

## ✦ **Bending Toward Your Breakthrough**

*Your Brave Reflection*

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When writing this book, I learned so much about resilience — not as something we're born with, but as something we build.

In India, as I shared earlier, I learned the truth that nothing is permanent. The pendulum of happiness swings both ways — joy and sorrow, gain and loss, change and new beginnings.

I also learned that when life bends in unexpected ways, we can choose how we respond. We can bend toward what the universe has planned, instead of clinging to what we thought the plan was supposed to be.

That is the heart of the B.E.N.D. Method — and I want to invite you to try it for yourself. Now that you've walked with me through these stories, it's your turn.

The bend in the road is never the end — it's always an invitation.

An invitation to reflect. To lead. To choose bravery again and again.

So I invite you to pause here and take a moment to reflect on your own bends — past or present.

And to use the B.E.N.D. Method to chart your own path forward.  
There is no perfect way to do this.

**Only *your* brave way.**

***And remember: the bend isn't where your story ends.  
It's where your next chapter begins.***

**Brave Reflection Exercise**

Think about one situation in your life where the road took an unexpected bend.  
Maybe you're still in it. Maybe you've already walked through it.  
Take a moment to reflect:

**Where in your life has the road taken an unexpected bend?**

**When it happened, did you break? If so, how?**

**What happened next? What did you do? What did you learn?**

**Now, let's revisit that bend using the B.E.N.D. Method.  
Here's how to bend bravely, instead of breaking.**

**B — Begin**

**Where can you Begin?**

List the things that ground you — your values, your practices, your non-negotiables.  
What helps you find stability in uncertainty?

**E — Engage**

**Who will you Engage to move through this change?**

Think about the people you can lean on — those already in your life, and those you might need to invite in. Who can support you as you move forward?

**N — Navigate**

**How will you Navigate this new journey?**

What's your next step? What's your vision for where you want to go? How can your Brave Circle help you get there?

**D — Develop**

**What will Develop from this experience?**

How will you walk the next path — intentionally and bravely? Who will continue to Engage with your growth? How will you Navigate the new direction you didn't expect? And when you look back, what new strength will you have Developed from this bend?