Reflection Point Worksheet

Who In Your Life’s Journey Comes To Mind When You Think Of...

The Shark *(Distraction representing survival)*? Why?

The Clownfish *(Distraction representing pleasure)*? Why?

The Turtle *(Distraction representing significance)*? Why?

The Swordfish *(Distraction representing Achievement)*? Why?

Where In Your Life Do You See Yourself As...

The Shark? Why?

The Clownfish? Why?

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The Turtle? Why?

The Swordfish? Why?

In Your Life’s Journey, What Are Some....

Riptides (Trapped Seeking To Survive)? Why?

Reefs (Trapped Seeking Pleasure)? Why?

Caves (Trapped Seeking Significance)? Why?

Abyss (Trapped Seeking Achievement)? Why?

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Who Or What Comes To Mind When You Think About…

The Island (*Where We Start / Home*) *Why?*

The Compass (*Inner Desire / Direction / Values*) *Why?*

The Boat (*Vehicle To Get Us Away From The Island*) *Why?*

The Fisherman (*Transcendent Guide / Helper*) *Why?*

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