

From the creator of *the*  
EMBRACE Model

# The 6 P's *of* PERSONAL GROWTH

A Gentle Framework *for* Moving  
Through What Life Brings



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## **Dedication**

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*To everyone who has ever felt overwhelmed, stuck, uncertain,  
or too tired to begin—*

*you were never broken. You were becoming.*

# A Note Before You Begin

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This e-book is for personal growth, reflection, and education. It is not a substitute for therapy, medical care, or mental health treatment. If you are in crisis, please contact a licensed professional, call 988 in the United States, or seek immediate support.

The 6 P's are designed to help you slow down, notice what is happening, understand what you are feeling, and take one honest next step. You do not need to have everything figured out before you begin. You only need willingness.

*“One step. One page. One breath at a time.”*

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INTRODUCTION

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# Why the 6 P's Matter

*“Real change rarely happens because someone tells us to  
‘just get over it.’”*

# Why the 6 P's Matter

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Real change rarely happens because someone tells us to “just get over it,” “think positive,” or “move on.” Most of us have tried pushing through, pretending we are fine, or making big plans that do not last. The truth is, sustainable growth usually begins more quietly.

It begins when we pause long enough to notice what is really happening.

The 6 P's of Personal Growth offer a simple, repeatable rhythm for navigating life's challenges. They are:

- **Pause** — Slow down and become aware.
- **Pinpoint** — Identify the issue clearly.
- **Process** — Understand it and feel it.
- **Plan** — Choose your next honest step.
- **Practice** — Apply it in real life.
- **Progress** — Notice how far you have come.

These steps are not meant to be rigid or perfect. They are meant to be lived. Some days you may move through all six in a journal entry. Other times you may stay in one step for a week. That is not failure. That is the process.

*“Progress, not perfection.”*

The 6 P's remind us that growth is not about rushing to fix ourselves. It is about learning how to respond to ourselves with clarity, compassion, and courage.

CHAPTER ONE



# Pause

*Slow Down Before You Solve*

# Pause

## Slow Down Before You Solve

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Most people want to move straight into fixing. When something feels uncomfortable, we want a solution. We want relief. We want the feeling to leave.

But healing often begins before the solution.

It begins with a pause.

To pause means to stop long enough to notice what is happening inside you and around you. It is the moment when you interrupt autopilot. Instead of reacting, snapping, shutting down, overexplaining, or pretending you are fine, you give yourself permission to breathe.

Pausing does not mean you are ignoring the problem. It means you are creating enough space to see it more clearly.

*“Pause before you solve.”*

## What Pause Can Look Like

Pause may look like:

- Taking three slow breaths before responding.
- Sitting quietly before making a decision.
- Naming, “Something feels off.”
- Stepping away from a conversation before it becomes harmful.
- Placing your hand over your heart and reminding yourself, “I do not have to figure this out all at once.”

The pause is powerful because it softens urgency. It gives your nervous system a chance to settle. It allows wisdom to enter where reaction might have taken over.

### □ Reflection Practice

Ask yourself:

- What signs tell me I need to pause?
- What do I usually do when I feel uncomfortable?
- What would a healthy pause look like for me today?

### □ Gentle Practice

The next time you feel overwhelmed, try this:

1. Stop what you are doing.
2. Place both feet on the floor.
3. Take one slow breath in.

4. Exhale longer than you inhale.

5. Say to yourself: “I can slow down. I can notice. I do not have to rush.”

*That is not small. That is the beginning.*

CHAPTER TWO

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# Pinpoint

*Name What Is Really Happening*

# Pinpoint

## Name What Is Really Happening

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Once you pause, you can begin to pinpoint.

Pinpointing means getting specific. Many of us describe our pain in broad language: “I’m overwhelmed,” “I’m a mess,” “I’m tired,” “Everything is wrong.” Those statements may be honest, but they are too wide to work with.

The goal of pinpointing is not to judge yourself. The goal is to identify the clearest starting point.

Instead of saying, “I’m a mess,” you might say, “I have been snapping at people I love because I feel unsupported and emotionally exhausted.”

Instead of saying, “I’m stuck,” you might say, “I keep avoiding the conversation because I am afraid of disappointing someone.”

Instead of saying, “I’m angry,” you might say, “I feel hurt because I expected more support than I received.”

**Clarity changes everything.**

## Root, Not Fruit

Sometimes the first thing we notice is not the real issue. Anger may be the fruit, but hurt may be the root. Procrastination may be the fruit, but fear may be the root. Overcommitting may be the fruit, but people-pleasing may be the root.

Pinpointing helps you stop chasing every symptom and begin listening for what is underneath.

## □ Reflection Practice

Ask yourself:

- What keeps showing up for me?
- What emotion do I notice most often?
- What might be underneath that emotion?
- Is this the root of the issue, or only the fruit?

## □ Gentle Practice

Complete this sentence:

*What is really happening is...*

Write without editing yourself. Then read it back and ask, “Is this specific enough to help me take the next step?”

CHAPTER THREE

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# Process

*Feel Before You Fix*

# Process

## Feel Before You Fix

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Process may be the most important step in the 6 P's.

It is also the step many people want to skip.

After we identify an issue, we often want to jump immediately into planning. We want the strategy, the checklist, the solution, the next move. But if we move too quickly from pinpointing to planning, we may create a plan that sounds good but does not last.

Why? Because the feeling has not had room to be understood.

Processing is where meaning gets made. It is where you allow yourself to feel what is true without being swallowed by it. It is where you stop treating emotions as enemies and begin seeing them as information.

*“Feel before you fix.”*

## What Processing Can Look Like

Processing may look like:

- Journaling honestly.
- Crying without apologizing for it.
- Talking with someone safe.
- Sitting quietly with a feeling instead of numbing it.
- Taking a walk and letting your thoughts unfold.
- Saying, “This hurts,” without needing to immediately explain it away.

Processing is not the same as spiraling. Spiraling pulls you deeper into fear, shame, or confusion.

Processing helps you understand what is happening with more compassion and clarity.

## The Critical Pause Between Process and Plan

There is a reason Process comes before Plan.

If you plan before you process, you may build your next step on pressure instead of truth. You may make promises to yourself that your body and emotions are not ready to hold. You may choose action that looks productive but does not address what is actually happening.

Feeling before fixing is not weakness. It is wisdom.

### □ Reflection Practice

Ask yourself:

- What feeling have I been trying to outrun?
- What would happen if I allowed myself to feel it for a few honest minutes?
- What is this emotion trying to show me?

- What do I need to understand before I try to fix this?

## □ Gentle Practice

Set a timer for five minutes. Write this sentence at the top of a page:

*What I have not let myself fully feel is...*

Then write. Do not worry about grammar. Do not make it pretty. Let it be honest.

CHAPTER FOUR

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# Plan

*Choose Your Next Honest Step*

# Plan

## Choose Your Next Honest Step

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Once you have paused, pinpointed, and processed, planning becomes more grounded.

A healthy plan does not have to be dramatic. In fact, the best plan is often small enough to actually do.

The question is not, “How do I fix my whole life today?”

The question is, **“What is my next honest step?”**

Planning gives direction. It turns awareness into movement. But in the 6 P’s, planning is not about pressure or perfection. It is about choosing one step that fits your real life.

## What Makes a Plan Work

A helpful plan is:

- Specific.
- Realistic.
- Connected to the issue you identified.
- Gentle enough to begin.
- Clear enough to measure.

Instead of “I’m going to get my life together,” try “I will take a 10-minute walk after dinner three times this week.”

Instead of “I need better boundaries,” try “I will pause before saying yes and give myself permission to respond later.”

Instead of “I have to stop grieving,” try “I will create one quiet ritual this week to honor what I miss.”

### □ Reflection Practice

Ask yourself:

- What is one step that would support me right now?
- Is this plan realistic for my current energy level?
- Does this step respond to the root issue or just the surface issue?
- What support or reminder would help me follow through?

### □ Gentle Practice

Complete this sentence:

*My next honest step is...*

Then make it smaller if needed. Growth is allowed to be manageable.

CHAPTER FIVE

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# Practice

*Live the Step in Real Life*

# Practice

## Live the Step in Real Life

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Practice is where the work leaves the page.

It is one thing to write the plan. It is another thing to live it when you are tired, triggered, busy, disappointed, or unsure.

Practice is not proof that you have mastered something. Practice is how you build trust with yourself over time.

This step matters because growth is not only insight. Growth is repetition.

You practice pausing before reacting. You practice telling the truth. You practice asking for help. You practice returning to your routine. You practice making a different choice even when the old pattern feels familiar.

## Practice Is Not Perfection

You may not do it perfectly.

You may forget.

You may fall back into an old habit.

You may have to begin again.

That does not mean you failed. It means you are practicing.

The goal is not to become someone who never struggles. The goal is to become someone who can return with more awareness and less shame.

*“You were never broken. You were becoming.”*

## □ Reflection Practice

Ask yourself:

- What do I need to practice most right now?
- What usually gets in the way of my follow-through?
- How can I make this practice easier to repeat?
- How will I respond to myself if I miss a day or fall off track?

## □ Gentle Practice

Choose one practice for the next seven days. Keep it small.

Examples:

- Pause before answering a difficult message.
- Journal for five minutes before bed.
- Take one short walk.
- Ask for support once.
- Say no without overexplaining.
- Notice one moment of progress each day.

*Small practices become new patterns.*

CHAPTER SIX

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# Progress

*Notice What Is Shifting*

# Progress

## Notice What Is Shifting

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Progress is often quieter than we expect.

We may be looking for a huge breakthrough and miss the small signs of becoming.

Progress may look like responding instead of reacting. It may look like catching the pattern sooner. It may look like resting without guilt. It may look like asking for help. It may look like realizing that something that once overwhelmed you now feels more manageable.

Progress does not always mean the issue is gone. Sometimes it means your relationship with the issue has changed.

**That matters.**

## Why Noticing Progress Matters

When you notice progress, you teach your brain to recognize movement. You build confidence. You reinforce the belief that your effort is making a difference.

Many people are quick to notice what they did wrong and slow to notice what they did differently. The Progress step invites you to pay attention to evidence of growth.

*“Progress, not perfection.”*

### □ Reflection Practice

Ask yourself:

- What did I handle differently this week?
- Where did I pause instead of react?

- What felt slightly lighter?
- What am I learning about myself?
- What would I miss if I only focused on what is still unfinished?

## □ Gentle Practice

At the end of each day, write one sentence:

*Today, progress looked like...*

It does not have to be impressive. It only has to be true.

CHAPTER SEVEN

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# The 6 P's in Everyday Life

# The 6 P's in Everyday Life

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The 6 P's are not only for major life transitions. They can be used in everyday moments.

## When You Feel Anxious

- **Pause:** Notice the anxiety without judging it.
- **Pinpoint:** Name what is triggering it.
- **Process:** Let yourself acknowledge the fear underneath.
- **Plan:** Choose one grounding step.
- **Practice:** Use the step consistently.
- **Progress:** Notice any moment of steadiness.

## When You Are Grieving

- **Pause:** Stop pretending you are fine.

- **Pinpoint:** Name what hurts today.
- **Process:** Let the sadness, love, anger, or longing be real.
- **Plan:** Choose one gentle act of care.
- **Practice:** Return to that care without rushing your grief.
- **Progress:** Notice how you are carrying the loss with more tenderness.

## When You Feel Stuck

- **Pause:** Stop shaming yourself for not moving.
- **Pinpoint:** Identify what feels blocked.
- **Process:** Explore the fear, fatigue, or uncertainty underneath.
- **Plan:** Choose one small step.
- **Practice:** Take that step imperfectly.
- **Progress:** Celebrate movement, even if it is small.

## When You Need a Boundary

- **Pause:** Notice the pressure to say yes.
- **Pinpoint:** Name what you actually want or need.
- **Process:** Sit with the discomfort of disappointing someone.
- **Plan:** Choose clear, respectful language.
- **Practice:** Say the boundary.
- **Progress:** Notice how self-respect grows with repetition.

CHAPTER EIGHT

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# **Your Personal 6 P's Worksheet**

# Your Personal 6 P's Worksheet

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Use this worksheet whenever you are facing a challenge, emotion, decision, or pattern that needs attention.

## 1. Pause

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*What is happening in my body, mind, or emotions right now?*

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*What do I need in order to slow down before I react?*

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## 2. Pinpoint

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*What is the clearest name for what I am dealing with?*

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*Is this the root issue or the fruit of something deeper?*

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## 3. Process

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*What feelings are connected to this?*

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*What do I need to understand, grieve, admit, or allow myself to feel?*

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## 4. Plan

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*What is one honest, realistic next step?*

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*What support, reminder, or structure would help me follow through?*

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## 5. Practice

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*How will I apply this step in real life?*

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*When will I practice it?*

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## 6. Progress

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*What changed, shifted, softened, or became clearer?*

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*What can I acknowledge about my effort?*

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CHAPTER NINE

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**A 7-Day  
6 P's Practice Plan**

# A 7-Day 6 P's Practice Plan

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This simple plan helps you begin using the 6 P's without pressure.

## Day 1: Pause

Notice one moment when you feel activated, overwhelmed, rushed, or emotional. Take three slow breaths before responding.

*Today, I paused when...*

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## Day 2: Pinpoint

Name one issue more specifically than you usually would.

*What is really happening is...*

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### Day 3: Process

Spend five minutes journaling or reflecting on what you feel without trying to fix it.

*What I allowed myself to feel today was...*

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### Day 4: Plan

Choose one small next step that fits your real life.

*My next honest step is...*

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### Day 5: Practice

Take the step. Let it be imperfect.

*Today, I practiced...*

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### Day 6: Progress

Notice one sign of movement.

*Progress looked like...*

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## **Day 7: Reflect**

Look back over the week with compassion.

*What I learned about myself this week is...*

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CLOSING

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**You Are Becoming**

# Closing Reflection

## You Are Becoming

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The 6 P's do not promise that life will become easy. They offer something more honest: a way to meet life with steadiness, clarity, and compassion.

You can pause.

You can pinpoint what is true.

You can process what hurts.

You can plan one honest step.

You can practice without perfection.

You can notice progress.

And every time you do, you are building a different relationship with yourself.

You are not starting over every time you struggle. You are returning with more wisdom.

You are not failing because the work takes time. You are learning how to carry yourself through it.

*“You were never broken. You were becoming.”*

*Progress, not perfection.*

*Beside you on the journey,*

**Jan**



## The 6 P's of Personal Growth

A gentle, practical guide for anyone navigating grief, anxiety, self-doubt, life transitions, emotional overwhelm, or the quiet feeling of being stuck.

Created from the EMBRACE Model, this simple six-step framework—Pause, Pinpoint, Process, Plan, Practice, Progress—helps you slow down, get honest, and take your next step with clarity and self-compassion.

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*Beside you on the journey, Jan*