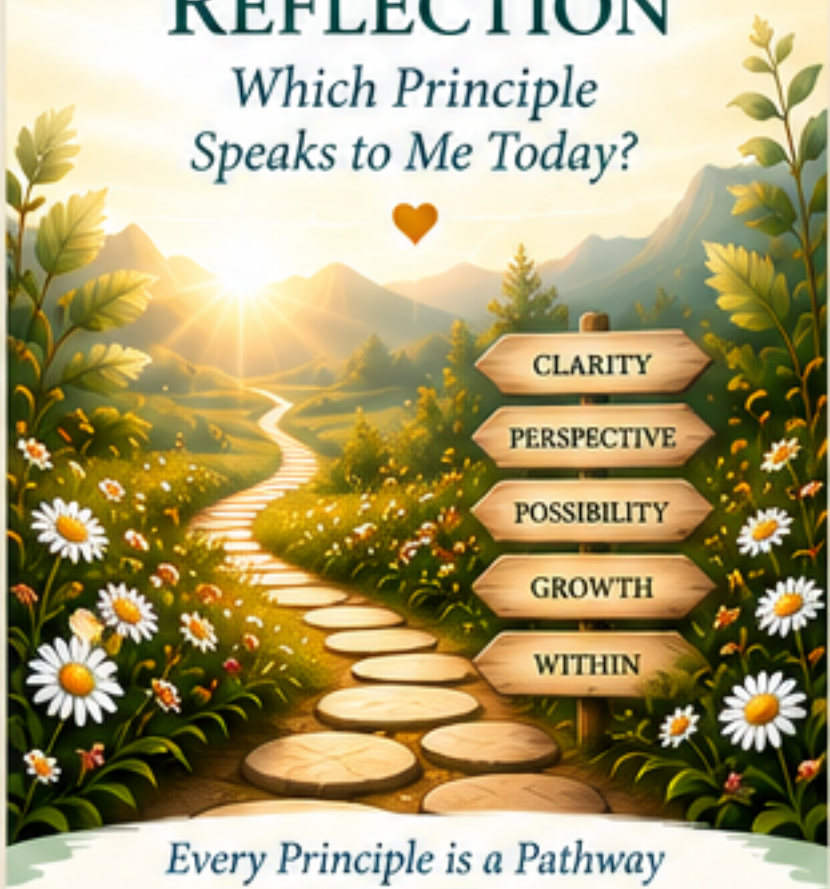
Framework™ Reflection

Which Principle Speaks to Me Today?



Every Principle is a Pathway to a Brighter Tomorrow.

Roushini Devi

Every life transition gives us a Gift of Time.™

The 13 Principles

A Reflection Guide

Each principle offers a different perspective and possibility. Take a moment to read through the 13 principles below. Notice which one or more speak to you today. There are no right or wrong answers — simply an opportunity to reflect and connect with what you need most right now.

1. **Thankfulness**
   What might I be thankful for right now?
2. **Hope**
   Where can I find hope in this season?
3. **Embrace**
   What can I embrace, even if it feels uncertain?
4. **Gratitude**
   What am I grateful for today?
5. **Inner Reflection**
   What am I learning about myself?
6. **Forward Growth**
   How can I grow from this experience?
7. **Transformation**
   What might this be changing or transforming within me?
8. **Opportunity**
   What new opportunities might be emerging?
9. **Freedom**
   Where can I create more freedom in my life?
10. **Trust**
    What am I being invited to trust?
11. **Intention**
    What intention would support me now?
12. **Meaning**
    What gives this experience meaning for me?
13. **Empowerment**
    How can I feel more empowered right now?

My Reflections & Next Steps

From Insight to Action

Which principle speaks to me today?

What feels most relevant or supportive right now?

What insights am I noticing?

What is this showing me about where I am or what I need?

What is one small step I can take?

What is a kind, supportive action I can take today?

All 13 principles work together.
Each one is a doorway to greater clarity,
compassion and possibility.
You can return to this anytime.

Take what you need. Begin where you are.

Every life transition gives us a Gift of Time.™