



## Reflections in Me

### Objectives

Use this layout chart to observe what your unconscious is inviting you to reflect on through a photo you took.

### Before we start

Think of the word Reflection. What does it mean to you. Take a photo that will represent Reflection for you. We will use this photo in this process.

### Pause and Expand

Take a deep breath close your eyes and connect to yourself.

Once you are ready open your eyes, place your photo in the layout chart and observe

### Focus and action

Write down your insights, observations and 3 actions that will move you. One for today, one for next week and one for the upcoming month.

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①

What do I see in the photo?  
How does it link to where I am now:

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What do I see in the photo?  
How does it link to where I am now:

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③

How does the photo make me feel?  
How does it link to how do I feel about myself? :

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How does the photo make me feel?  
How does it link to how do I feel about myself? :

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②

What is outside the “frame “?  
How does it link to what am I not seeing about myself? :

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What is outside the “frame “?  
How does it link to what am I not seeing about myself? :

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④

When I link the photo with the word “Reflection”  
What do I want to bring into my life to live more fully?

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When I link the photo with the word “Reflection”  
What do I want to bring into my life to live more fully?

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My Photo  
representing  
“Reflection”