

Recognition

A Reflection Companion

The recognition of value is the lesson.

Lifestyle Rituals ✧ Madelanne Karingten



Opening Reflection

There are women who can recognize beauty, potential, and worth everywhere except within themselves. Recognition invites us to practice seeing differently. What if value already exists? What if the lesson is learning to see it?

Reflection Notes



What Is Mine to Cultivate?

Reflect: What is asking for my attention? What has been quietly waiting for care? What part of my life deserves stewardship?

Reflection Notes



Recognition Inventory

List the gifts, strengths, experiences, wisdom, relationships, and resources already present within your life.

Reflection Notes



Beauty Has Value

What forms of beauty nourish you? What beauty have you overlooked? What beauty are you already creating?

Reflection Notes



My Values

Presence • Refinement • Stewardship • Beauty • Rhythm • Meaning • Devotion • Simplicity • Creativity • Family • Learning • Contribution

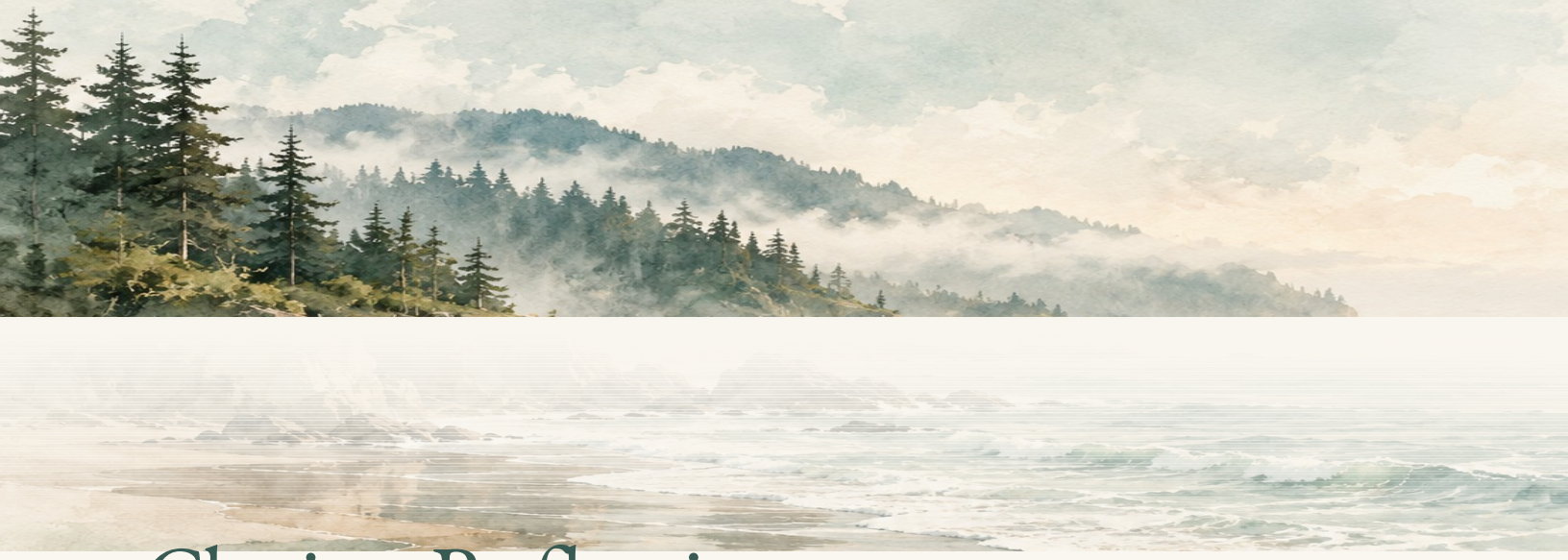
Reflection Notes



The Practice of Recognition

This week, notice one thing you have created, one thing you care for, one thing you value, one thing you have overlooked, and one thing that deserves acknowledgment.

Reflection Notes



Closing Reflection

Can I acknowledge the value of what I have created even before others arrive? Recognition is not self-importance. Recognition is accurate seeing.

Reflection Notes