

1

FIRST REFLECTIONS

Think or write things down freely, without censoring.

Don't try to make sense of things yet — just capture impressions, images, emotions, and fragments.

"What images, feelings, or moments from the experience are most present for me right now? What felt most significant? What is lingering?"



2

CENTRAL INSIGHTS

Often one theme or insight stands above the rest. Try to distill the core of what you were shown or understood.

"If the experience had one central message or gift for me, what was it? How would I say it in one sentence?"



3

PROCESSING DIFFICULT MATERIAL

If challenging content arose — old wounds, grief, fear — give it space here. Difficulty is often where the deepest healing lives.

Prompt: "What difficult material came up? What does it want me to know? What would it feel like to fully allow it?"



4

TRANSLATING INSIGHT INTO ACTION

Insights without action remain ideas. What specific changes would honour what you learned?

Prompt: "What would my life look like if I actually lived this insight? What is one small action I could take this week?"



5

30-DAY INTEGRATION CHECK-IN

Over 30–90 days, notice how your perspective, relationships, habits, and wellbeing are shifting.

Prompt: "What has changed in how I see myself, others, or the world? What patterns am I noticing shifts in?"



6

GRATITUDE & CLOSING

Acknowledge the experience with gratitude, regardless of how it felt. Difficult experiences often give the most.

Prompt: "What am I grateful for — including the hard parts? What do I want to honour and carry forward?"

