

2022 Peak Performance & Fire Walk Conference

Reflection.

To look back, consider, seek from before,
see through a new perspective.

When we reflect we give ourselves the opportunity to
explore, grow, and expand our potentials.

We can see the lessons, intimate passings,
friendships, acts of kindness, moments in which we
could have done better, loving exchanges, flashings
of bravery and courage, vulnerabilities, graces,
and reliving how we felt.

This time and space given to reflect on our days and
experiences is a reverence for our spirits as human
beings. We honor our humanness and in doing so,
learn how to become better humans.

We begin to feel better by learning how to live better,
act better, and prepare better.



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As adults operating in a very active world, even the slowest and simplest of lives are impacted by a lack of reflection. When we resist reflection we invite in avoidable mistakes.

The foresight reflection offers helps us to pick a different route to work because we already can foresee the traffic or grocery shop at specific times because we know when it's going to be slow. The way we learn to see the patterns that lead to foresight is *reflection*.

After you finish up with your evening winding, maybe after you brush your teeth, sit down at your table. If you feel inspired light a candle and brew a cup of tea. Don't let those things stop you from starting. If they are distractions just start writing.

This workbook shouldn't take you more than 10-15 minutes. The purpose is to observe in reflection how you felt, behaved, acted, and interacted with the world.

If you get stuck, just keep moving.



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As an adult, you have the power to change your personal dynamic in interpersonal relations. You do not have to continue playing out old patterns of behaviors, cycles of drama, or things that are generally unpleasant for you just because it is what has always been done.

In fact, that is how you remain exactly the same.
By giving your power to situations that make you unwell and saying there's nothing you can do about it.

9/10 times there is something that can be done. It's probably just uncomfortable, challenging, and scares you as doing almost anything new does.
*I also just made up that stat but you get the picture.
Point being...*

You have more ability to change your life for the better than you allow yourself to believe.



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Journal Prompts for Reflection

How satisfied am I with my production and achievement levels today?

What could I have improved upon?

What did I do really well?

What is an act of kindness I experienced?



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Where could I have been kinder and acted with more love? to myself? in my relationships?

What would I like to carry forward with me tomorrow?

What am I proud of?

What lesson did I learn?



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I am leaving _____ in today....
(Fill in the blank)

I am most grateful for.....

My intention for tomorrow is to wake up feeling.....



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Wheel of Wellness



Define each of the life categories on the Wheel of Wellness. . Switch out any categories to better match your life experience.

Rate how fulfilled you are on a scale of 1-10.

Define what you want each category to feel and look like next year.