THE GIFT of TIME™

GROWTH METHOD STARTER

A Gentle Introduction



Small Shifts. A Brighter Tomorrow.

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Every life transition gives us a Gift of Time.™

The Growth Method

Pause • Reflect • Reframe • Reset • Rise

A Simple Guide for Real Life

This gentle method can help you navigate change, uncertainty and new beginnings. Move through the five steps at your own pace. There are no right or wrong answers — just honest reflection, kindness and curiosity towards yourself.

PAUSE

What am I experiencing right now?

REFLECT

What is this teaching me?

REFRAME

What else might be possible?

RESET

What do I want to carry forward?

RISE

What is my next step?

Bringing It All Together

From Insight to Action

What have I discovered?

What insights, patterns or truths stand out for me?

What do I want to carry forward?

What mindsets, values, habits or supports will help me?

What is one small step I can take now?

What is a kind, practical action I can take to move forward?

You don't need to have it all figured out.
Small, consistent steps create real change.
You are allowed to grow at your own pace.

Take what you need. Begin where you are.

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