



Growth Starts at the Root

3Rs Framework

A Paradigm Life Solutions Guided Reflection



Name: _____

Date: _____

Topic: _____



TODAY'S INTENTION

What would make this reflection helpful?

- Gain clarity
- Improve a relationship
- Learn something new
- Feel more confident
- Understand a pattern
- Let something go
- Make a decision
- Other: ____

ALIGNMENT CHECK-IN

How aligned do you feel with your authentic self today?



- 0 1 2 3 4 5 6 7 8 9 10
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ROOT

What is happening beneath the surface?

Situation:

What emotions am I feeling?

What story am I telling myself?

Is the story helpful or harmful?

Root Insight:



REGULATE

What do you need right now?

What do I notice in my body?

What is within my control?

What is outside of my control?

What do I need to feel better?

Regulation Plan

- Ground
- Connect
- Breathe
- Rest
- Move
- Set a Boundary



REBUILD

What is your next best step?

What strength can I lean on?

What value do I want to lead with?

What would my future self tell me?

How confident am I in my next big step?

Next Best Step:

LET IT GO

What thought, feeling, or habit am I releasing?

LET IT GROW

What strength, perspective, value, or action am I choosing?

