

BOOK COMPANION RESOURCE

Growth Method Workbook

The Gift of Time™ Growth Method

A practical workbook for using The Gift of Time™ Growth Method when you are navigating change, uncertainty or a new beginning.

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Every life transition gives us a Gift of Time.™

The Growth Method

Pause • Reflect • Reframe • Reset • Rise

A simple yet powerful 5-step method to help you navigate change, find clarity and create a brighter tomorrow. Use this workbook to explore each step with honesty, compassion and intention.

PAUSE

What am I experiencing?

Give yourself permission to be present. What is happening for me right now?

REFLECT

What is this teaching me?

Explore your thoughts, feelings and patterns. What might this experience be showing me?

REFRAME

What else might be possible?

Consider new perspectives. What other ways can I look at this? What opportunities might be here?

RESET

What do I want to carry forward?

Choose what you want to release, what you want to keep, and what you want to do differently.

RISE

What is my next step?

Take inspired action. What is one small step I can take now to move forward with greater confidence?

Progress, not perfection, creates a brighter tomorrow.

My Growth Journey

Reflection Prompts for Real Life

Use these prompts to go deeper with each step of The Gift of Time™ Growth Method. Write freely and allow your reflections to guide you towards a calmer, clearer and more intentional next chapter.

1 PAUSE — What am I experiencing right now?

2 REFLECT — What is this teaching me?

3 REFRAME — What else might be possible?

4 RESET — What *do* I want to *carry forward*?

5 RISE — What is my next step?

Change can feel uncertain,
but it can also be the beginning of something beautiful.
You have everything within you to rise.