EVERY LIFE TRANSITION GIVES US A GIFT OF TIME™

THE GIFT of TIME™

BOOK COMPANION RESOURCE

Guided Reflection

What I Am Ready to Release

Making Space for What Comes Next

Some chapters of life ask us to recognise what we can no longer change, carry or control. This reflection helps you gently explore what you may be ready to release—and what you want to keep.



Roushini Devi

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My Guided Reflection

Pause • Reflect • Explore • Release • Grow

Each reflection invites you to slow down, be honest with yourself and create space for what you truly want next.



1. What am I holding onto?

What am I carrying that feels heavy or no longer serves me?



2. What is within my control?

What can I influence, choose or take action on right now?



3. What am I ready to release?

What thoughts, expectations, relationships or patterns am I ready to let go of?



4. What do I want to protect?

What matters most to me? What do I want to hold onto and nurture?



5. What space might this create?

How might my life feel lighter, clearer or more open if I release what no longer serves me?

Let go with courage. Create space with intention.

My Next Chapter

A Space for New Possibilities

Use these prompts to reflect on what you want to invite into your next chapter. You may wish to write freely, create a vision or set a simple intention for the journey ahead.

What do I want to welcome into my life next?

How do I want to feel as I move forward?

What is one small step I can take to support this change?

A gentle message to myself for this new chapter:

When I release what is no longer mine to carry,
I create space for new blessings to find me.