



Start a Daily Reflection Practice

A Simple Ritual for Clarity, Healing, and Personal Growth

One of the most powerful habits you can develop during your comeback is daily reflection. It sounds simple, and it is. But simple does not mean insignificant.

Taking just a few minutes each day to pause, breathe, and reflect allows you to reconnect with yourself in a way that most of us lost somewhere along the way.

For years, many of us lived in constant motion—careers, caregiving, families, responsibilities, deadlines. We learned how to show up for everyone else. What we didn't always learn was how to show up for ourselves.

Reflection is how we begin to return to ourselves.

The poet Maya Angelou once said, "*Nothing will work unless you do.*" But the deeper truth is that meaningful change doesn't happen through effort alone. It happens when effort is paired with awareness. Reflection creates that awareness.

When you reflect, you start noticing patterns—what lifts your energy, what drains it, and how your thoughts influence your choices. You begin to see your life not as something happening to you, but as something you can actively shape.

Daily reflection creates the space where that transformation begins.

My Reality with This

I'll be honest—when I first decided to add this to my comeback, I had to do some research. This is not something that comes naturally to me.

I'm not someone who sits quietly and reflects on my day. I'm someone who moves, pushes through, and stays busy. For most of my life, slowing down felt uncomfortable... and if I'm really honest, a little unnecessary.

So when I started reading about reflection, journaling, mindfulness—all of it—I had that reaction a lot of us have: "*Yeah... that's great for people who can actually do that.*"

But the more I looked into it, the more I realized something I didn't love hearing... The people who resist this the most are usually the ones who need it the most.

And that hit.

Because I could see it in myself—how much I stay in motion, how little time I spend actually checking in, and how easy it is to move through the day without really paying attention to what's going on underneath.

So no—this isn't something I've mastered. This is something I'm working on. This is part of my comeback.

And I'm approaching it the same way I'm approaching everything else—not perfectly, not all at once, but a little at a time.

The Power of Pausing

In a culture that celebrates constant productivity, the act of pausing can feel almost rebellious. But pausing is not laziness. It is wisdom.

Author and researcher Brené Brown reminds us that owning our story and loving ourselves through that process is one of the bravest things we can do. Reflection is one of the ways we begin owning that story.

When we pause, we create space to examine the beliefs we've carried for years and question whether the narratives about our bodies, our capabilities, or our age are actually true.

Many women discover that the most limiting voice in their life has often been their own inner critic—shaped by years of comparison, expectations, and setbacks.

Reflection helps soften that voice and allows a more compassionate perspective to emerge.

The Wisdom of Looking Inward

Some of the most influential voices in personal growth emphasize the importance of looking inward. Pema Chödrön writes, "*Nothing ever goes away until it has taught us what we need to know.*" Reflection allows us to receive those lessons instead of rushing past them.

Louise Hay often encouraged people to become aware of their inner dialogue, believing that the thoughts we repeat shape our experience of life.



When we take time to examine those thoughts, we begin to reclaim power over them. Instead of automatically believing every negative assumption, we start to notice it—and noticing is the first step toward changing it.

Reflection Builds Self-Trust

One of the quiet gifts of daily reflection is rebuilding self-trust. Many women reach this stage of life feeling disconnected from their own intuition after years of prioritizing others.

Reflection brings that voice back.

As you think through your day, you begin to recognize your own wisdom again. You notice what felt aligned and what didn't, and you start to understand what truly supports you—physically, emotionally, and mentally.

Over time, that trust builds.

Small Moments Create Big Change

Reflection doesn't require long meditation sessions or complicated routines. Even five or ten minutes a day can make a real difference. The goal is not perfection. The goal is consistency.

Change happens through small shifts repeated over time. A few minutes spent acknowledging your day, noticing your thoughts, and setting an intention for tomorrow begins to reshape how you see your life.

And over time, those moments add up.

What Reflection Can Look Like

Your reflection practice does not need to follow a strict formula. It just needs to feel real to you. Some days you might write. Other days you might sit quietly and think through your day. You might ask yourself:

- *What went well today?*
- *What challenged me today?*
- *What am I grateful for?*
- *What is one small step I can take tomorrow?*

These questions aren't complicated, but they shift your focus—from judgment to curiosity.

Beginning the Practice – Keep It

This doesn't have to be complicated.

- 5–10 minutes is enough
- You don't need a perfect routine
- Some days you'll write, some days you'll just think
- It's okay if it feels awkward at first
- You don't have to “do it right”—you just have to show up

If all you do is pause for a few minutes and ask yourself, “*How did today actually feel?*”... that's a win. And if it feels uncomfortable, that's okay—it does for me too.

You don't have to suddenly become someone who sits in silence for long periods of time. That's not the goal. The goal is just to start.

Starting a daily reflection practice doesn't require the perfect notebook, the perfect routine, or the perfect mindset. It just requires a willingness to pause.

Set aside a few minutes each day—morning or evening—and check in with yourself. Some days you'll have more to say. Some days you won't.

Both are enough.

What matters is that you keep showing up.

The Quiet Power of Looking Back

Over time, reflection creates something you don't always expect. You begin to see how far you've come.

You notice patterns of growth that weren't obvious day to day. You see moments where you showed up, even when it was hard. You see progress that once felt small but actually mattered.

Reflection turns your life from something that feels like it's just happening... into something you're actively shaping.

And that story—your comeback—is still being written.

One day at a time.