

HEADTRASH

The Lifeline Self-Reflection

Self-reflection allows you to feel gratitude for all that you have and all you have learned along the way. It helps protect you from self-deception.

In life, there are times that bring us extreme joy and times that may hurt us deeply. There are significantly challenging times and the times where we find ourselves defensive. There are other times where we question our own worth.

Building out your Lifeline helps you explore and reflect on all of this. It allows you to access the five percent of your soul that truly holds the secrets to your success and potential setbacks. Your past does not define your future, but it does have the power to limit or expand it, depending on how you view and embrace it. The more you reflect, the more you learn about your inner self-talk and understanding this allows you to find the light. Use the Lifeline exercise to reflect on your self-talk and build-out your Lifeline map.

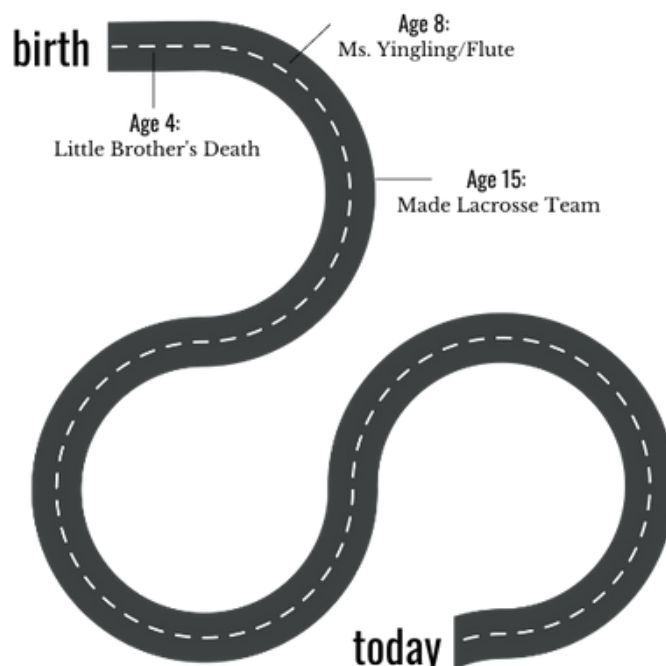
Time: Approximately 20-minutes

Tool: Use the Lifeline map on the following page

Instructions:

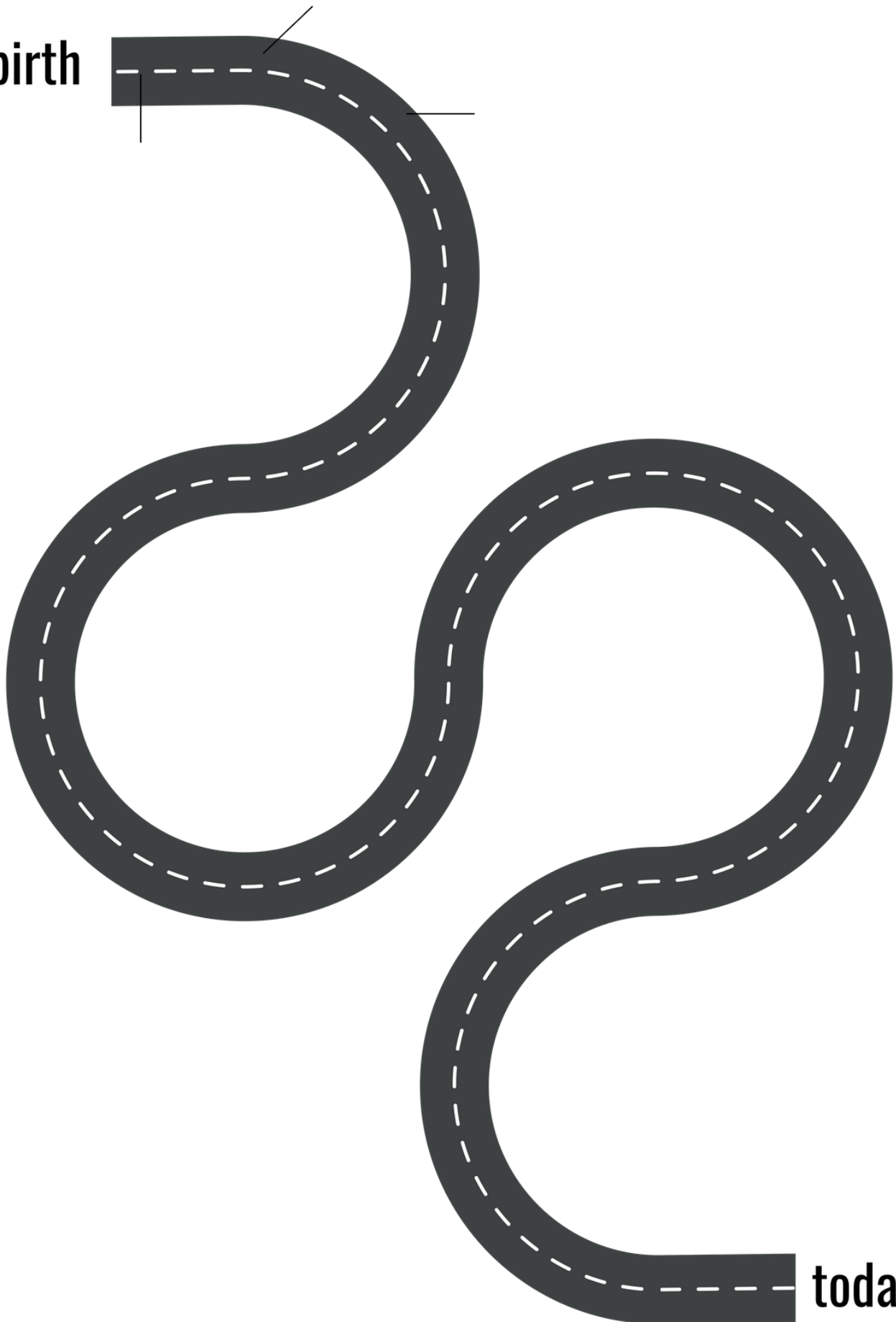
- Find a quiet place to reflect and be still. Take a few deep breaths.
- Take time to think about your life. What were the significant moments or experiences that truly imprinted on you, changed you, and created beliefs that drive you?
- Think of your life as a timeline. Drop-in those powerful moments. Write each one down.
- Once you complete this timeline, you can begin the self-reflection journey. What about this event are you grateful for? What about this event was hard? What is your take on each story in your lifeline? Take a moment to reflect on the imprints and the positive and negative beliefs they may have created within you. Are your imprints serving you? If not, how might they? What is your takeaway on each story in your Lifeline?

example: Renie's lifeline map



HEADTRASH

birth



today