

Debra Pearlman

OOMPH! Reflection Sheet

OOMPH!



Own Your Canvas.
Create Strategically.
Lead with *OOMPH!*

Take a slow, grounding breath and land fully in the *now*—no rewinding yesterday, no racing ahead to tomorrow, just you, a blank canvas, and five laser-focused questions. This is your **mini OOMPH reset**: a brief, honest check-in that may feel a tad uncomfortable at the edges—but that twinge is your compass. Meet each prompt with unfiltered truth, notice where you shine and where you stall, and let the insights guide strategic strokes that help you own your canvas, craft your next moves with intention, and lead every corner of your life with unmistakable *OOMPH*.

Forward with OOMPH!

Observation

“It’s impossible to change and shift your current state of being—your thought patterns and behavioral habits—if you cannot observe them.” – OOMPH!, by Debra Pearlman

Reflection Prompt: If I stopped pretending not to see it... what truth about myself or my habits would come into focus?

Ownership

"Until you are ready to accept on a visceral level that you are the creator of your life, you will not have the capacity to accept that you alone have the power to change it." – OOMPH!, by Debra Pearlman

Reflection Prompt: Where am I making excuses or blaming someone else—when deep down, I know it's mine to change?

Mastery

“Mastering your mind is also a practice in self-leadership. It gives you the power to create a life by choice rather than by reaction.” – OOMPH!, by Debra Pearlman

Reflection Prompt: What would change in my life if I stopped reacting out of habit—and started responding with intention?

Possibility

“When we adopt an OOMPH mindset, we lean into our lives and have the amazing opportunity to create exactly that picture on the blank canvas, that life.” – OOMPH!, by Debra Pearlman

Reflection Prompt: If I let go of needing to control the outcome, what dream or next-level vision would I finally admit I want?

Happy (Harmony)

“The happiness I now carried through my personal and professional life wasn’t just a momentary feeling but a guiding force...” –
OOMPH!, by Debra Pearlman

Reflection Prompt: What part of my life looks 'successful' from the outside but doesn't actually feel good on the inside?

Summary & Next Steps

You’ve surfaced five honest flashes of insight—your raw material for momentum. Before you move on, take two minutes to cement what matters:

1. **Capture the Gold.** In one sentence, distill the single insight that hit you hardest.
2. **Choose Your Keystone Action.** What is the smallest, specific step that will shift that insight into motion within the next 24 hours? Write it down.
3. **Calendar It.** Block the time—protect it—then treat it like a mission-critical meeting with your future self.

Keep Your OOMPH Alive

- Revisit these prompts weekly to track progress and recalibrate.
- Share your keystone action with an accountability partner or coach.
- When you’re ready for a deeper dive, schedule a complimentary strategy call: [Book here](#).

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