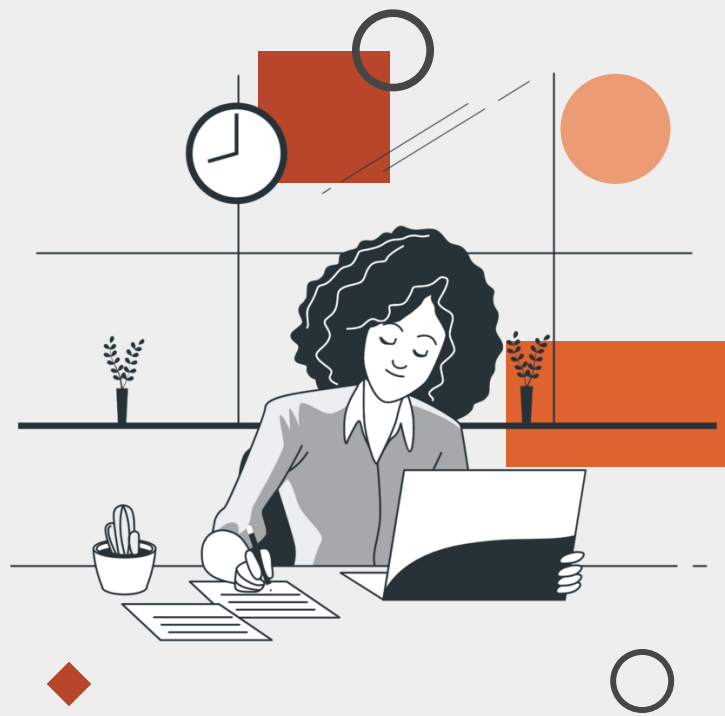


Reflective Questioning and POP Journaling

Impactful introspection for self-understanding and personal transformation.



1 Purpose of Reflective Questioning

Provides clarity, increases awareness, and fosters stillness.
Accesses the unknown and deepens connection with self.

2 Develop Thought-Provoking Questions

Set aside time for inspiration and distraction-free reflection.
Source or design questions that prompt deep curiosity.



3

3 Prepare to Ask Reflective Questions

Stay present, let go of agendas, distractions, and expectations.
Pose a clear, concise, and thought-provoking question.



4 Use the Power of Pause (POP)

Patiently sit with the question, observe what arises from within.
Be curious, open, and non-judgmental with what emerges.



5

5 POP Journaling and Application

Digitally record or write down key learnings and insights.
Apply your realizations and periodically review.



6 Refine for Ongoing Growth

Adopt a practice of crafting and refining reflective questions.
Remember, this is a continuous journey of introspection.

