



The
E.A.S.E.
Weekly
Reflection
Process



by
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*A gentle weekly practice to pause, reflect, and realign
with clarity, calm, and confidence.*

Welcome to The E.A.S.E. Weekly Reflection Process™

A guided weekly reflection process for embodied self-leadership, nervous system awareness, identity transformation, and growth.

What This Is

The E.A.S.E. Weekly Reflection Process™ is a structured self-reflection practice designed to help you stay connected to yourself, your growth, and your deeper inner process as you continue evolving into the woman you are becoming.

These are not simply “journal prompts.”

They are reflective inquiries designed to help you:

- strengthen nervous system awareness,
- deepen self-observation,
- identify old patterns and meaning-making,
- integrate new ways of being,
- strengthen emotional and relational capacities,
- and support embodied growth over time.

The process is rooted in my E.A.S.E. model:

E — Embody Calm

Strengthening nervous system awareness, regulation, grounding, and connection.

A — Activate a New Identity

Identifying old stories and stepping into new growth-oriented ways of relating to yourself and your life.

S — Strengthen Skills & Capacities

Developing the emotional, relational, behavioral, professional and self-leadership capacities needed to support your growth.

E — Embrace Growth

Supporting ongoing reflection, integration, self-compassion, and expansion.

Why This Matters

Insight alone rarely creates lasting transformation.

Many women intellectually understand their patterns but still find themselves emotionally reacting, contracting, doubting themselves, overgiving, disappearing, or falling back into familiar protective ways of being.

Growth becomes sustainable through ongoing self-observation, embodied awareness, intentional practice, and compassionate reflection.

This process is designed to help you:

- stay connected to your inner world,
- strengthen your relationship with Self,
- notice patterns earlier,
- respond more consciously,
- and continue integrating the work into daily life.

Transformation is not usually one dramatic breakthrough.

More often, it is the gentle and consistent practice of relating to yourself differently over time.

The E.A.S.E. Weekly Reflection Process

1. Embody Calm

What has your nervous system been experiencing most this week?

What helped you feel more grounded, connected, centered, or supported?

2. Activate a New Identity

What old story, pattern, or meaning-making frame did you notice showing up this week?

Where did you notice yourself responding from a more growth-oriented, self-led, or empowered place instead?

3. Activate a New Identity

What possibility, truth, or new way of relating to yourself feels like it is becoming more available to you right now?

What are you beginning to believe might actually be possible for you now that previously felt unavailable, unsafe, or out of reach?

4. Strengthen Skills & Capacities

What new skill, capacity, habit, boundary, behavior, or way of showing up are you currently practicing or developing?

What support, structure, or resource would help you continue strengthening this area?

5. Embrace Growth

What feels unfinished, emerging, challenging, or alive for you right now?

What would your wiser, grounded, self-led part want you to remember as you move into this next week?

Final Reflection

Is there anything else that feels important, meaningful, tender, or present for you right now?
