

# Reclaiming Your Time

## Gentle Reflection Sheet



### Pause & Arrive

Grab your journal.  
Take a slow breath before you begin.  
There is no rush. No right answers.  
Just space to notice.

#### 1. Awareness



When do I most often reach for my devices without thinking?  
How do I feel in those moments (before and after)?

#### 2. Noticing the Impact



Where in my life do I feel distracted, rushed, or mentally "full"?  
What feels like it may be missing (e.g., calm, clarity, presence, creativity)?



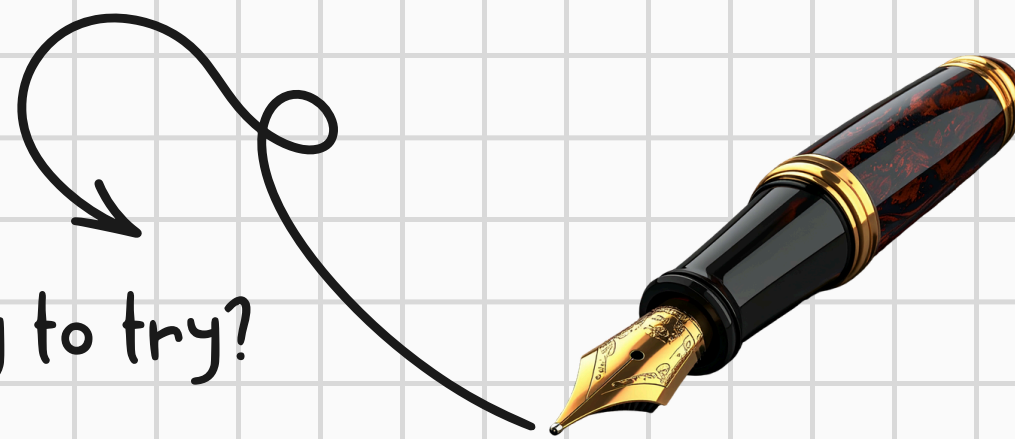
#### 3. Remembering What Grounds Me



What moments in my life feel most alive without devices?  
What activities naturally bring me back to myself?

#### 4. Gentle Boundaries

What is one small boundary I feel ready to try?  
When will I begin?



#### 5. Intention Moving Forward

Closing Reflection:  
Even in a world that moves quickly, you  
are allowed to move with intention.  
Take one more breath.  
Notice how you feel.

Complete this sentence:

I want to reclaim my time so that I can...