



PAUSING TO REFLECT

Pausing to reflect pulls you into the present moment.

It forces you to turn inward and connect with yourself on a deeper level.

It reveals what you need more or less of in your life, and it helps you understand how to move forward in a more aware and empowered energy.

As you grow and become more engaged with life, it is important to check in with yourself consistently. *At times, life is hectic, overwhelming, mundane, or full of bliss. The ebb and flow reminds us that nothing is constant, and everything has the ability to shift. Taking time to reflect on your life, and all the parts that make it a whole, is essential to living intentionally.*

Over the past month, what has been revealed to you? In other words, have you discovered anything new about yourself? *(These can be truths, patterns, behaviors, etc.)* **If so, how has it changed you?**

Over the past month, have you been met with any resistance? *(difficulties, hardships, adversity?)* **If so, what did you learn from the situation?**

Over the past month, what hasn't worked out for you? Is there a way to shift your perception and approach it differently, or is it time to let it go completely?

Over the past month, what has worked out for you? How has this helped you grow?

Over the past month, what are three things that you are grateful for?

1.

2.

3.
