



Organizational & Talent Design, Development and Transformation

REFLECTION PAGES

T · H · R · E · A · D

Thread Reflections

Quiet pages for noticing your pattern, one practice at a time.

Dr. Leonie H. Mattison
FOUNDER, THE THREAD, LLC

A WELCOME NOTE FROM DR. LEE

Make room to reflect.

Dear friend,

These pages are an invitation to slow down. Leaders and the people who love them rarely get the gift of unhurried time to notice what they are carrying. Consider this that time.

————— ♦ —————
What you can see, you can begin to change.
————— ♦ —————

Begin with “My thread right now,” then move through the six practices in any order. Write freely. There are no right answers here, only honest ones.

Return to these pages in a month, or in a new season, and notice how your thread has changed. That noticing is part of the work, too.

Dr. Leonie H. Mattison

FOUNDER, THE THREAD, LLC · CREATOR OF THE T.H.R.E.A.D. SYSTEM™

INSIDE, YOU WILL FIND

A page to name your thread right now

One reflection page for each of the six practices

A closing page to weave it all together

Room to return in a new season

BEGIN HERE

My thread right now

Date _____

Where is the pressure showing up in my life or leadership?

What is it costing me, and what might it cost if nothing changes?

Who does it touch: at work, at home, among those I love?

What do I want most?

What pattern am I beginning to notice?

REFLECTION ONE OF SIX · INWARD

T Think Deeply

What is really happening beneath the first explanation?

If I set aside my first explanation, what else might be true?

What am I sensing that I have not yet said out loud?

What would I see if I turned this situation over, like the underside of a quilt?

What I want to remember

REFLECTION TWO OF SIX · BACKWARD

H Harvest Wisdom

What has experience already taught us that we have not yet fully used?

What season of my life prepared me for this one?

What wisdom passed down to me do I need right now?

What have I learned through difficulty that I want to remember?

What I want to remember

REFLECTION THREE OF SIX · DOWNWARD

R Release Patterns

What response keeps repeating, what has it protected, and what is it now costing?

What do I do automatically when I feel pressure?

What did that response once protect in me?

What would it feel like to set it down, even for a day?

What I want to remember

REFLECTION FOUR OF SIX · OUTWARD

E Enlist Allies

Who must be enlisted to help us see, hold, challenge, resource, and carry the change?

Who has walked alongside me in a hard season, and what did they offer?

Where am I carrying something alone that I could share?

Whose voice would make my view more whole?

What I want to remember

REFLECTION FIVE OF SIX · UPWARD

Adopt Change

What new response must be adopted, practiced, and reinforced so the old pattern loses power?

What new response do I want to practice?

What small step could I take tomorrow?

What will I tell myself when the old pattern returns?

What I want to remember

REFLECTION SIX OF SIX · FORWARD

Design Wholeness

D

What conditions must be redesigned so the new response becomes coherent, sustainable, and whole?

What does wholeness look like for me in this season?

Where do parts of my life tell different stories, and how could they align?

What rhythm would help me keep weaving?

What I want to remember

CLOSING

Weaving it together

Looking across these pages, what pattern do I see?

Which practice is this season calling for most?

What am I choosing to weave next?

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*“No piece of fabric is too broken
to become part of something whole.”*

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