

BOOK COMPANION RESOURCE

The 13 Principles Companion

The Gift of Time™ Framework

Explore each of the 13 principles more deeply and consider how they may be showing up in your own life.

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Every life transition gives us a Gift of Time.™

The 13 Principles

A Guide for Reflection and Growth

Each principle offers an opportunity to pause, reflect and create positive change. As you explore each one, consider how it may be showing up in your life right now and what it might be inviting you to embrace.

1. Thankfulness	Notice the good. Appreciate what remains.
2. Hope	Believe in what is still possible.
3. Embrace	Accept what is and open to what can be.
4. Gratitude	Find joy in the everyday.
5. Inner Reflection	Look within for clarity and wisdom.
6. Forward Growth	Choose to evolve through change.
7. Transformation	Live differently because of what you have learned.
8. Opportunity	See new possibilities in every season.
9. Freedom	Create a life that feels true to you.
10. Trust	Have faith in yourself and the journey.
11. Intention	Choose what matters and take action.
12. Meaning	Find purpose in your own unique way.
13. Empowerment	Recognise your strength and the power you have to shape your next chapter.

Small steps with intention can create a more meaningful tomorrow.

Reflection Guide

Questions for Each Principle

Use these questions to explore each principle more deeply.
You may wish to write your reflections in a journal.

1. What does this principle mean to me?

2. How is this principle showing up in my life right now?

3. What opportunities or challenges am I noticing?

4. What small step can I take to bring this principle more fully into my life?

You do not have to do everything at once.
Choose one principle, one reflection,
one small step—and begin.