A FREE PRINTABLE

Five Reflections to Try

One small practice for each movement. Try one a week.

Each reflection takes a few minutes. Try it, then write what you noticed below the question.

1

REMEMBER THE LIGHT

Catch one gift

Once a day, notice one gift as it arrives: birdsong, a kind text, a warm first bite. Pause and let it land. Say, "I did not make this happen alone."

What did I receive today that I did not earn?

2

WHAT COVERS THE LIGHT

Test one story

Write one story you live by, such as "I always have to handle it myself." Listen for "always," "never," and "obviously." Try one small action the story discourages, like asking for help.

Is this story true? Is it still serving me?

3

WAKING UP

Catch it, then return

Twice a day, pause for 20 seconds and ask, "Am I here?" Name where your mind went ("I am rehearsing") and come back. Feel your feet on the ground.

What did I notice, and what did I choose?

4

CLEARING THE GLASS

Find your tell

Recall three moments you wish you had handled differently. Look for the pattern: “When this happens, I tend to do this.” Choose one small response for next time, like one breath before replying.

What would help me notice it sooner?

5

LIVING THE LIGHT

Leave the room lighter

Pick one ordinary conversation. Before it, ask, “What might this person need, and what can I truly offer?” Give it fully, with no scorekeeping.

What was I offering, and did I let it stay a gift?

Receive. Reflect. Radiate.