

Celebrating Life Coaching

POWER OF  
PAUSE

7 Days Reflection  
Starter Kit

[www.coachsony.com](http://www.coachsony.com)  
*Sony Thomas, Life Coach*

## WELCOME

Welcome to the 'Power of Pause' – Seven Day Reflection Starter Kit. The object here is to jump start your habit of intentionally taking time to reflect on your day and yourself.

People are creatures of habit. Research shows that those who follow a daily routine are more likely to succeed in achieving their desired goal. It is based on the premise that your inner world creates your outer world. The more you concentrate on your Roots, the faster you will see new results in your fruits.

Be kind with yourself. The mind does not like change, and this program is change. Therefore your mind may tell you that it does not like the program or that it won't do any good or you don't have time today. Don't Listen! Don't think! Simply DO!

This workbook provides Seven days of guided reflection, If you feel the need to add this to your daily routine, I encourage you to make copies of the same and see your success soar!

## INSTRUCTION

- ❖ Decide on a time of day you would like to do this and stick to that time for the next seven days.
- ❖ Write freely, without judgement or prejudice, this for your growth & Success!
- ❖ Take action immediately where it seems fit, especially if it will bring you closer to your dream.
- ❖ Make this part of your daily routine

**DAY-1**

**Date:** \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

**1. WHAT WENT RIGHT?**



**2. WHAT WENT WRONG?**



**3. WHAT CAN I DO DIFFERENTLY?**



**DAY-2**

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

**1. WHAT WENT RIGHT?**



**2. WHAT WENT WRONG?**



**3. WHAT CAN I DO DIFFERENTLY?**



**DAY-3**

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

**1. WHAT WENT RIGHT?**

A large, empty rounded rectangular box with a dark red border, intended for writing reflections on what went right.

**2. WHAT WENT WRONG?**

A large, empty rounded rectangular box with a dark red border, intended for writing reflections on what went wrong.

**3. WHAT CAN I DO DIFFERENTLY?**

A large, empty rounded rectangular box with a dark red border, intended for writing reflections on what can be done differently.

**DAY-4**

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

**1. WHAT WENT RIGHT?**

A large, empty rounded rectangular box with a dark red border, intended for writing reflections on what went right.

**2. WHAT WENT WRONG?**

A large, empty rounded rectangular box with a dark red border, intended for writing reflections on what went wrong.

**3. WHAT CAN I DO DIFFERENTLY?**

A large, empty rounded rectangular box with a dark red border, intended for writing reflections on what can be done differently.

**DAY-5**

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

**1. WHAT WENT RIGHT?**



**2. WHAT WENT WRONG?**



**3. WHAT CAN I DO DIFFERENTLY?**



**DAY-6**

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

**1. WHAT WENT RIGHT?**

A large, empty rounded rectangular box with a dark red border, intended for writing reflections on what went right.

**2. WHAT WENT WRONG?**

A large, empty rounded rectangular box with a dark red border, intended for writing reflections on what went wrong.

**3. WHAT CAN I DO DIFFERENTLY?**

A large, empty rounded rectangular box with a dark red border, intended for writing reflections on what can be done differently.



**DAY-7**

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

**1. WHAT WENT RIGHT?**

A large, empty rounded rectangular box with a dark red border, intended for writing reflections on what went right.

**2. WHAT WENT WRONG?**

A large, empty rounded rectangular box with a dark red border, intended for writing reflections on what went wrong.

**3. WHAT CAN I DO DIFFERENTLY?**

A large, empty rounded rectangular box with a dark red border, intended for writing reflections on what can be done differently.

DAY-\_\_\_\_\_

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

**1. WHAT WENT RIGHT?**

A large, empty rounded rectangular box with a dark red border, intended for writing reflections on what went right.

**2. WHAT WENT WRONG?**

A large, empty rounded rectangular box with a dark red border, intended for writing reflections on what went wrong.

**3. WHAT CAN I DO DIFFERENTLY?**

A large, empty rounded rectangular box with a dark red border, intended for writing reflections on what can be done differently.