

# The Rainbow Life Reflector

## Reflect on your Dream Breakers

List the key Dream Breakers that appear in your rainbow?

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Do you acknowledge that these Dream Breakers are present in your life? Yes / No

Be honest with yourself and explain how they may be affecting you?

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Do you recognise when this happens? If so, describe when it occurs?

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Can you remind yourself of a time when one of the Dream Breakers held you back from being yourself or doing what you truly wanted to do?

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Describe what this means to you and how you would want things to be different?

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What do you acknowledge about yourself when you look at the bottom half of your rainbow?

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# The Rainbow Life Reflector

## Reflect on your Dream Makers

List the key Dream Makers where you can see your rainbow forming?

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What are you doing that brings colour to those areas of your life?

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What prompts you to focus on those Dream Makers, rather than the others?

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Are there any Dream Makers in your rainbow not forming as well as you'd like? Yes / No

List what those Dream Makers are and describe what this means to you?

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Looking at the top half of your rainbow overall? What does it tell you about your current priorities in life?

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Do you see an opportunity to make some changes to the choices you are making? If so, explain what this looks like to you?

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# The Rainbow Life Reflector

## Reflect on your Rainbow

Can you see a link between the Dream Breakers and their impact on your Dream Makers? Y / N

If so, what does this signify for you?

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What was your 'aHa' Moment?

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Did you have a Confirmation or a Revelation?

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What does this mean for you?

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If you completed the Rainbow Life Reflector in 12 months' time, how would you want your rainbow to be different from today?

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When I see a rainbow, I see; Hope, Promise and Purpose. What's your message in the rainbow today?

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