



# Reflection Exercise

for ([Life's Healing Mosaic: Dot-by-Dot Blog Article](#))

## Connecting the Dots of Your Story

*What is past is prologue. ~William Shakespeare*

**Purpose:** To cultivate the practice of being Consciously Aware of your life unfolding, dot-by-dot.

Each of our lives reflects the unfoldment of a *unique story* that we alone live out and understand. The degree that we practice being *consciously aware of the dots [truth]* of our lives and *connect [integrate]* them into our *story* is the degree to which we are able to live today, and as we continue to Age, with integrity and authenticity.

1. List 3 challenging times in your life.
2. Choose one of the above events to reflect and journal, using the following questions:
  - 🌹 What were the circumstances: When; What; Where; Persons; Places; Things.
  - 🌹 What were the dots [lesson learned] that you connected about yourself, others, the world, and Divine/Source-
    - During the time of challenge?
    - After you moved past this challenge?
  - 🌹 What did you lose? Gain?
    - Lessons learned?
    - New understandings?
    - Perspectives changed?
    - Expanded truth/meaning made?
    - Gifts discovered/claimed?
    - Skills learned/honed/shared?
  - 🌹 How do you see the truths gained from this challenging time [dots connected] integrated/reflected in your life today?
  - 🌹 As a result of doing this Reflection Exercise . . . What did you learn about your practice of consciously connecting the dots of your story? What will you do with this learning?

Option: Do this same Reflection Exercise with the other 2 challenging times you listed. Trace the patterns [connect the dots] of the 3 challenging times.

- 🌹 What did you learn?
- 🌹 How will you use this learning?