



THE LOTUS LIBRARY

The 6 P's of Personal Growth

A practical guide for meeting life's hills and valleys - one honest step at a time.

Pause • Pinpoint • Process • Plan • Practice • Progress

Progress, not perfection or performance.

Beside You on the Journey,

Jan Davidson

A Note Before You Begin

This guide supports personal reflection, learning, and growth. It is not psychotherapy, diagnosis, medical advice, or a substitute for professional care. If you are in immediate danger or crisis, contact emergency services or call or text 988 in the United States.

You do not need to solve everything today. Begin by noticing where you are. The EMBRACE 6 P's give you a rhythm you can return to whenever life asks something honest of you.

Like the lotus, growth does not require perfect conditions. It asks for awareness, willingness, and the true grit to take the next step.

Slow Down Before You Solve

Pause interrupts autopilot. It creates enough space to notice what is happening in your body, thoughts, emotions, and surroundings before the moment chooses your response for you.

Questions to Carry

- What signs tell me I need to pause?
- What am I noticing right now?
- What would a healthy pause look like today?

Try This

Put both feet on the floor. Take one slow breath. Let your exhale be longer than your inhale. Say: I can slow down long enough to notice.

Your reflection

Name What Is Really Happening

Broad labels such as 'everything is wrong' are hard to work with. Pinpointing helps you name the clearest starting place without judging yourself. Look beneath the loudest symptom and ask what may be at the root.

Questions to Carry

- What keeps showing up?
- What is the clearest name for this situation?
- Am I seeing the root, or only the fruit?

Try This

Complete the sentence: What is really happening is... Then make your answer specific enough to guide one next step.

Your reflection

Make Room for What Is True

Processing is the space between naming the issue and trying to fix it. Emotions are information. You can acknowledge what hurts, what matters, and what you need without being swallowed by the feeling or rushing past it.

Questions to Carry

- What feeling have I been trying to outrun?
- What is this emotion showing me?
- What needs room before I make a plan?

Try This

Give yourself five honest minutes to write, walk, breathe, or talk with someone safe. The goal is understanding, not a perfect explanation.

Your reflection

Choose Your Next Honest Step

A useful plan fits your real life. It is specific, realistic, connected to the issue you identified, and small enough to begin. You do not have to fix your whole life today.

Questions to Carry

- What would support me right now?
- Is this realistic for my current capacity?
- What reminder or support would help?

Try This

Finish this sentence: My next honest step is... If it still feels too large, make it smaller.

Your reflection

Do What You Know

Practice is where insight leaves the page. You may forget, miss a day, or return to an old pattern. That is not proof that you failed. It is an invitation to return, adjust, and continue.

Questions to Carry

- What do I need to practice most?
- What usually interrupts my follow-through?
- How will I return without shaming myself?

Try This

Choose one action to repeat for seven days. Keep it small enough to do on an ordinary day, not only on your best day.

Your reflection

Notice What Is Changing

Progress is often quiet: the pause before answering, the boundary stated clearly, the request for help, the quicker recovery, or the moment you respond differently than you once did.

Questions to Carry

- What did I handle differently?
- What shifted, softened, or became clearer?
- What can I acknowledge about my effort?

Try This

At the end of the day, write one true sentence beginning: Today, progress looked like...

Your reflection

The 6 P's in Real Life

Use the framework in ordinary moments as well as major transitions. You might Pause before answering a difficult message, Pinpoint the assumption beneath a disagreement, Process the disappointment you have minimized, Plan a boundary, Practice asking for support, or notice Progress in how you recovered.

Which P Am I In?

When you feel uncertain, ask two questions: **Which P am I in?** and **What is my next honest step?** You may move forward, circle back, or stay with one P for a while. The framework is a rhythm, not a rigid staircase.

Owning Your True Grit

True grit is not pretending the hill is easy. It is meeting the moment honestly, using what you know, and continuing with intention. Sometimes grit looks like action. Sometimes it looks like rest, a boundary, a conversation, or asking for help.

Your Personal 6 P's Reset

PAUSE — What am I noticing right now?

PINPOINT — What is really happening underneath this?

PROCESS — What am I feeling, assuming, or avoiding?

PLAN — What is my next honest step?

PRACTICE — When and where will I try it?

PROGRESS — What changed, shifted, softened, or became clearer?

A 7-Day Bridge to Real Life

1 • Pause

Notice one rushed or emotional moment. Take three slow breaths.

2 • Pinpoint

Name one issue more specifically than you usually would.

3 • Process

Give yourself five honest minutes without trying to fix the feeling.

4 • Plan

Choose one small next step that fits your real life.

5 • Practice

Take the step. Let it be imperfect.

6 • Progress

Name one observable sign of movement.

7 • Reflect

Look back with curiosity rather than judgment.

Keep the Journey Going

Return to the EMBRACE Your Journey website for the full workbook, practical blog reflections, workshops, speaking experiences, and organizational guides for HR, hospitality, and higher education.

embraceyourjourney.net

You are not starting over every time you struggle. You are returning with more awareness, more wisdom, and the true grit to take your next honest step.

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