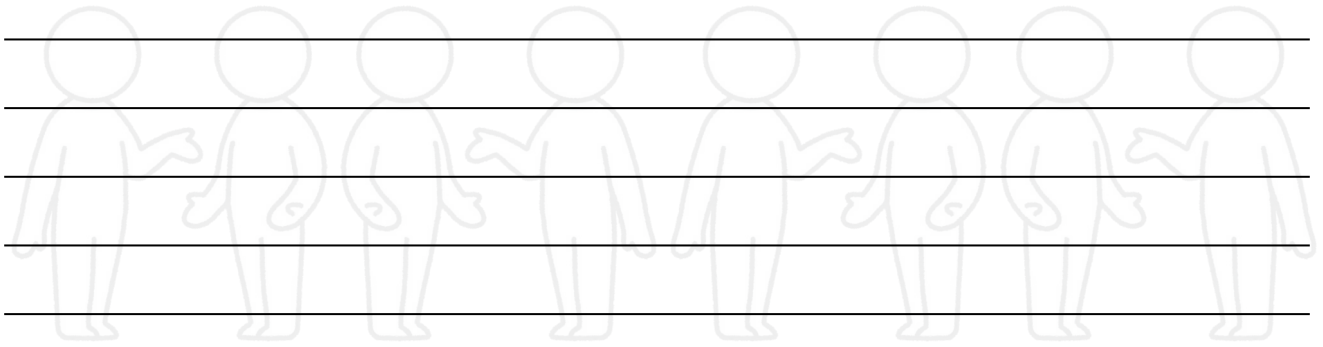
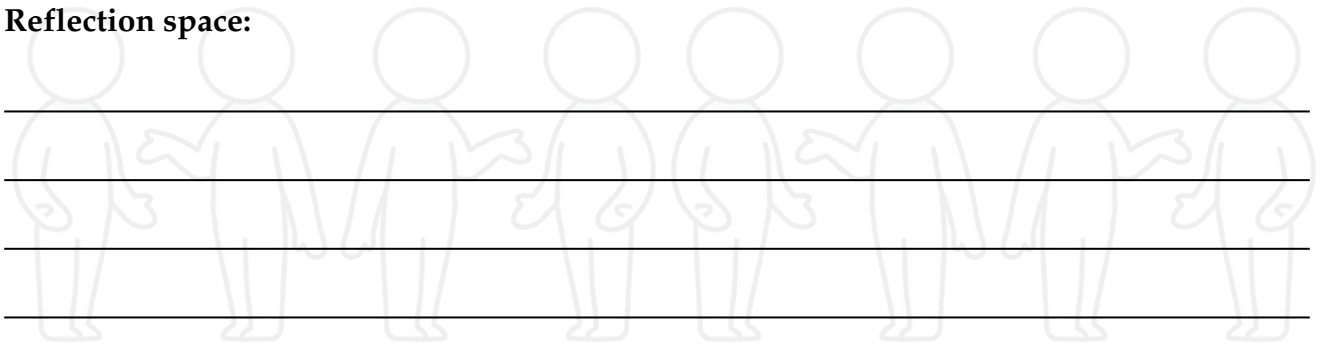
- When do you fidget, freeze, or withdraw?

- How do you respond to others' physical signals?

- Where do your words and body feel misaligned?

- What physical cues tell you a conversation needs to slow down?

Reflection space:



Closing Self-Assessment Reflection

Write freely. No structure needed.

- What patterns appeared more than once?

- What surprised you?

- What felt uncomfortably familiar?

- Which signal would you like to notice more gently going forward?

PART II: THE REFLECTION JOURNAL

TURNING AWARENESS INTO GENTLE CHANGE

This section is meant for practice, not performance.

Most entries should take five to ten minutes. Some days you may write more. Some days only a sentence. That's fine.

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Daily Noticing Entry

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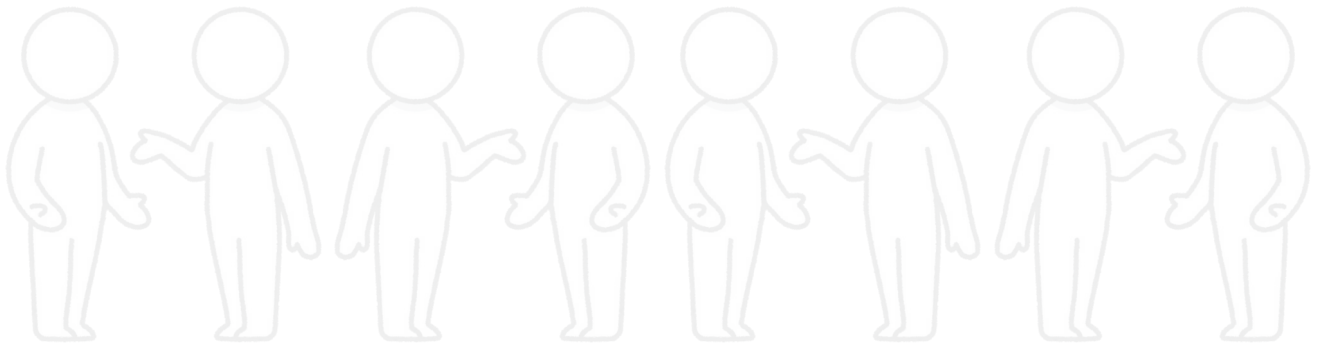
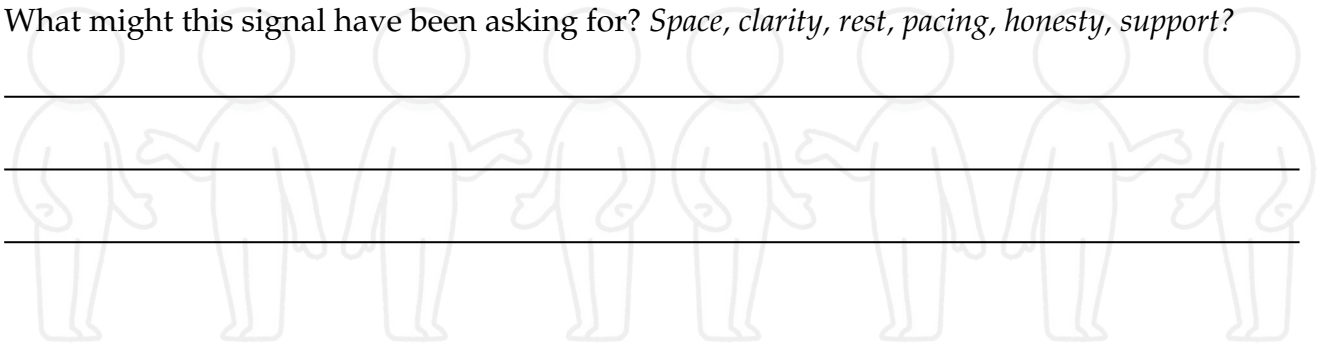
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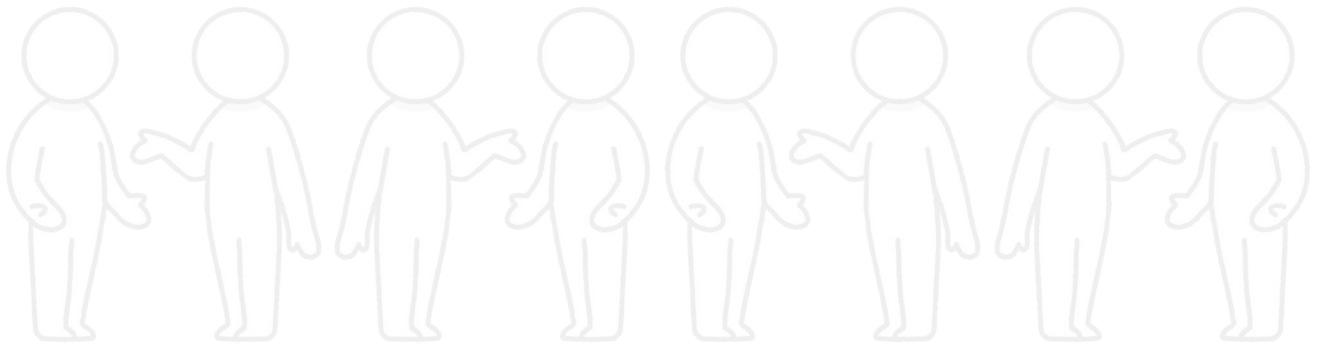
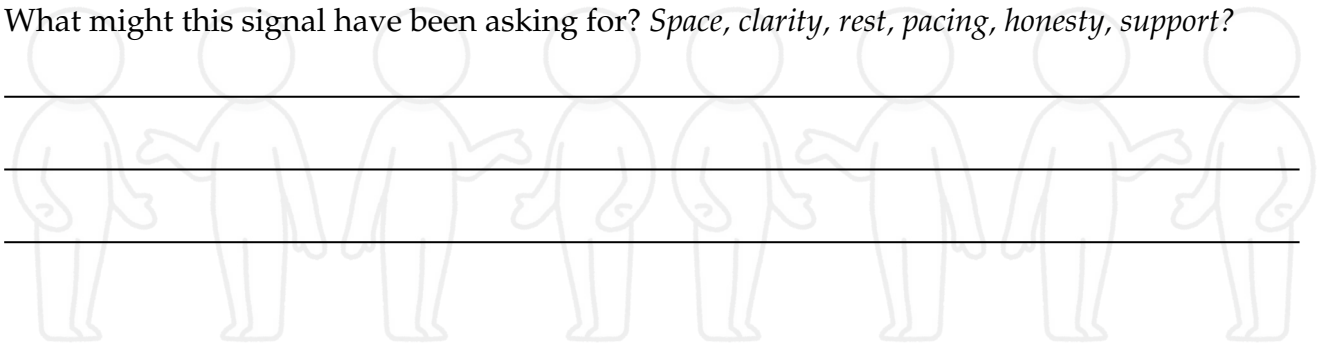
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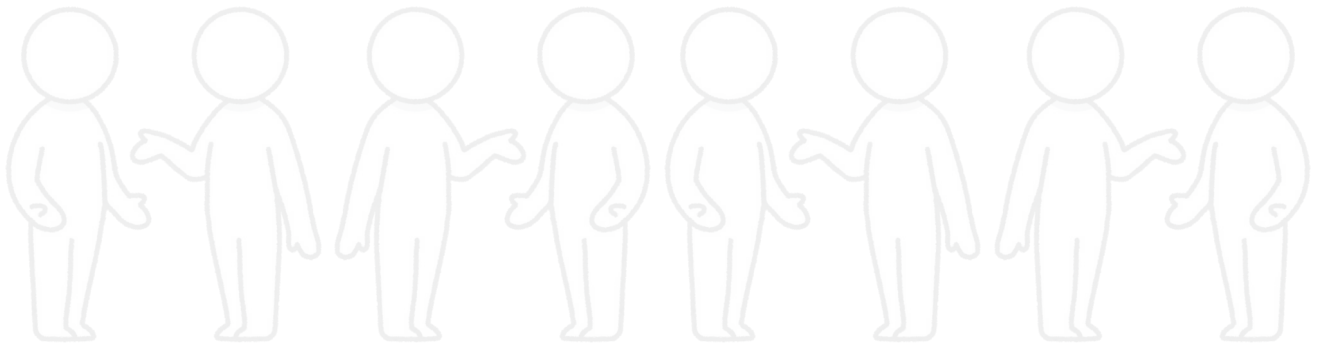
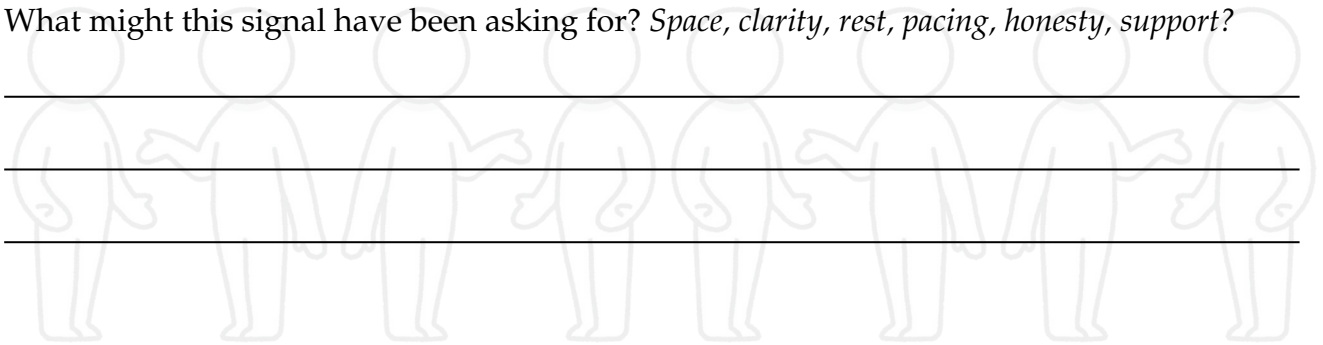
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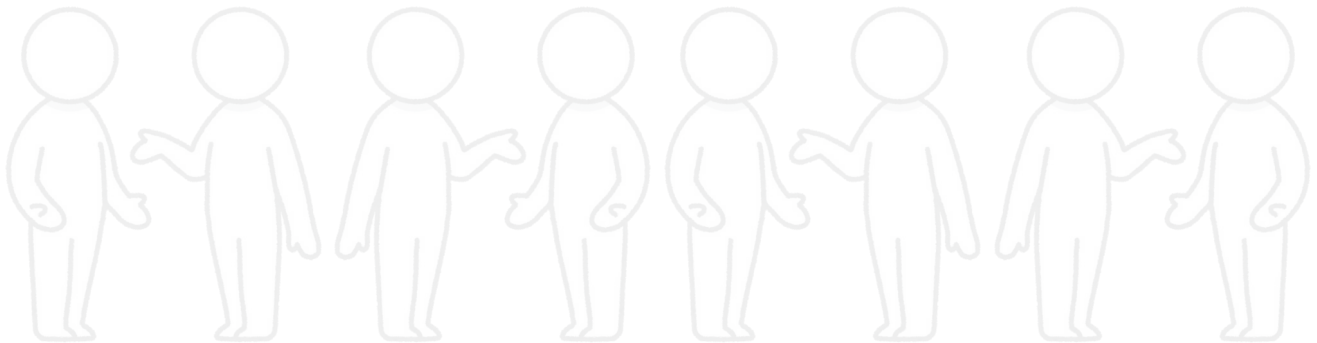
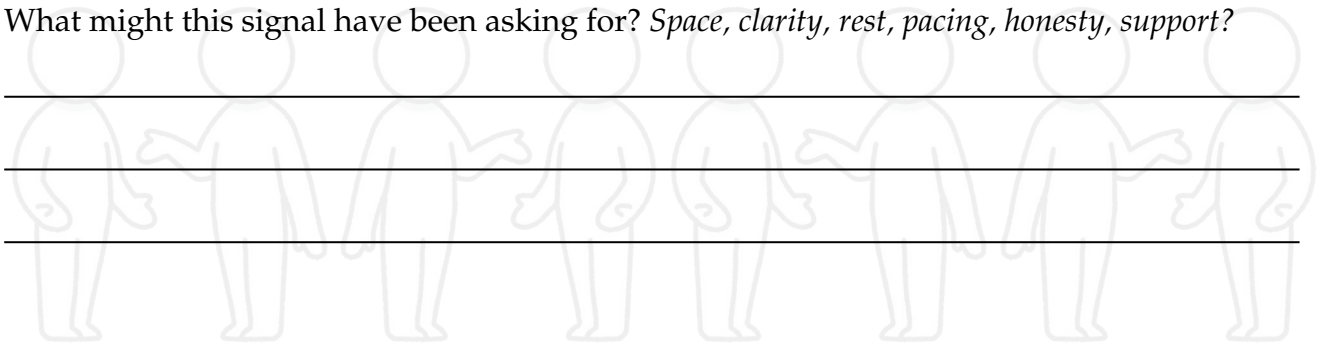
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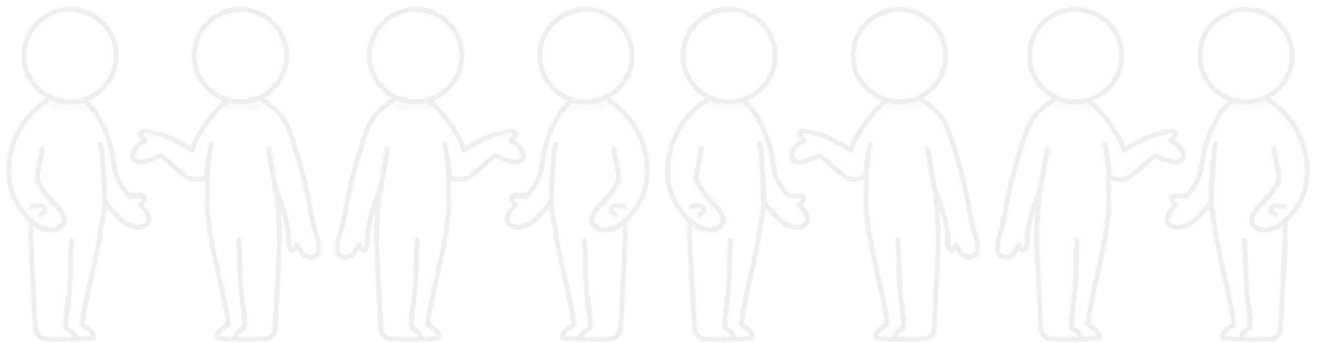
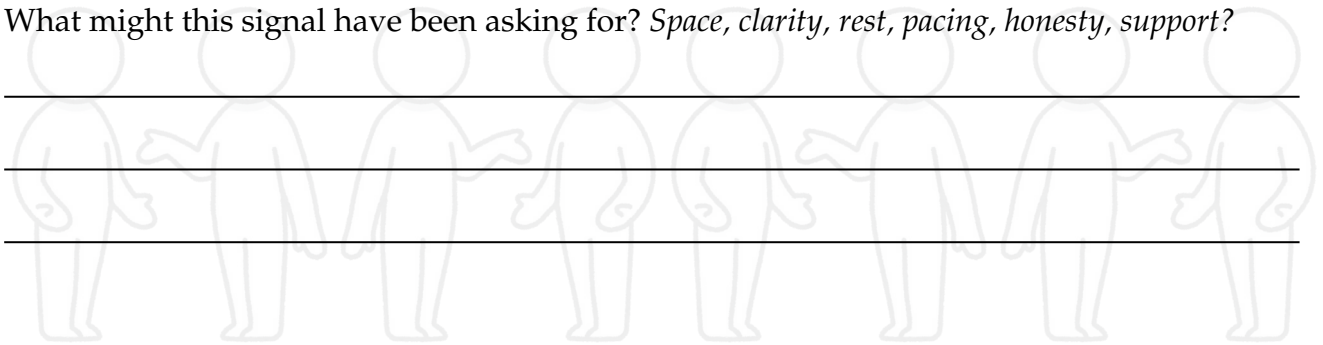
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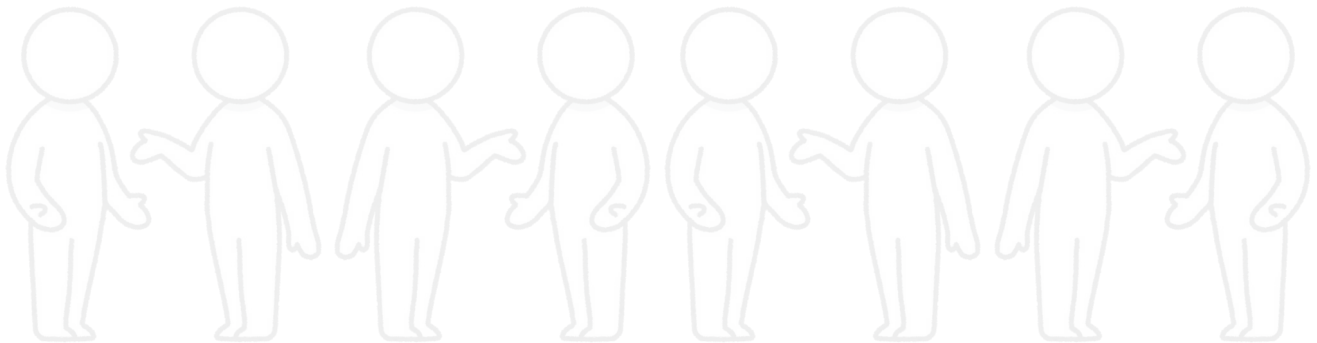
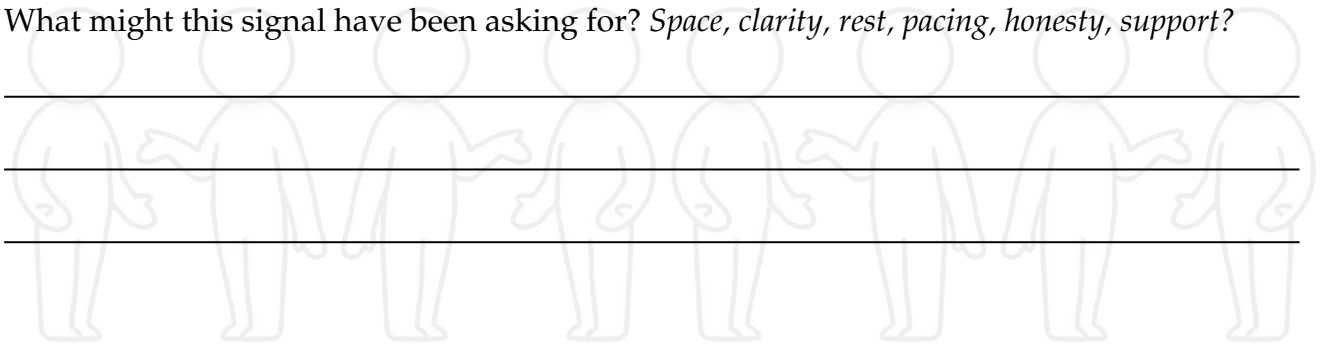
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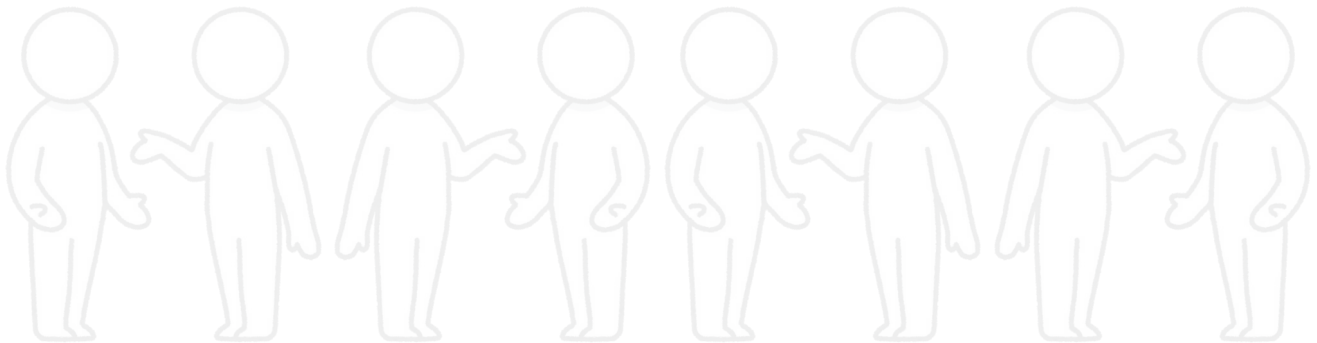
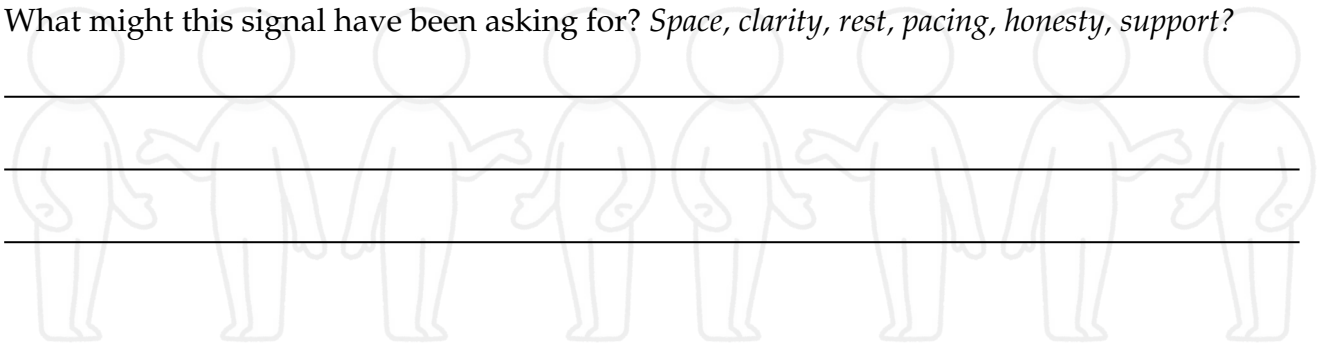
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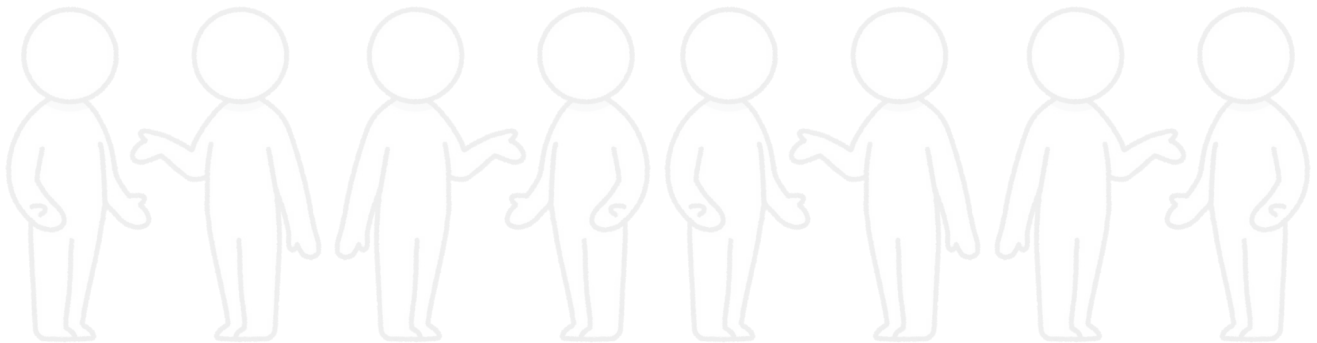
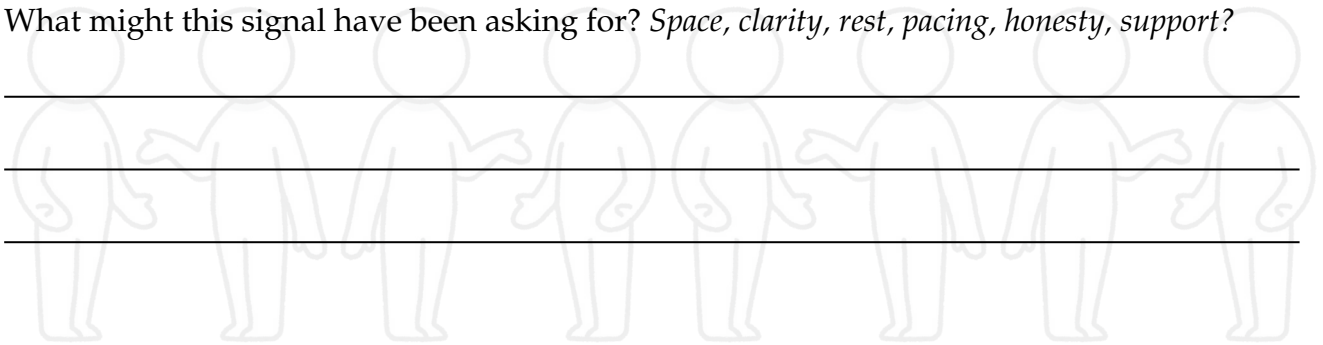
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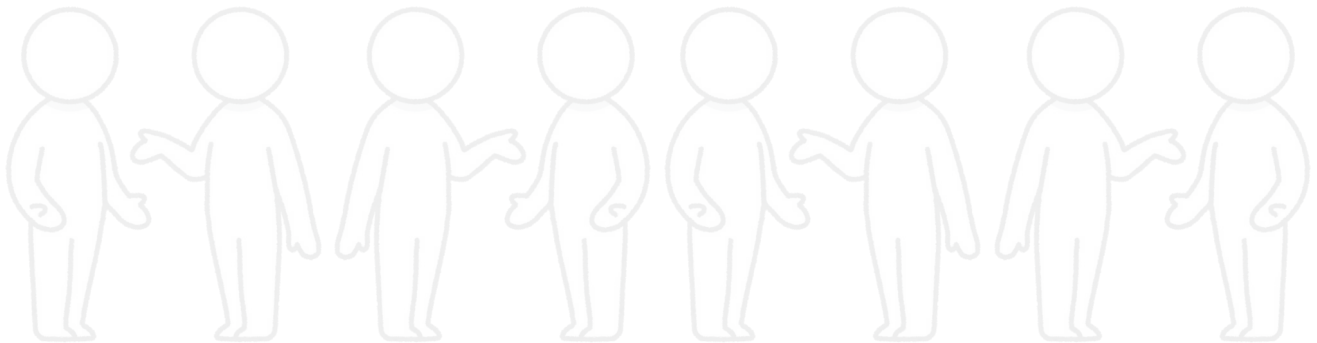
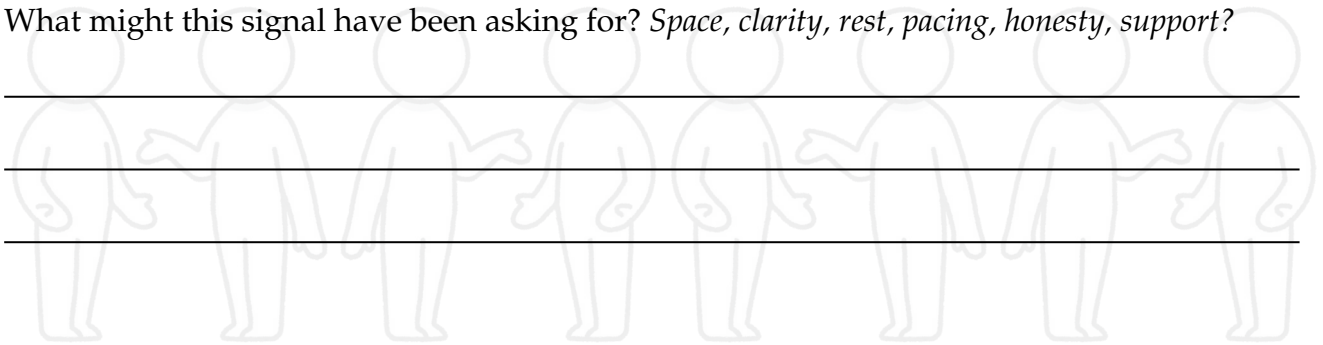
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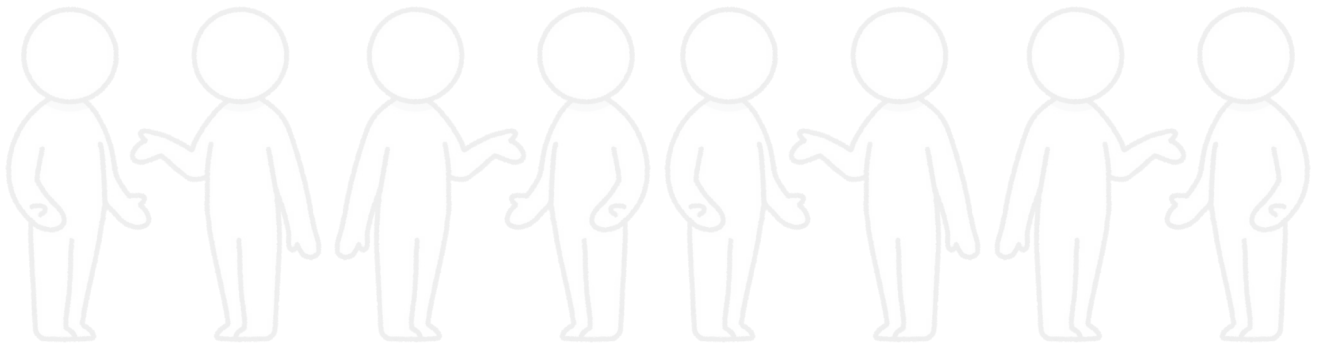
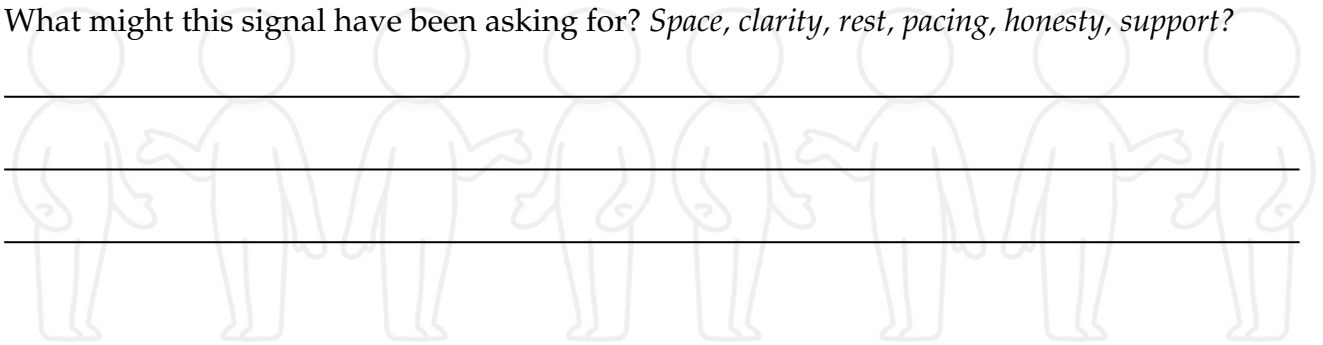
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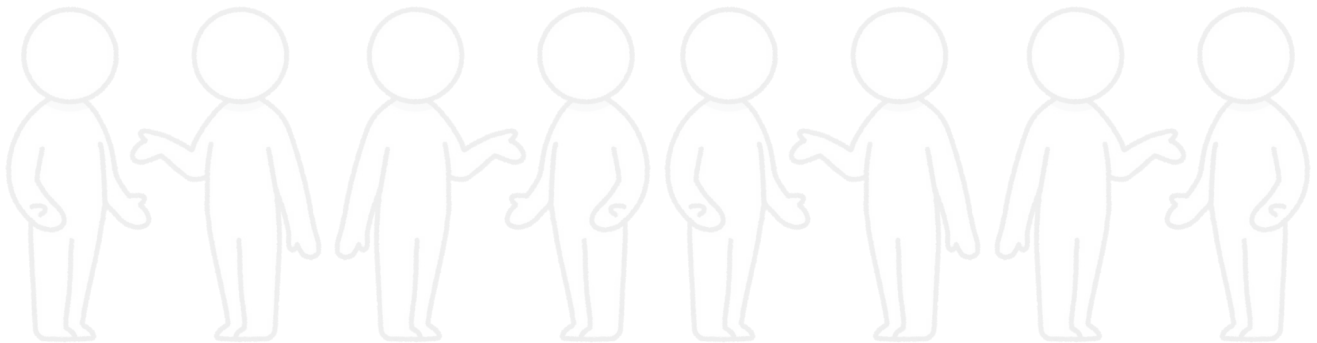
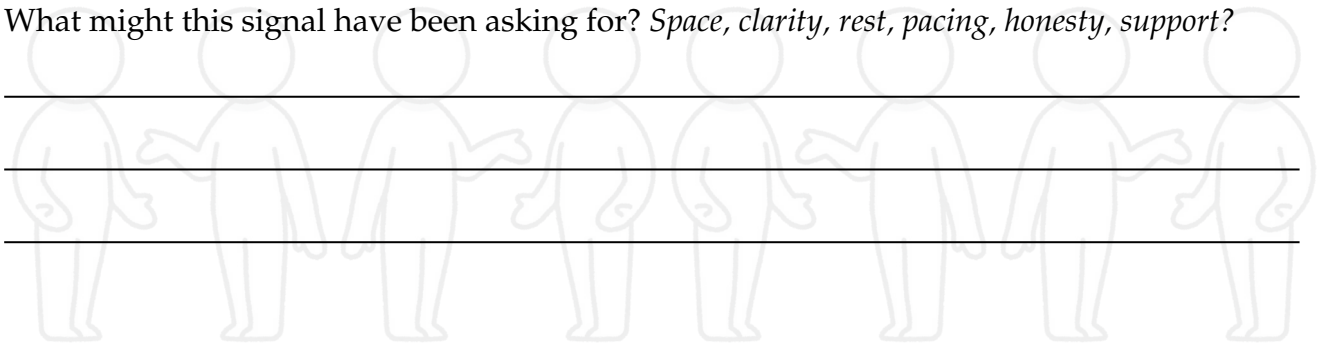
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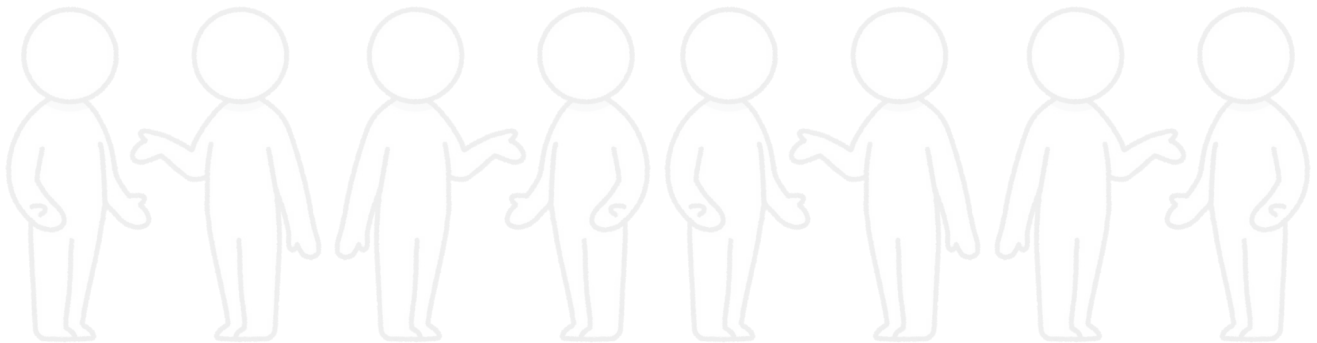
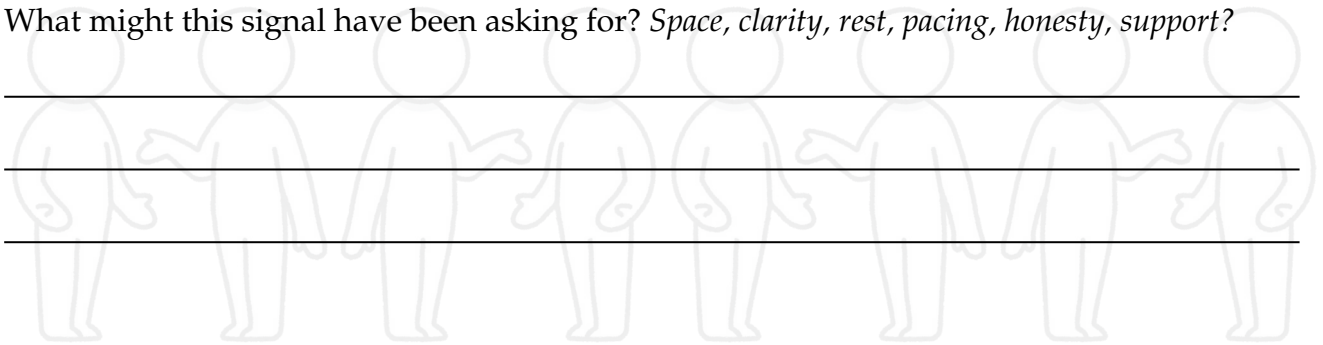
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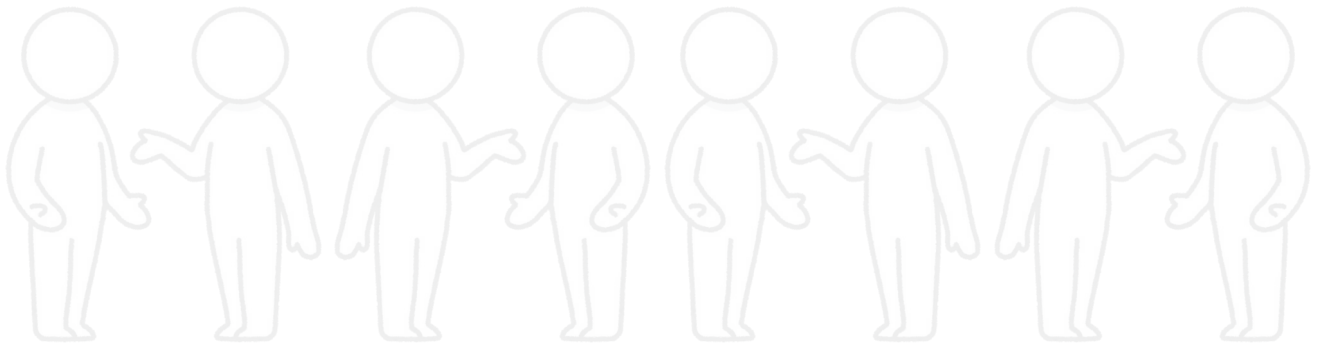
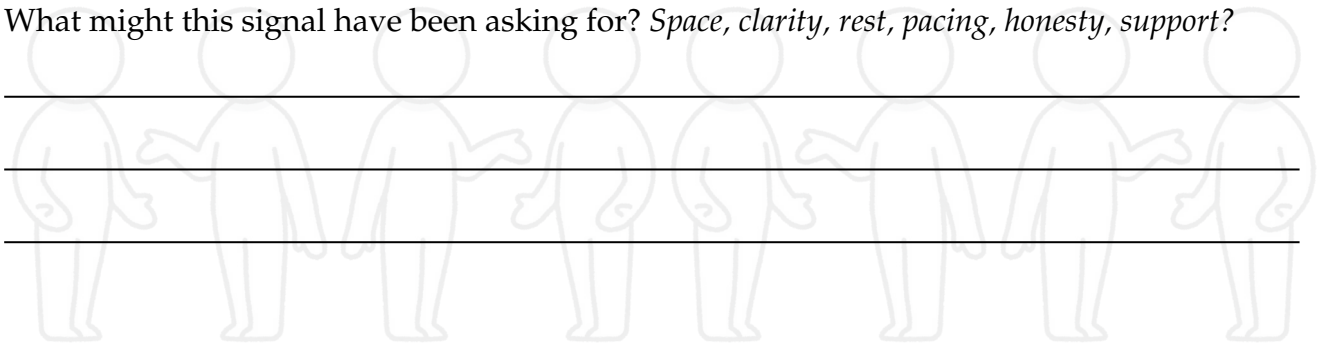
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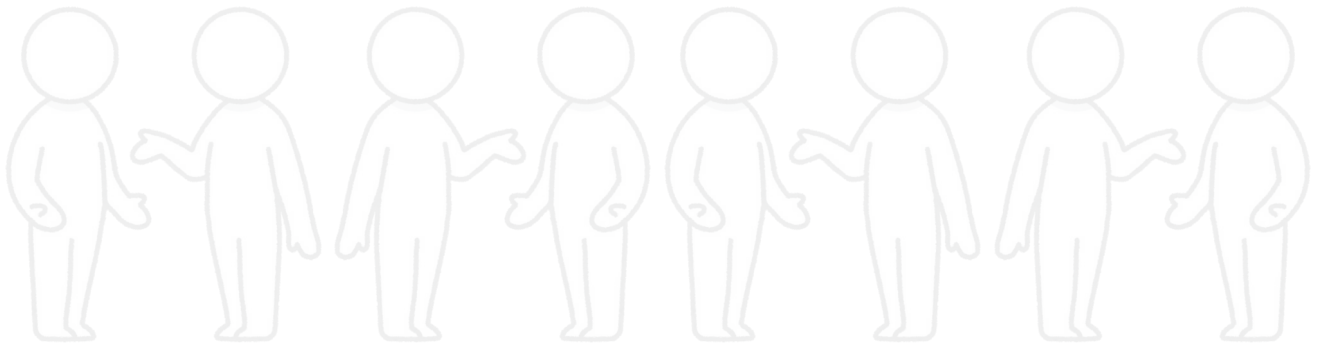
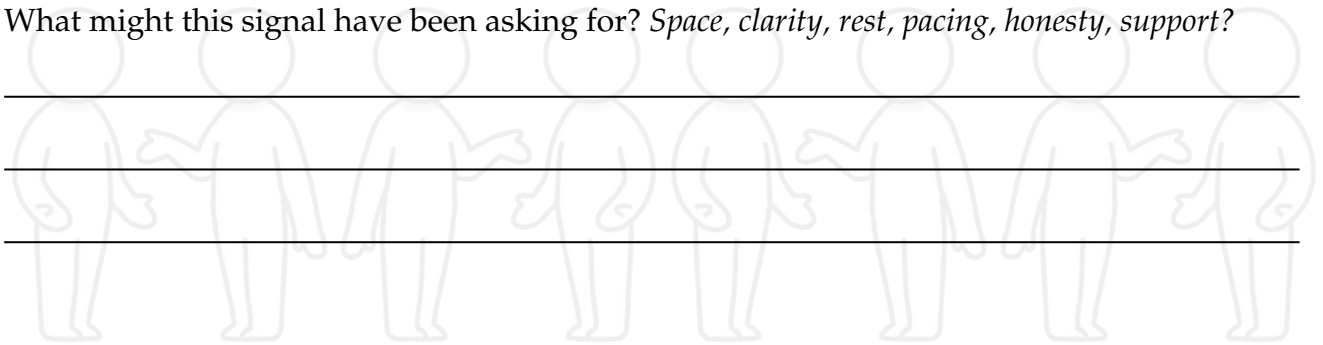
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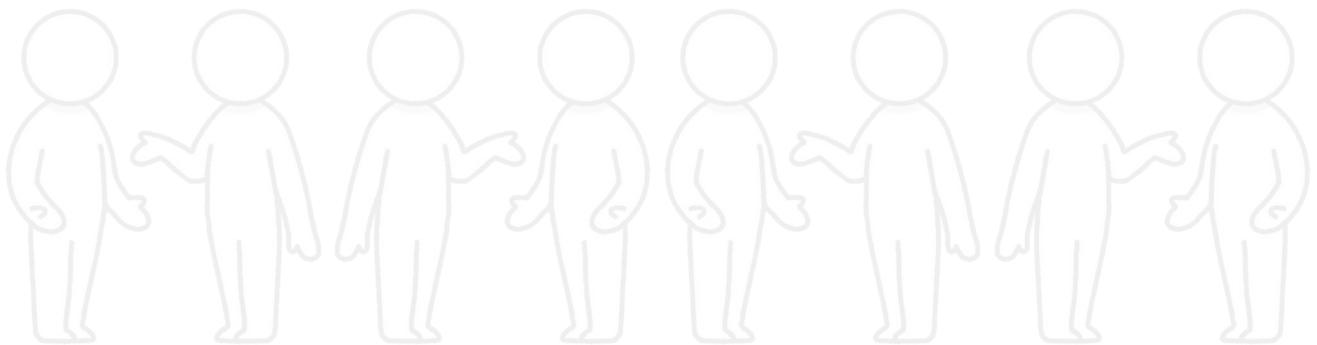
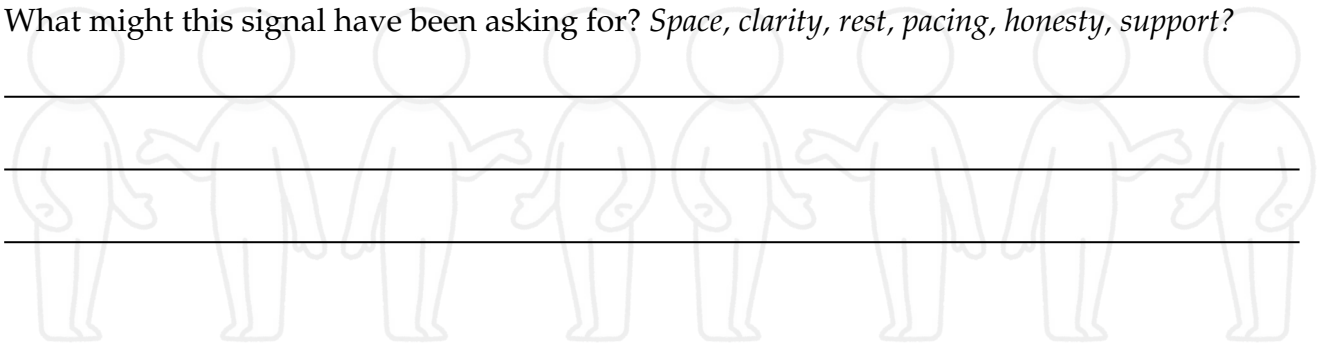
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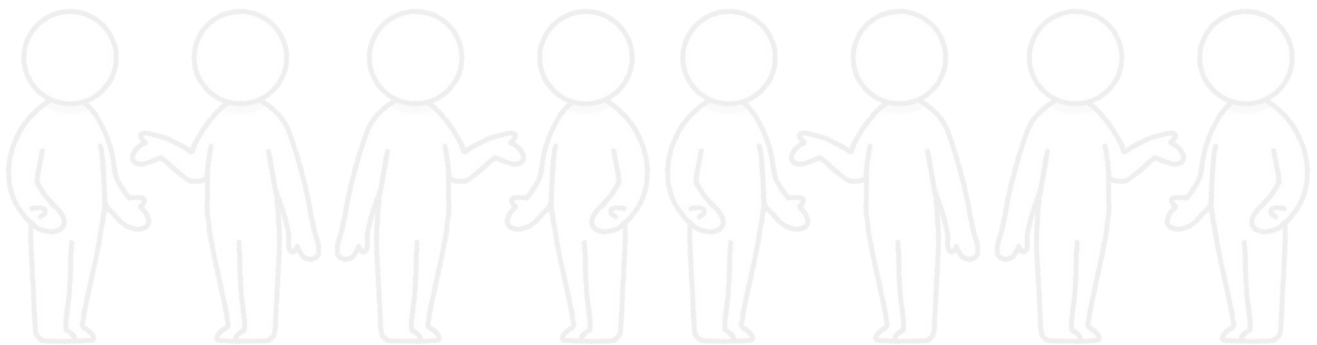
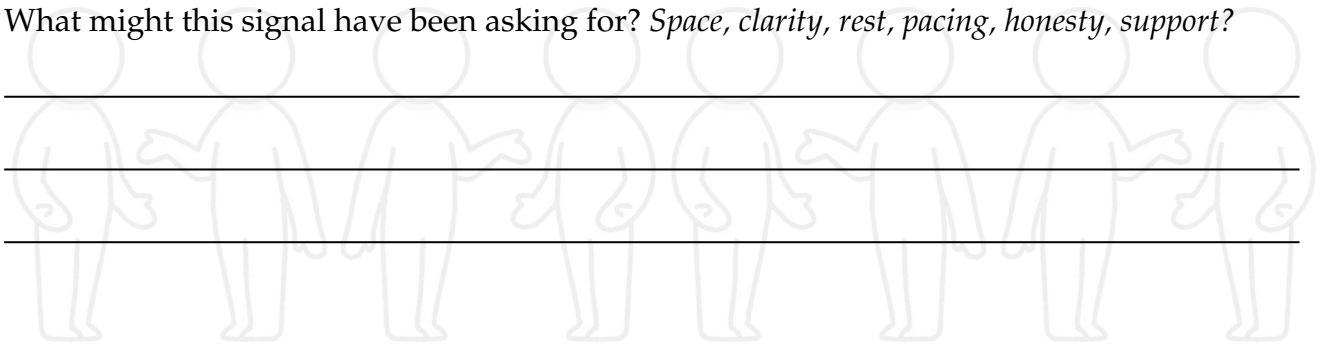
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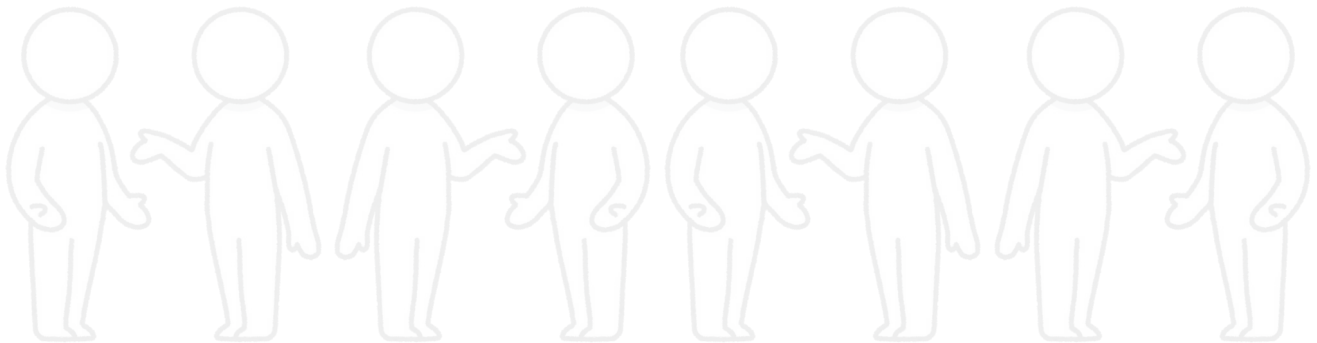
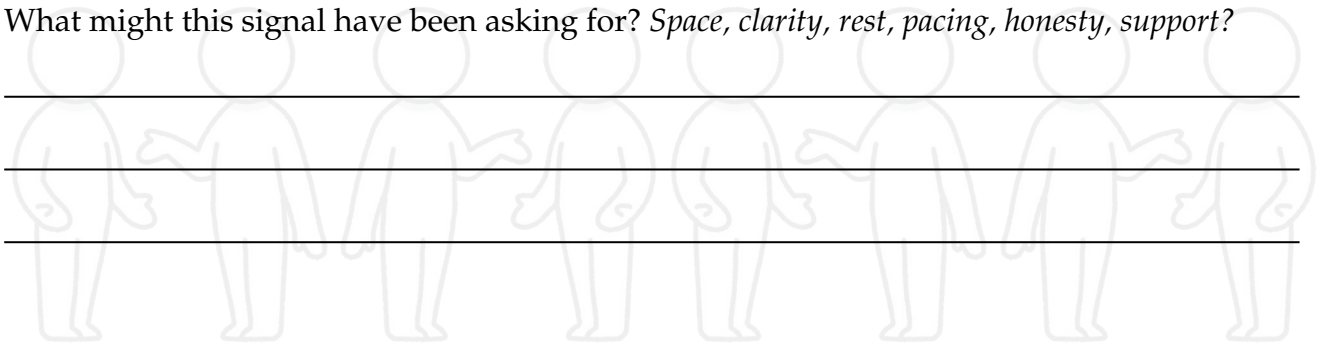
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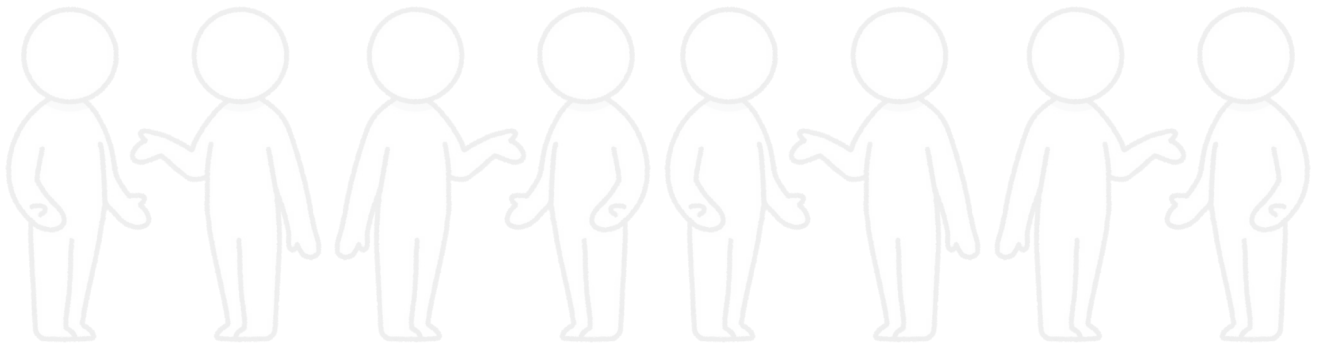
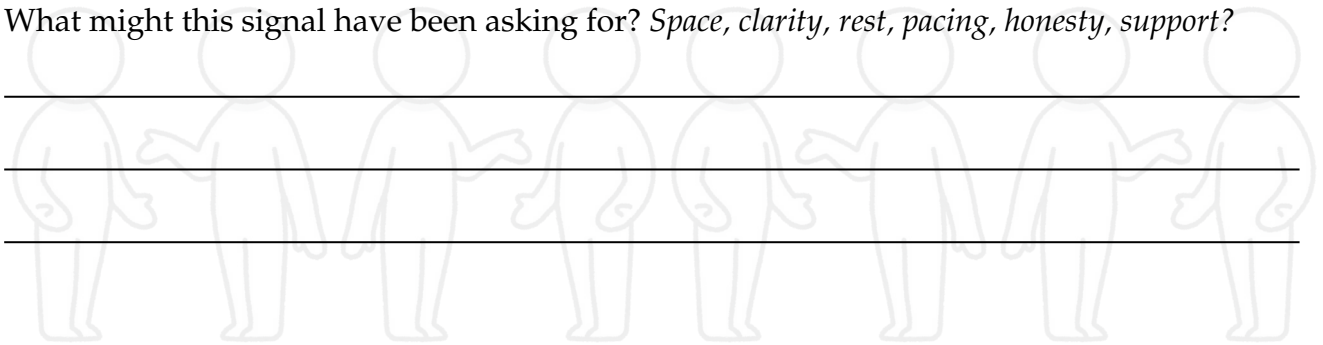
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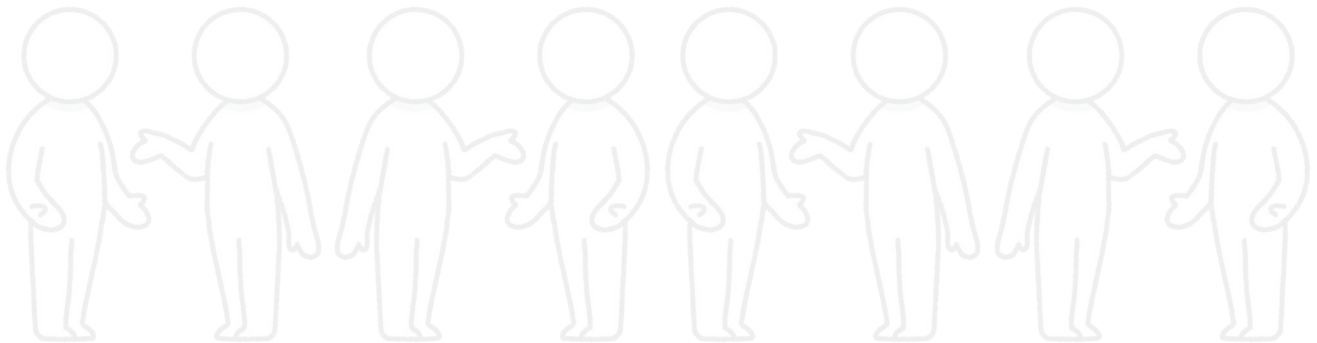
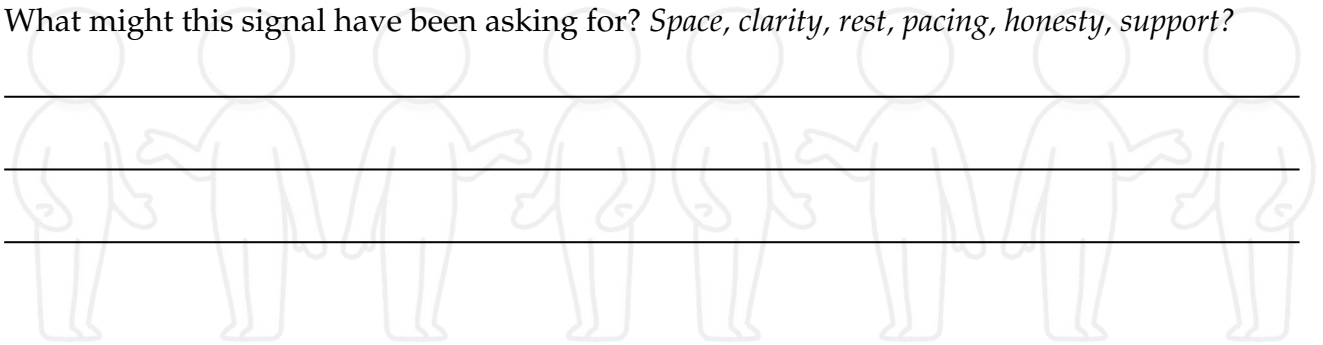
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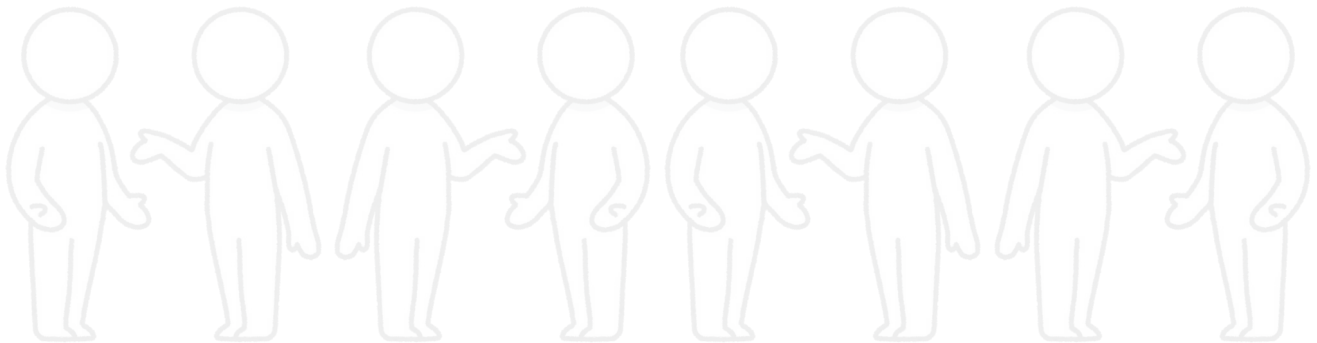
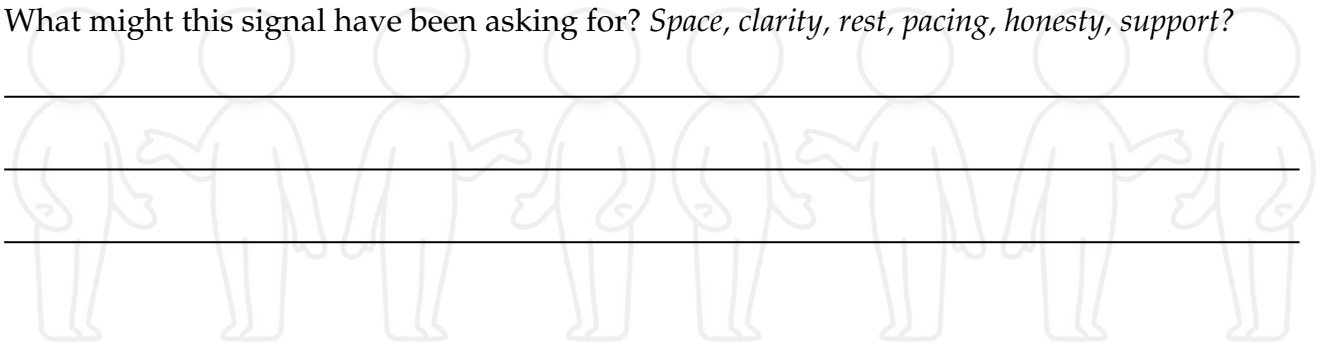
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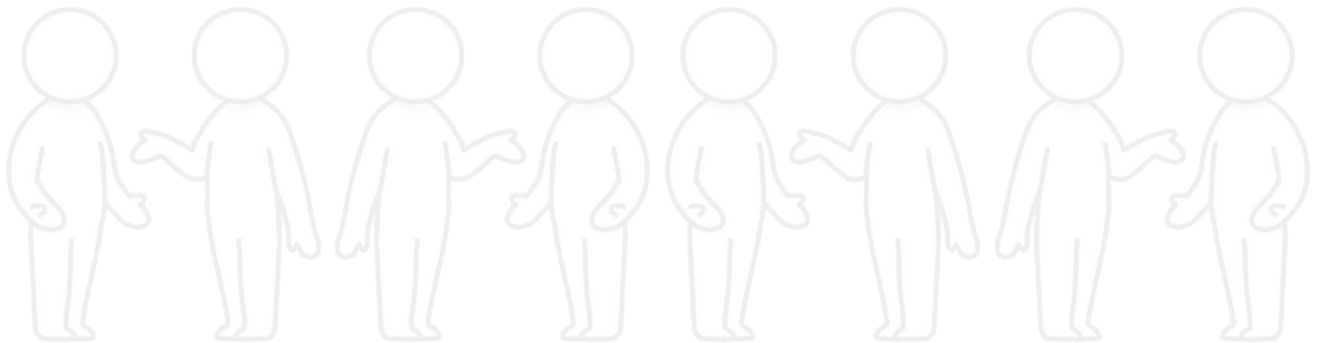
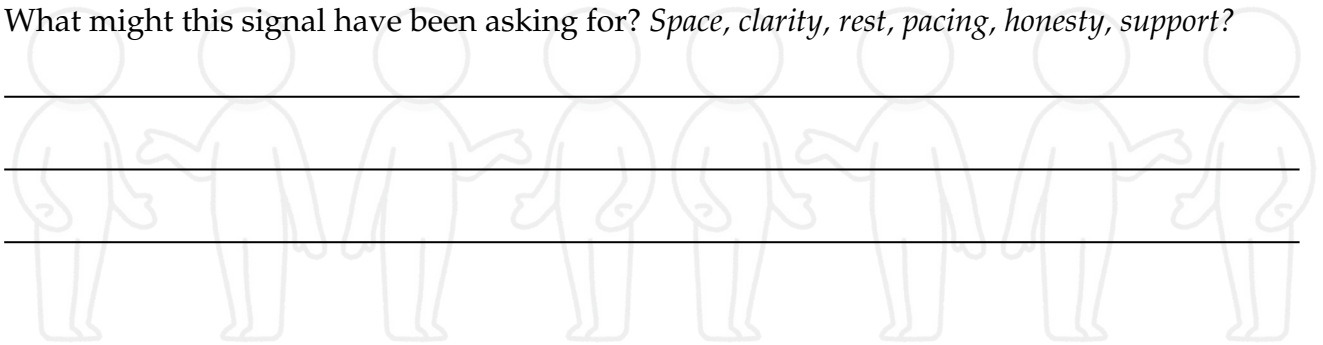
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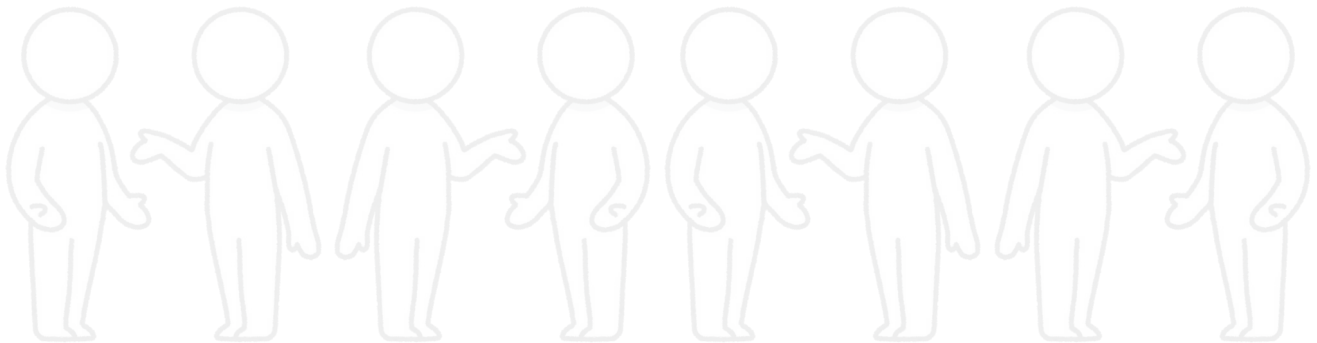
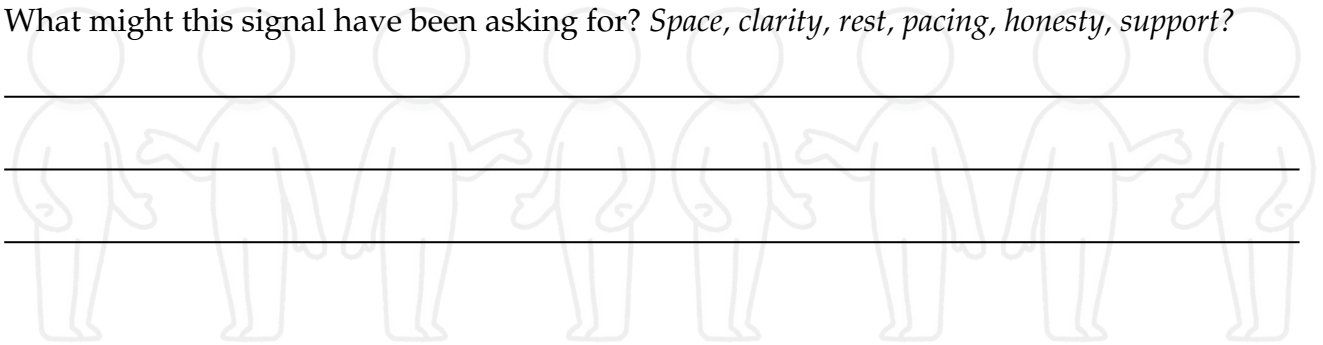
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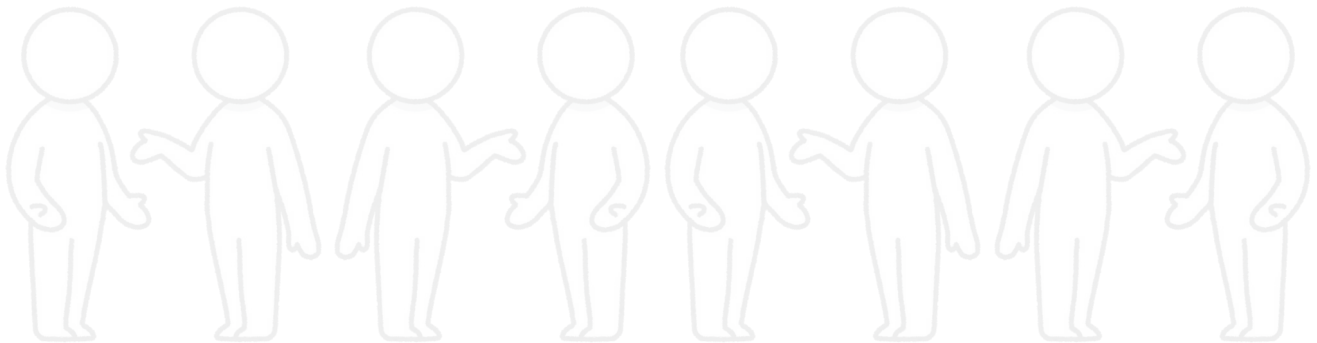
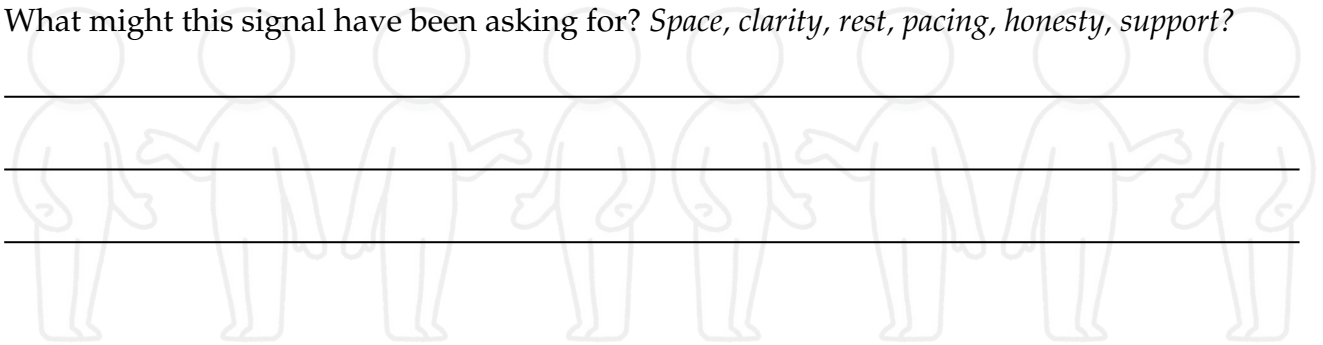
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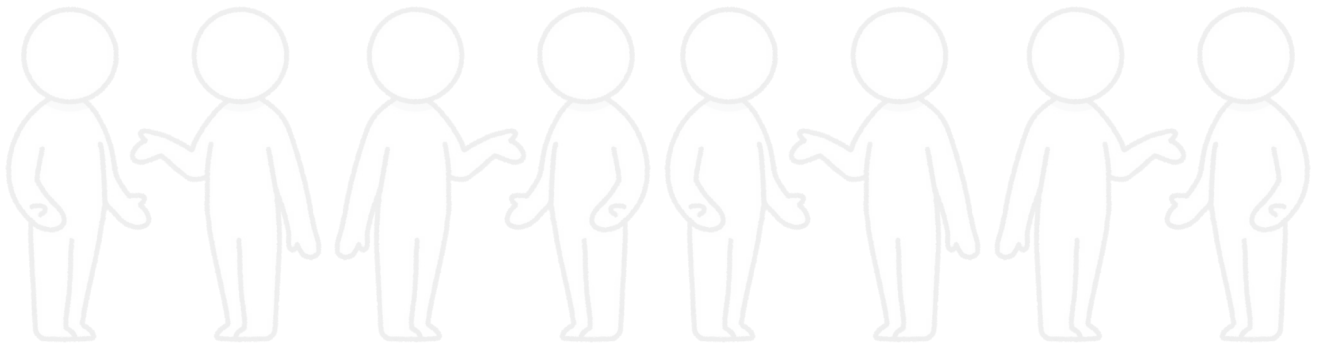
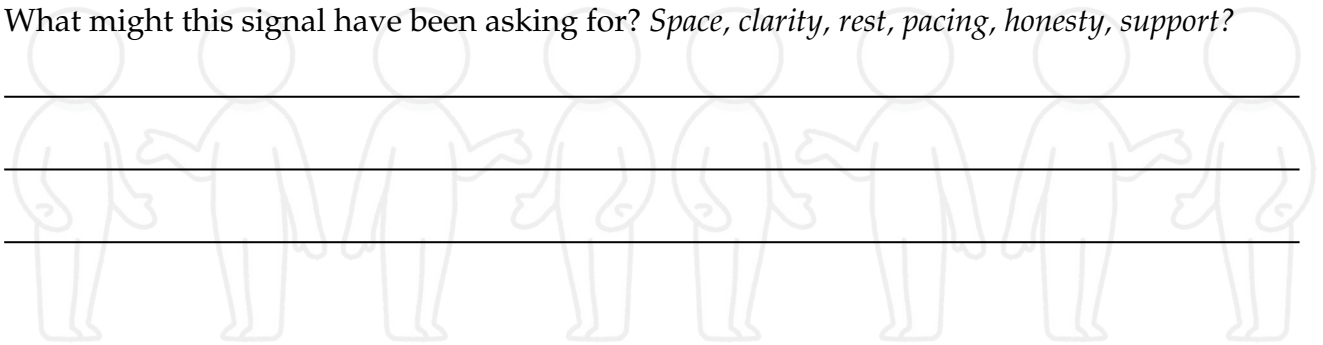
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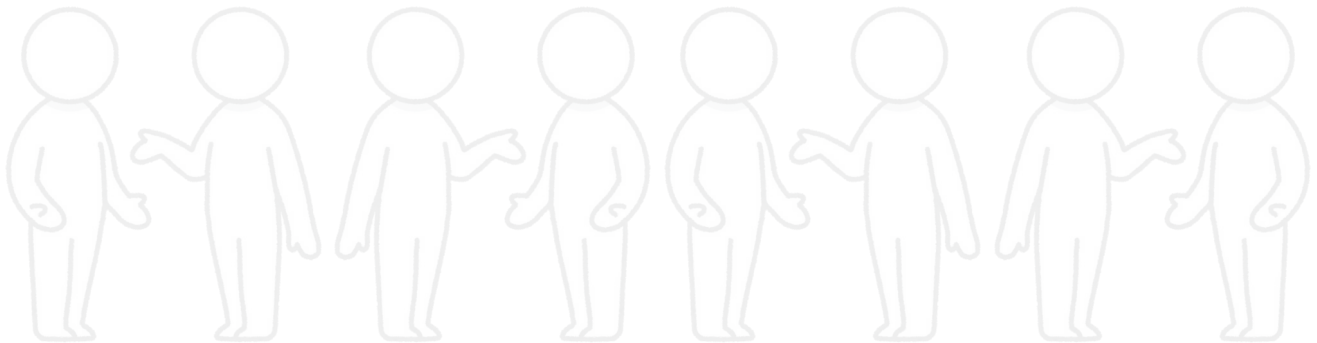
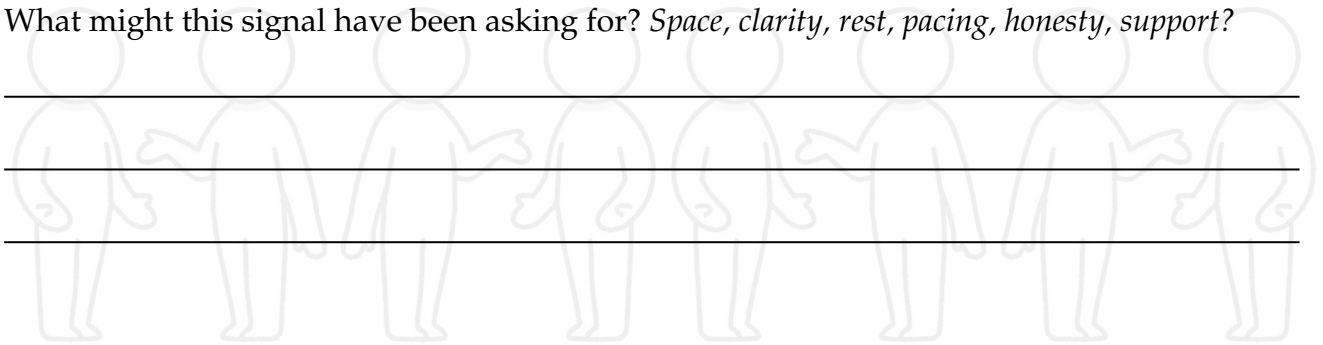
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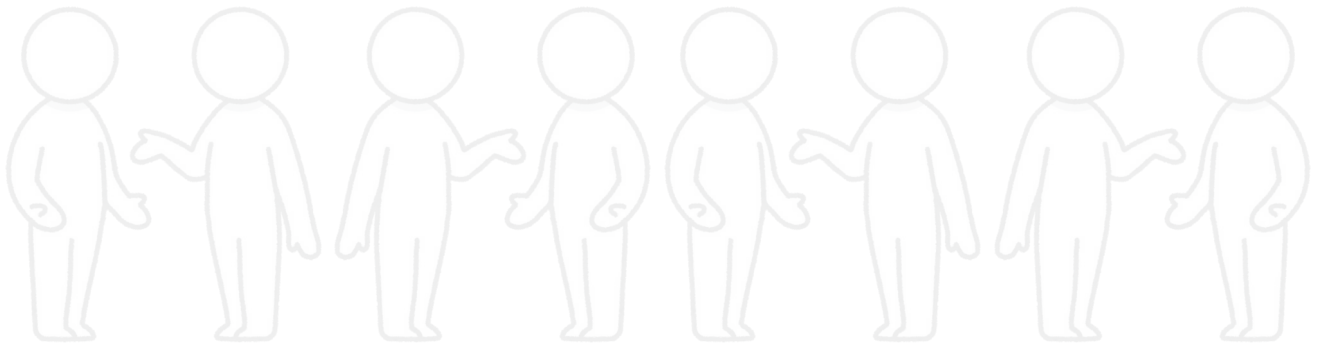
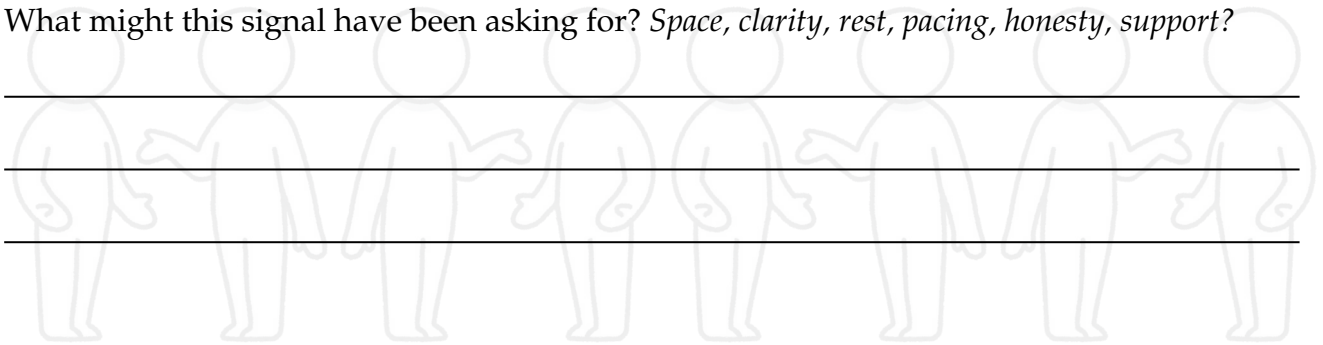
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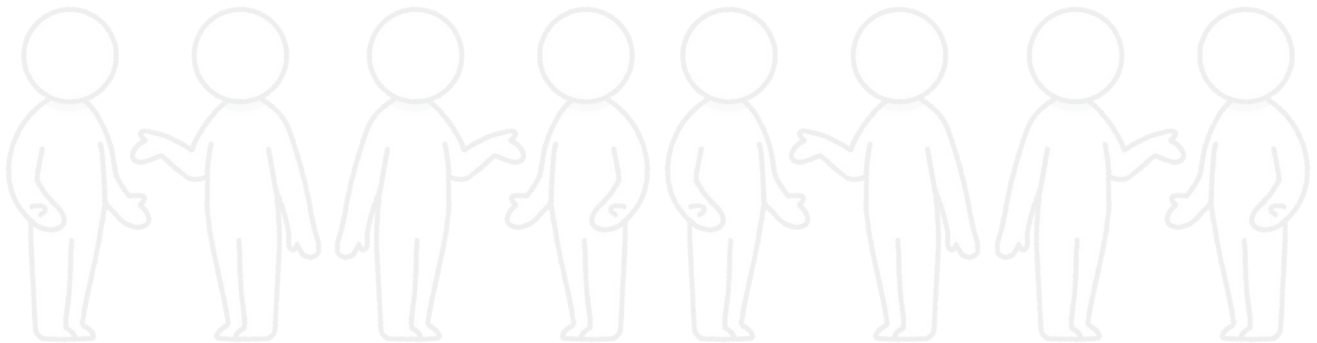
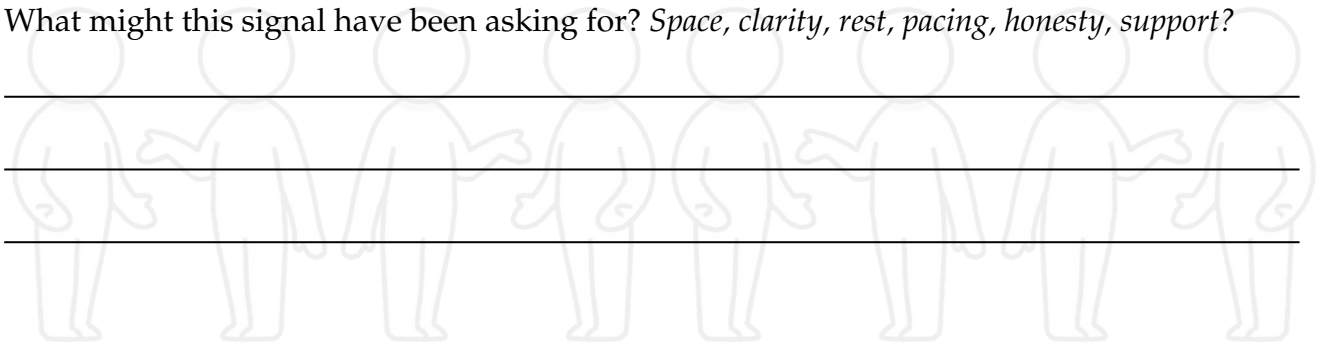
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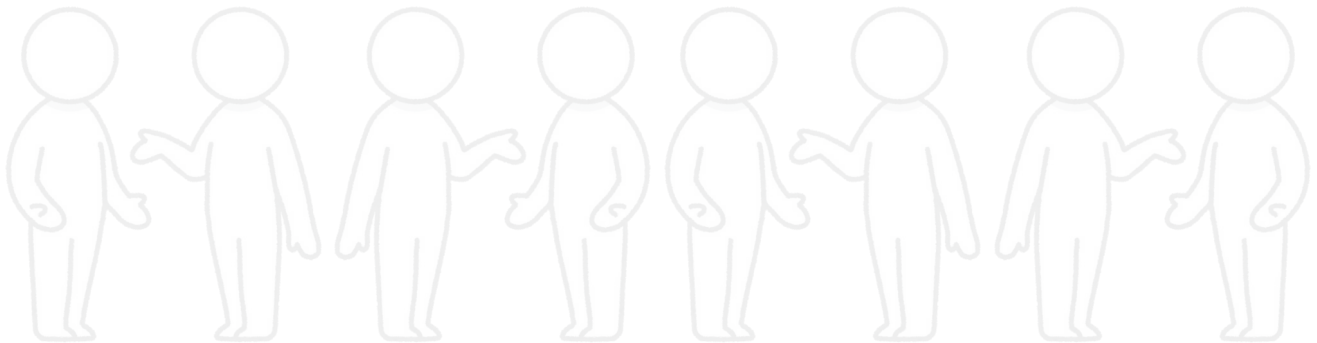
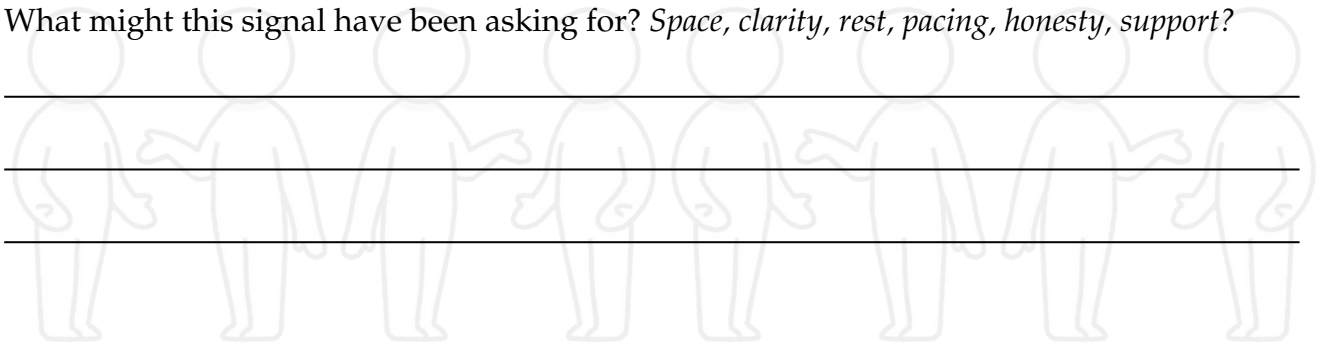
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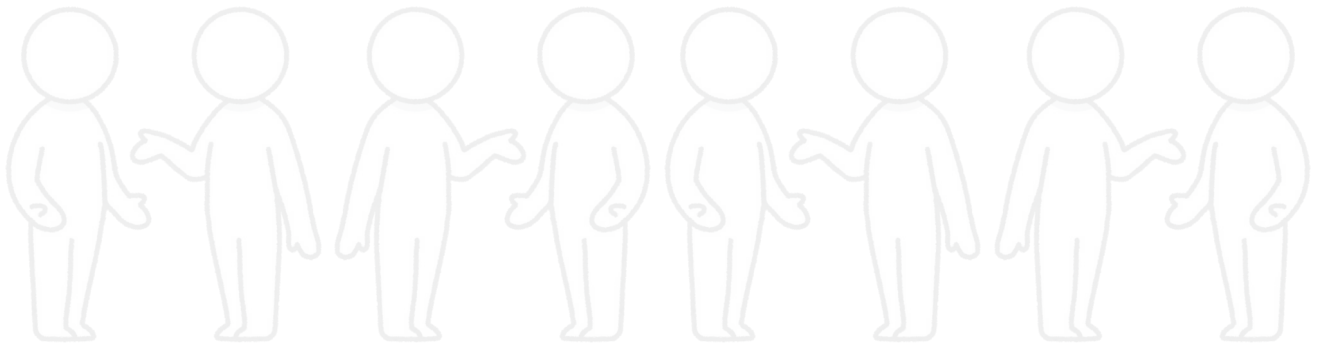
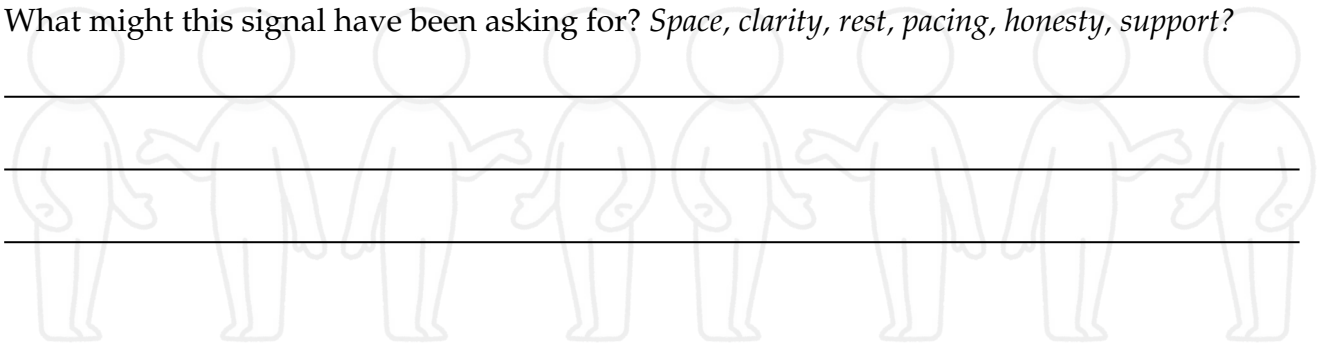
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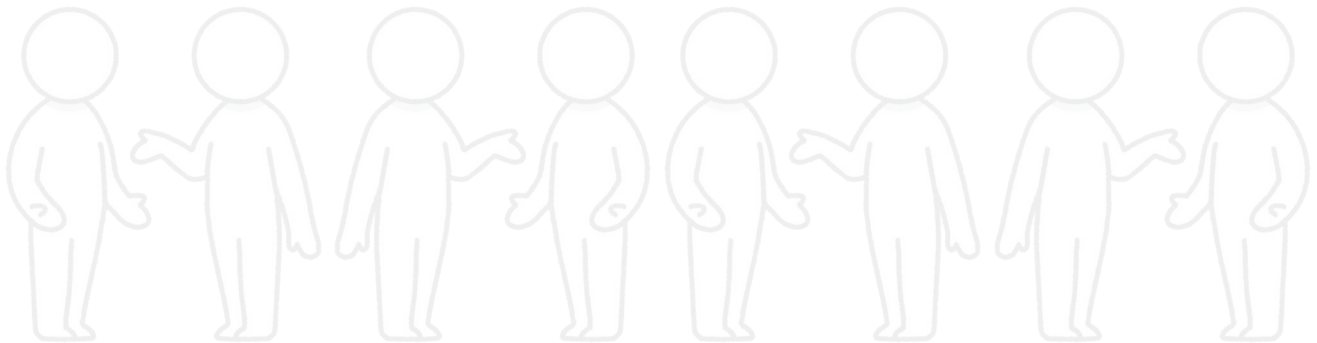
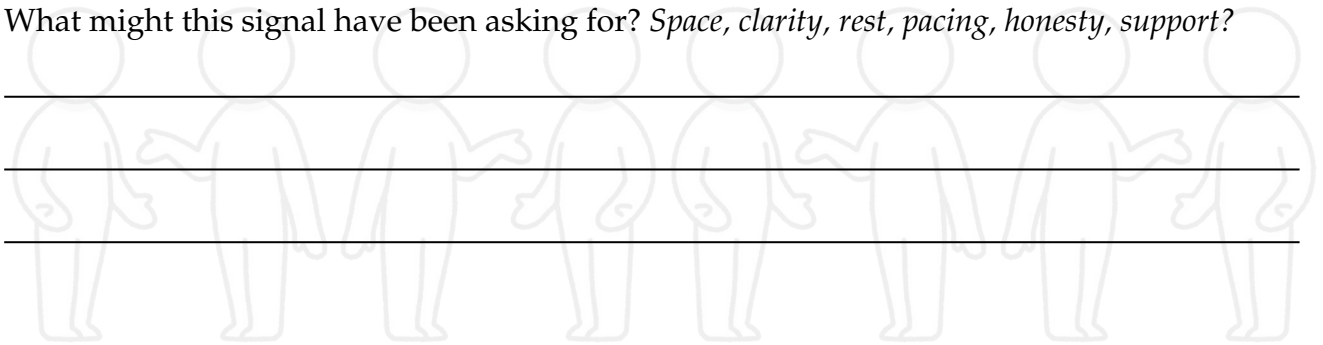
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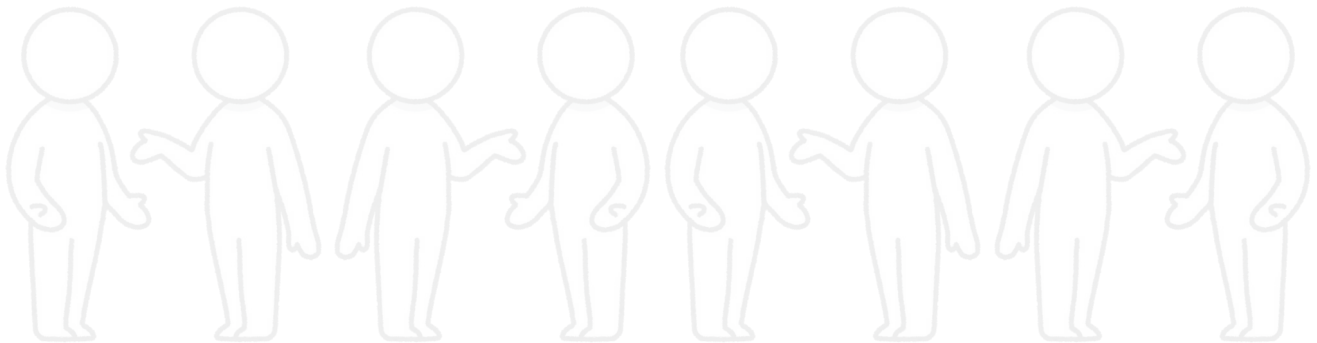
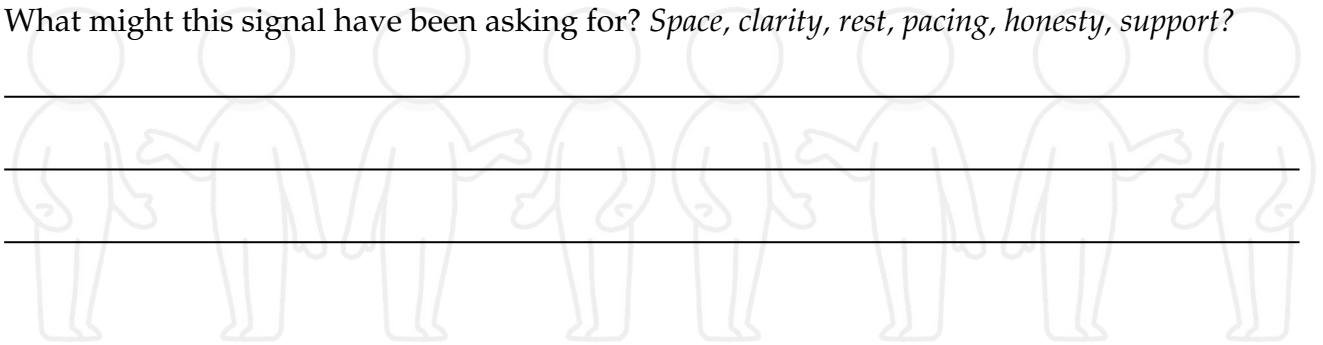
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Weekly Reflection Prompts

Choose one or two each week.

- Where did awareness change how I responded?

- When did I rush instead of pause?

- Which signals felt hardest to sit with?

- What softened simply because I noticed it?

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Month/Year: _____

Monthly Check-In

Optional. Helpful when stuck.

- What feels easier than it did before?

- What keeps repeating?

- Where am I still learning?

- What support or rest might help?
