



© Keli Lyn Jewel

RECLAIMING REFLECTION

CYCLICAL REFLECTION RITUAL

RECLAIMING REFLECTION

At any transition point, it's important to reflect upon what happened in order to move forward strategically. I'm calling this a "cyclical reflection," to leave it open for seasonal changes, new years, launches, lunar cycles, and any other transitional moments you want to honor within the context of your life.

When we reflect, in order to provide an accurate representation of what happened, it's crucial to examine what went well **and why** so that we can repeat and build upon it. It's equally as vital to examine what didn't go well **and why** so that we can make objective decisions about what to change.

From this reflection, we'll use what you notice to shift into some future-focused work to develop specific goals and set up strategic plans. And we'll make sure that it all works for you. Because your business should fit into your life, not the other way around.

As we embark upon this reflection journey, we're intentionally starting with victories. As humans, we're hardwired with a negativity bias. This means we tend to discount the positive aspects of our businesses and more easily focus on the negative aspects. But that neither gives us a clear nor an accurate picture.

Focusing just on the wins without a realistic approach toward what didn't go as well as we would have liked is equally as useless. Because, again, it's neither clear nor accurate.

And without a clear and accurate viewpoint, we don't know what we've actually created and how. So we can't build upon what's working. And we can't correct what isn't.

We need the clarity and we need the accuracy. So we need to see both the victories and the challenges. Not just one or the other.

With clarity and accuracy, we can make valuable decisions, set attainable goals, and create strategic plans to get there. Without it, we're just flailing about, leaving the results of our business up to our clients/audience/the general public and our family/friends/other personal responsibilities. Then we wonder why we haven't gotten where we want to and begin to resent our business.

That all feels like shit. So instead, we reflect.

VICTORIES

- Main accomplishments and milestones reached:

- Standout successes and positive feedback:

- Innovative strategies implemented:

- Projects completed:

- Successful partnerships and collaborations:

CHALLENGES

- Unexpected external obstacles:

- How did you respond/react to the obstacle? How did you overcome the obstacle?

- Mistakes and setbacks:

- Lessons learned:

- How will you take these lessons into the next cycle?

GROWING FORWARD

We want resilience. We want sustainability. And we want progress.

In order to build resilience in moving toward your goals, you must be resilient yourself. In order for your action plan to be sustainable, you have to set up the systems and establish the boundaries for sustainability in your life. And progress? Well, your progress toward your goals is going to come from your own growth and development. So this next section will be focused on your personal growth.

- How have you grown, personally, in this last cycle?

- Skills learned:

- Strengths discovered:

- Notable opportunities for change:

- Capacity limitations you've discovered:

- Capacity limitations you'd like to plan for in the next cycle:

- What growth are you currently avoiding or resisting?

- Why are you avoiding or resisting it?

- What would you need to have in place in order to support you in that growth?

SUSTAINABILITY ASSESSMENT

On a scale of 1-10, rank the current status of the following categories. This is NOT a traditional 1-10 ranking, where the goal is to have everything at a 10. This is a sustainability scale. If everything is at a 10, that's not sustainable. If one thing is at a 10, it's pretty likely that something else is at a 1 (or less). So ideally, you'll probably want most things around 4-6 for an optimum level of general sustainability.

THEN, go through and consider where you'd ultimately like each one to sit.

Category	Current Ranking	Ideal Ranking
Thriving conditions with work environment		
Home		
Time		
Money		
Friendships		
Family		
Intimate Partnership(s)		
Physical body		
Mental Acuity		
Emotional Energy		
Spiritual Connection		
Hobbies		
Rest		
Sex		
Movement		
Nutrition		

I've included a few extra lines for customization, so if there's something important to you that I've not listed you can add it in.

STOP, START, CONTINUE

- Based on your reflection and assessment, what would you like to stop doing?

- What would you like to start doing, or start doing differently?

- What would you like to continue doing exactly as you've been doing it?

WHY MAKE THIS A CYCLICAL RITUAL?

When we ritualize practices, we up the ante for our brains. They become more important and meaningful than a boring routine. They become infused with a level of emotionality and connection that's not possible when a practice is, instead, rote and monotonous.

That's not to say that monotonous routines are bad. They're not! They're just different. Creating a ritualized practice out of reflecting on the past in order to move forward allows a focused intentionality to set up a solid foundation for moving forward.

And doing so in a cyclical fashion gives you the agency to define the cycles you want to adhere to. Whether you want to stick to the common annual reflections of new years, you want to tap into nature with seasonal reflections or lunar cycle reflections, or you want to make it super personal with menstrual cycles and birthdays, you get to decide which cycles to honor with this ritual.

I encourage you to print this workbook out and use the label at the top to identify which cycle you're reflecting upon, so that you can use it as documentation of your growth. And if you feel so inclined, I'd love to cheer you on through your reflection and your progress! Tag me on social to let me know how the process is working for you, which cycle(s) you're honoring, and how you're celebrating your lessons and growth! @Keli.Lyn.Jewel on both [TikTok](#) and [Instagram](#).

For ongoing support via master-certified coaches (including myself) and a supportive community of others journeying toward reclaiming various aspects of themselves and their lives, I'd like to invite you to join us inside Project Reclamation. We're an equitable self-coaching community built on concepts of nervous system regulation, emotional processing, and cognitively shifting the oppressive narratives we've been handed. We would love to welcome you into our community. Sign up today at KeliLynJewel.com/reclamation.

Thank you for allowing me the honor of sharing this ritual with you. See you in the next cycle!

-xoxo- Keli