



Take a moment to center yourself. Calm your mind, steady your thoughts, and expand your awareness—either with a practice you know or the audio recording of the Introspection Gateway exercise. This inner stillness will help you quiet distracting emotions and attune your consciousness to a higher state of awareness as you begin to look at the challenges in your life.



What are three significant crises in my past that still stand out in my memory?

Take a moment to write them down. Focus on the events that most affected your sense of identity, safety, or purpose—those that, in hindsight, influenced the direction of your life.

1) _____

2) _____

3) _____



What emotions did I experience at the time?

What were your first reactions? Did you feel disappointment, anger, confusion, or something else entirely?

1) _____

2) _____

3) _____



How did I respond to each crisis at that time?

What decisions or actions did you make in response to each situation? Did you seek support, or did you feel isolated in your experience?

1) _____

2) _____

3) _____



What lessons did these experiences teach me?

In what ways did they change you or influence how you see yourself and your life? What insights stand out now, with the perspective time has given you?

1) _____

2) _____

3) _____



How do those lessons continue to inspire me today?

Do they still influence how you respond to difficulty, make decisions, or relate to others? In what ways are they still guiding your path?
