

The background of the entire page is a fantastical landscape. A wide, glowing path made of golden, textured stones leads from the bottom right towards a distant mountain peak. The path is flanked by dark, silhouetted trees and bushes that are illuminated with a golden, sparkling light. In the distance, a range of mountains is visible under a sky that transitions from a deep blue at the top to a warm orange and yellow near the horizon. A bright sun or star is positioned at the very peak of the mountain the path leads to, creating a strong lens flare effect.

WHAT IS
WORTH
KEEPING?™

Learning Reflection Guide

PathMaker™

Personal Reflection System™

WHAT DID I LEARN?

What do I understand now that I didn't understand before?



Put it in your own words—not the quote, not the summary, and not everything the source said.



The goal isn't to remember more. It's to recognize **what matters.**

MY UNDERSTANDING:



WANT TO CARRY IT FORWARD?

Digitally preserve this in Insight Manager™ so you can reconnect with it, apply it, and build upon it as new experiences occur.

EXPLORE THE
PATHMAKER™
ECOSYSTEM →

1 App → 5 flexible tools

2. WHY DOES IT MATTER?

Why does this insight matter to me—right now and over time?



Understanding the impact helps you decide what deserves a place in your Life Book and your life.



Not everything learned is worth keeping. This is how **you decide**.

MY REASON:



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WHERE COULD THIS MATTER AGAIN?

Where might this insight be useful in the future?



Look ahead. Consider situations, decisions, or seasons where this could guide you, support you, or help you lead with clarity.



Insights have more value when they're ready to **serve you again.**

POSSIBLE FUTURE MOMENTS:

1

2

3

4

5



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4. WHAT DO I WANT TO REMEMBER?

What are the key takeaways I don't want to forget?



Capture the core idea, lesson, or truth that resonates most. These are the points you'll want to carry with you.



What you remember shapes what you become. Choose what is **worth keeping**.

KEY TAKEAWAYS I WANT TO REMEMBER:

1

2

3

4

5



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5. WHAT MIGHT I DO DIFFERENTLY BECAUSE OF IT?



How can this insight shape my choices and actions?



Reflection leads to application.

Consider one small shift you can make as a result of what you've learned.

Wisdom isn't just knowing.

It's applying what we know to **how we live.**

A CHANGE I WANT TO MAKE:

1

2

3

4

5



WANT TO CARRY IT FORWARD?

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THE LEARNING DOESN'T END HERE

Reflection is not a single moment.
It's a continuous path.

The insights you capture today can guide your choices tomorrow and shape the understanding you build over time.

Small reflections.
Meaningful actions.
Lasting transformation.

PATHMAKER REFLECTIVE METHOD™ (PATENT PENDING)



What you document today can be **reconnected** with later.
What you plan can be **applied**.
What happens next gives you new experience to reflect upon and **adjust**.



**OVER TIME,
INDIVIDUAL LESSONS CAN BECOME
ACCUMULATED UNDERSTANDING.**

New experiences can deepen, challenge,
or change what you understood before.

YOUR REFLECTION. YOUR PATH FORWARD.

The learning continues. The journey is yours.

What you reflect on today can shape the choices you make tomorrow.

PathMaker™ gives meaningful learning somewhere to continue.

THE PATHMAKER™ ECOSYSTEM

1 App → 5 Tools

All connected in one secure place. Use one tool or all five—
independently or together—in whatever way feels most useful.



My Journal™ — Awareness

Capture the moments that matter so you can return to them when life calls on them again.



Insight Manager™ — Clarity

Turn valuable insights into lasting understanding that continues guiding your life.



Decision Manager™ — Confidence

Apply what you've learned to make thoughtful, values-aligned decisions with greater confidence.



Mindfulness Manager™ — Self-Understanding

Better understand the patterns behind your thoughts, feelings, and choices so you can respond more intentionally.



Life Book™ — Continuity

Connect your experiences, growth, and understanding so each chapter of life builds upon the last.

Use one tool or all five—independently or together—in whatever way feels most useful.



IF YOU HELP OTHERS GROW

PathMaker™ can help the learning from your work continue after the conversation, session, course, or experience ends.

For coaches, mentors, educators, therapists, facilitators, and others who help people grow, PathMaker™ can help the people you serve preserve meaningful understanding, reconnect with it over time, and apply it when it matters most.

**PathMaker™ complements
your work. It doesn't replace it.**

Learn From Life. | **Apply What You Learn.** | Create A Clearer Path Forward.

PathMaker™ is a **Personal Reflection System™** that helps you preserve meaningful experiences, reconnect with important insights, make values-aligned decisions, and understand yourself more clearly throughout life.

Designed for personal growth—and for those who help others grow.

EXPLORE THE PATHMAKER™ ECOSYSTEM →