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THERAPY + WELLNESS

Your Reflection Practice Starts Here

**Start your journey of leading from the
inside out.**

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READY TO A.C.E THE PROCESS OF TAKING BACK YOUR LIFE

Check out our 3-step process

1

ASSESS: To identify necessary changes in your life, you must be willing to take inventory of what's working and what's not. This assessment may involve reviewing your emotional, mental, physical, and relational health.

APPLICATION: To assess your relational health, you need to evaluate the people in your life, your feelings about your relationship with them, how the relationship affects your self-esteem, and your desired progress for the connection. Assessing your relationships also means recognizing unresolved issues and accepting your responsibility to address them.

2

CURIOS CONSIDERATION: Asking yourself questions can spark curiosity and give your mind, body, and spirit something to contemplate. This helps you consider what could be different and play with options without restrictions. It's an opportunity to explore and find the best way to proceed based on available information and your desired outcome.

APPLICATION: A curious consideration could be beneficial if you desire a relationship but hold negative beliefs about them. By becoming curious about those beliefs, you can explore them without judgment and develop a greater awareness of their impact on your life.

3

EVALUATE: During the evaluation period, you reflect on what you need, let go of what you don't, and redesign how you do things. This process involves having courageous conversations with yourself and others, and being transparent about what you are willing and able to commit to.

APPLICATION: As you move through the evaluation period, be mindful of feelings of grief and loss that result from navigating change and transformation, even if you are initiating it. Consider journaling or video notes to help process your thoughts and feelings as you gain clarity. Both provide the space for reflection on your growth and can aid in your transformation.



L.I.V.E. Framework

Designing an External Room of Reflection



Liveliness: Your space should feel alive, not sterile.

Bringing in movement, color, scent, sound, or natural elements creates energetic flow. It reflects your intention to feel inspired, emotionally connected, and awake to your environment.

APPLICATION: To bring more liveliness into your space, include fresh flowers, mood-setting lighting, music, or movement-based tools like yoga mats, scent diffusers, or textures that activate your senses. The goal is to signal aliveness and presence.



Inspiration: What inspires you to think deeply or dream freely?

Your space should visually reflect what lights you up or anchors you to purpose. Whether it's quotes, books, artwork, or sacred symbols, these cues reconnect you with your "why."

APPLICATION: Curate a small area or altar with images, words, or textures that spark creativity and curiosity. This will help your physical space become a place of ideation and possibility, not just productivity.



Visual Anchors: Your space should remind you what matters.

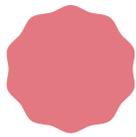
Anchors can include objects that represent growth, boundaries, healing, or transformation—things that bring you back to your core values when distractions arise.

APPLICATION: Place symbolic items in view—flowers, stones, affirmations, or art that speaks to your identity and desires. Let them serve as quiet accountability for how you want to show up.



L.I.V.E. Framework

Designing an External Room of Reflection



Expression: Create room to express yourself fully, visually, creatively, or verbally. We process through movement, writing, talking, and creating. Making space for expression ensures your thoughts and emotions don't get trapped or ignored.

APPLICATION: Keep tools close, such as a journal, whiteboard, voice recorder, or sticky notes, for capturing ideas or emotions. Give yourself freedom to “unpack” without pressure to perform.



G.R.A.C.E. Framework

Grounding Practice for Internal Reflection & Emotional Regulation



Grounding: Creating calm in the chaos. Grounding is the foundation for reflection; it's how you return to the present moment, your body, and what's real.

APPLICATION: Use breathwork, stillness, or touch (like placing a hand on your heart) to stabilize your nervous system before processing thoughts or emotions. This sets the stage for clear reflection.



Reassurance: Remind yourself of your truth, worth, and freedom to choose again. You don't have to earn the right to pause. Reflection begins by knowing you're allowed to feel, think, and reset without shame.

APPLICATION: Use affirmations, mantras, or mirror work to reconnect with inner safety and worthiness. This helps reduce the urge to perform and strengthens emotional self-trust.



Awareness: Notice your patterns, emotions, and needs with compassion. Awareness creates choice. Instead of reacting automatically, you become mindful of what's happening inside and why it matters.

APPLICATION: Name what you're feeling using a tool like the Feelings Wheel. Journal or reflect on what your emotions might be trying to communicate—and how they're influencing your behavior.



Clarity: Align your values with your actions. Clarity is the result of slowing down long enough to feel and discern. It's where emotional processing meets strategic vision.

APPLICATION: Ask yourself: "Is this aligned with who I want to be and how I want to lead?" Clarity helps you choose intentionally instead of impulsively.



G.R.A.C.E. Framework

Grounding Practice for Internal Reflection & Emotional Regulation



Embodiment: Honor your needs and lead from your whole self. Embodiment means showing up in your full truth—mentally, emotionally, physically, and spiritually.

APPLICATION: Practice honoring what your body, heart, and energy need—even in leadership. This could mean resting before responding, saying no, or choosing aligned action over approval.



These prompts will help you reflect with intention, release what no longer aligns, and realign with your truth. Use them when feeling overwhelmed, preparing for a shift, or simply reconnecting with your values.

Each question is a doorway back to yourself. Breathe. Write. Listen. Then lead.

Letting Go & Making Space

- What can I let go of that doesn't work for me anymore?
 - What thoughts, beliefs, messages, and stories do I need to surrender to make room for something new?
 - What have I been putting too much effort into that I do not fully believe in or align with?
 - Where am I overdoing it? Overgiving?
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Identity, Alignment & Inner Voice

- When have I felt most like myself?
 - What parts of me have I not always allowed myself to explore?
 - Am I ready to reclaim who I am at my core?
 - What does it mean to be seen for who I am?
-

- What values do I consider to be most important in my life?
 - How do my actions align with those values?
 - Are my relationships currently aligned with my values?
-

Emotional Awareness & Stress Patterns

- What traits show up when I am feeling stressed and overwhelmed?
 - What emotions do I avoid the most?
 - Who (my personas) show up when I am stressed?
 - What self-destructive behaviors have I observed within myself?
-

Control, Vulnerability, and Truth

- What does it look like for me to be in control of a situation?
 - Is my need for control preventing me from having a positive outcome?
 - What does it mean to show vulnerability?
 - Do I allow myself to show this side to me and others? Why or why not?
 - Am I honest with myself and others about things that need to change in our interactions? Why or why not?
-

Worthy of Peace, Not Pressure

- What would make me feel worthy to have the things I desire?
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- Am I worthy of all I desire?
- Do I truly believe that things get easy for me, or do I have to struggle? Why?
- When have I allowed things to be easy for me?



How to Use the Feelings Wheel for Emotional Awareness & Self-Care

A step-by-step guide to help you identify, process, and regulate your emotions effectively.

Step 1: Pause & Check-In

Before reacting to a situation, take a deep breath and ask yourself:

- *What am I feeling right now?*
- *What is happening in my body (tightness, warmth, discomfort, relaxation)?*

This moment of **pause** helps you slow down and **name your emotions with intention.**

Step 2: Start at the Center – Identify the Core Emotion

The **center of the Feelings Wheel** has six basic emotions:

- Sad
- Fear
- Disgust
- Happy
- Surprise
- Anger

Ask Yourself:

- *Which emotion best describes what I'm feeling?*
- *Even if you feel multiple emotions, identify them all.*
- *Then ask yourself, what is the strongest right now?*

Step 3: Move Outward – Get More Specific

Once you've identified the core feeling, look at the **next layer of words** to get more specific.

Example:

- If you feel "**Mad**," the next layer may show "**Frustrated**," "**Jealous**," or "**Bitter**."
- If you feel "**Sad**", you might explore "**Lonely**," "**Disappointed**," or "**Guilty**."

Why This Matters:

- **Naming your feelings** gives you more clarity.
- The more precise you are, the **better you can process and regulate** your emotions.

Step 4: Identify the Root Cause

Once you've named your feelings, reflect on **why** you feel this way.

Ask Yourself:

- *What triggered this feeling?*
- *Is this emotion about the present, or does it connect to past experiences?*
- *Am I reacting to a situation, a thought, or someone else's actions?*

This **self-awareness** helps you **respond to emotions rather than just react**.

Step 5: Decide How to Honor Your Emotion

Now that you understand your emotion, think about how to **process it in a healthy way**.

Ask Yourself:

- *What do I need right now?*
- *Do I need rest, connection, movement, or space?*
- *What self-care action will support me?*

Coping Strategies Based on Emotion:

- **Overwhelmed?** → Take deep breaths, set boundaries, or break tasks into small steps.
- **Angry?** → Journal, take a walk, release energy through movement.
- **Anxious?** → Engage in grounding exercises, meditation, or soothing music.
- **Sad?** → Allow yourself to grieve, express feelings, or connect with a loved one.
- **Joyful?** → Celebrate, express gratitude, and fully enjoy the moment!

Step 6: Use This Process Daily

Make checking in with your emotions a habit:

- Use the **Feelings Wheel** in the morning to **set your intention for the day**.
- At night, reflect on how you felt throughout the day and **what helped you manage your emotions**.

- If you're feeling stuck, **use the wheel to help you put words to your feelings** and decide your next steps.

Final Thought:

Your emotions are valid. Naming them is the first step toward understanding, healing, and caring for yourself.

