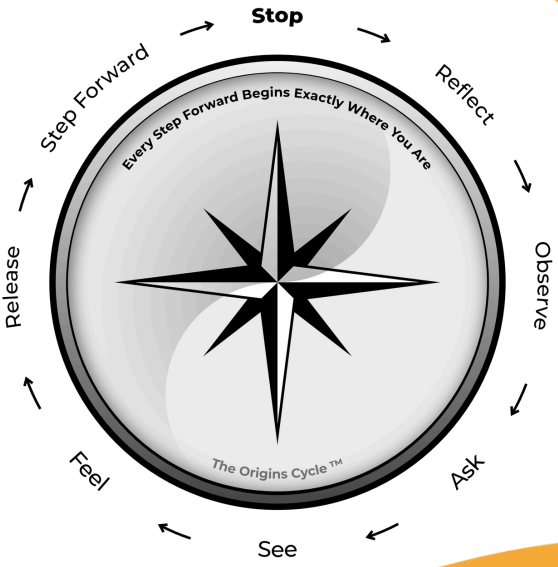


The Origins Cycle™

Starting from where you are, the Cycle offers a way to step back, become curious and explore our own experiences and choices.

It encourages us to build trust in ourselves and find our own direction.

www.ttlorigins.com

TTL Origins

Every Step Forward Begins Exactly Where You Are

STOP
Would taking a moment help me?

OBSERVE
What might I notice if I step back?

SEE
What if I saw this differently?

RELEASE
What could I let go of or let be?

REFLECT
What is going on for me?

ASK
What am I telling myself?

FEEL
How is this making me feel?

STEP FORWARD
What do I choose from here?

Use in a way that works best for you

Become Curious
Pause, Notice, Explore

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