

# The Deliberate Reflect Method™

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*The Deliberate Reflect Method™ is a compassionate Self-Reflection Practice — and a Daily Nervous System Reset for Emotional Renewal.*

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## Step 1: Acknowledge and Label

Start by acknowledging and labeling the emotions you're experiencing. Next, identify whether it's anxiety, sadness, frustration, or other. Naming your emotions helps create a sense of clarity and control.

### Reflection:

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## Step 2: Time-Out for Reflection

Set aside 10–15 minutes each day for deliberate reflection.

Find a quiet, comfortable space. Set a timer, silence notifications, and give yourself your full attention.

### Reflection:

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## Step 3: Mindful Breathing

*(Note: Use a simple breath below, your favorite mindful breathing exercise, or choose from Module Two's Handout of Mindful breathing exercises).*

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Begin with mindful breathing exercises.

Inhale deeply through your nose, hold for a few seconds, then exhale slowly through your mouth.

This regulates the nervous system and anchors you in the present moment.

## Reflection:

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## Step 4: Identify Triggers

Reflect on the triggers that contributed to your emotional state.

Identify events, thoughts, or patterns that may have influenced your mood or mindset.

## Reflection:

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## Step 5: Challenge Negative Thoughts

Question and challenge negative thoughts associated with your emotions.

Ask yourself, “Is this thought true?” and “What’s another possible perspective?”

Cognitive science shows that reframing reduces emotional distress.

## Reflection:

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## Step 6: Gratitude Journaling

Write down three things you are grateful for today.

Shifting focus to gratitude increases serotonin and dopamine, improving emotional balance.

### Reflection:

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## Step 7: Emotional Check-In

Check in with yourself throughout the day.

Ask: “How am I feeling right now?” and “What do I need?”

This strengthens emotional awareness and self-trust.

### Reflection:

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## Step 8: Establish Support Systems

Identify trusted people you can lean on — a friend, coach, mentor, or loved one.

Sharing your reflections helps you process emotions and gain new insights.

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## Reflection:

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## Step 9: Introduce Positive Habits

Integrate small habits that support your mental and emotional well-being — movement, nourishing food, rest, or creativity.

## Reflection:

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## Step 10: Reflect and Adjust

At the end of each week, review your reflections.  
Celebrate progress, note challenges, and adjust as needed.  
Growth happens in the gentle recalibration, not perfection.

## Reflection:

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# The Deliberate Reflect Method™

## My Commitment Statement

I commit myself (and my highest self) to complete *The Deliberate Reflect Method™* daily — even when I do not want to.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_