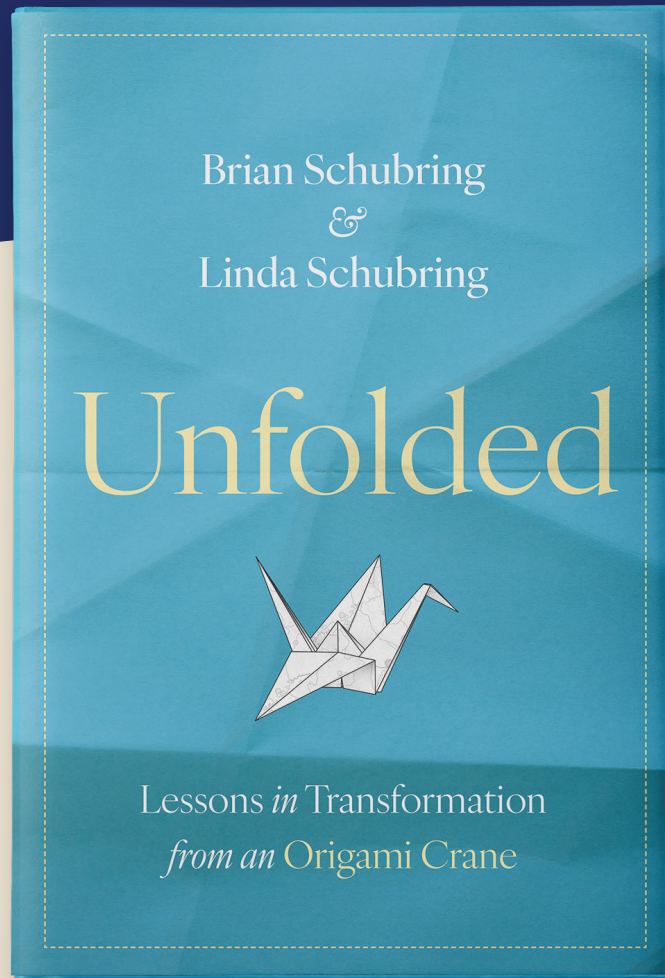


Unfolded Reflection Guide



SCHUBRING

Schubring.com



Dear *Unfolded* reader,

Welcome! We wrote *Unfolded* as an allegory for individuals or teams with a dream: a dream to uncover, a new dream, or a new identity. The world needs people and leaders with the courage to dream new dreams big enough to reach the world and bright enough to heal it.

Unfolded represents how we create space between us for people to accept themselves, learn to flourish, and have some fun. We believe the journey of growth begins with reflection in order to make more meaningful moves. In the tens of thousands of people we have worked with, one thing became clear: we seek to transform how leaders express their brilliance and beauty for the benefit of humanity.

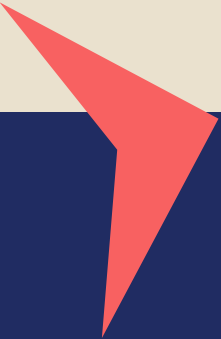
Read through the story and set your imagination free as you use this guide to help shape your thinking, feeling, and reacting. Our hope is that you'll try. Our dream is that you'll fly.

Peace,

Dr. Linda and Brian Schubring



P.S. For further guidance on your journey, reach out to us at Schubring.com.



What Stands Out?

It is important to name thoughts and emotions that capture our attention or ignite our imagination, and then go a step further: to reflect intentionally so we can act meaningfully and relationally. One's identity is where to start when trying to understand how dreams can unlock our greatest potential.

OC discovers her unique identity through her pursuit of the dream to fly.

What did you think of her dream?

What thoughts or emotions occurred to you as you read about OC as she realized that she needed to change and that she was made of a map?

What parts of *Unfolded* in particular made you curious?

Where do you see yourself reflected in any of the events taking place?
(Spoiler alert: depending on the area of your life, you could see yourself in many of the chapters.)

Shaping People and Places

Take time to pause and remember the shaping influences that have folded and molded us into the people we are today. The people of our lives inspire our imagination, sharpen our instincts, and challenge us to know ourselves more honestly.

Many people play a part in shaping who we are today: our parent/s, family members who raised us, people in our neighborhood, teachers, coaches, community and religious leaders, and even people we know through social media. These people, and many others like them, have been instrumental in our folding and unfolding process.

PEOPLE

Describe a person who has shaped who you are.

Tell the story of their impact.

Describe how you are similar or different from that person.

How do you view that person today?

Shaping People and Places

Now consider how places and experiences have shaped us in ways known and unknown. Places and experiences may offer shelter and safety, or threat and challenge, either way they provided the conditions for our growth.

Places have their own histories, seasons and potential for new life. Places and experiences include our neighborhoods, communities, and where we have travelled in the world. Places and experiences remind us of our past and prepare us for dreaming into our future.

PLACES AND EXPERIENCES

Describe a place that has shaped who you are.

Tell the story of that place.

How long did you stay in that place?

When did you know it was time to leave and go to a new place?

The Characters of *Unfolded*

Many people help us pursue our dreams and unfold our greatest potential. The characters in *Unfolded* illustrate various voices that others represent in our lives or that we might represent to others. Answer the questions below and refer to the "Reflection and Application" section of *Unfolded* for a reminder of the characters and the qualities they embody.

Describe how the characters are represented in your life?

Describe how the characters are represented by you to others?

Which character "voice" is most like your own inner voice? And your outer voice?

Are there characters you feel are under- or overrepresented in your life? (For example, you do not have enough encouraging young Cranes or patient Turtles, or too many critical Foxes?) How are these voices shaping you today?

The Playgrounds in Our Lives

Playgrounds represent the places and experiences that have shaped who we are as individuals. A playground may provide different opportunities of growth teaching us coordination, skills, taking risks and building strength. The playgrounds of our lives could be where we attended school, a neighborhood, community, a job or profession, or a season of life. Playgrounds change over time and are gathering places designed for play, experimentation, practice and trust.

Describe your current playground.

What types of challenges and opportunities do you face there?

Who is in the playground with you and what do they represent to you?

Describe a playground in your past that has shaped who you are.

How did that playground help you unfold your potential to pursue your dreams?

When did you outgrow that playground? How did you know?

We Are Each Made of a Map

Your map is an internal landscape that is uniquely your own. Our landscape holds all the talent and strength, courage and confidence, compassion, empathy, and wisdom we will ever need to pursue our greatest dreams.

Our map is shaped by how we were parented, by whom, and when. Our map points to key relationships, lived experiences, culture of origin, surrounding environment, lessons learned, and wisdom gained.

What factors shaped the landscape of your map?

Describe how your map changed over the years.

Name and explain some mountain folds (accomplishments and growth) and valley folds (the struggles) within your map.

How do you feel your personal topography may differ from others?

What parts of your map are hidden within your folds and may not be clear to others?

DREAM: Name It

Dreams play a key role in helping fulfill our greatest potential. A dream does not have to be our own dream. A dream can be inspired by a compelling vision, a humanitarian cause, a family value, a relationship, or a career goal.

Whatever the form, a dream can significantly impact our life. At times we need to be invited to dream, to re-imagine a dream, or to let a dream go. Sometimes it's time to dream a new dream, to inspire others to dream, or to help someone else make their dream a reality. When dreams unfold, clues about your identity and greatest potential lie in the creases.

What is your current dream? Name and describe it.

Are you grateful for a dream that did not come true? Why or why not?

Have you ever realized you were living someone else's dream for your life?

DREAM: Name It (cont.)

To fulfill her dream, OC needed to change her shape. How do you need to change shape to pursue your own dream?

You might need to unlearn things to launch a new dream. What can you unlearn, let go of, or release on your unfolding journey?

PLAY: Practice in Disguise

Children often have a chance to play at school or home. Whatever play looks like as children or adults, it will involve your imagination, willingness to work with others, and an expectation that our skills will be tested. Pay attention to what types of play brings you joy and joy to others.

No matter what stage of the story OC found herself, she and her friends were playing together. Play reinforces how intentional practice builds our skills, teases our capacities and invites us to make changes. When we play, we learn how to get along with others, take turns, and to be innovative and creative within our play.

What first comes to mind when you think of the early experiences when you enjoyed playing? Who was there with you?

Where were you playing?

What games helped you grow and what did you learn?

How do you think this play impacted you?

TRY: Practice with Intention

Multiple tries will teach you a lot. A dream can invite us over and again to keep trying. In this process, we will face self-doubt and fear and be given the chance to accept the changes made. Believe in yourself. Keep trying and practicing. Purposeful practice will prepare you for the next step.

When have you needed to try something new to achieve a dream?

Describe how the new practice was easy, difficult, frustrating, or rewarding.

How have you practiced with intention? What new patterns did you practice that have become new habits?

FLY: Go for It

The exhilaration of a launch—the awareness of meeting a need and tasting the sweetness of a dream. There is nothing quite like it. In a world of possibilities, why not fly?

The metaphor of fly illustrates the feeling we experience when we fulfill our dream. Fly can also illustrate the feeling of accomplishment at any stage in the process of pursuing a dream, whether we reach it or not. To fly is to ask for help, to start unfolding, refolding, to practice, and to test ourselves. Remember, to fly is our connection with the power of a dream to unfold our greatest potential.

Describe moments in your life when you had the opportunity to humbly savor the achievement of your dream.

What was it like to be in flight or living your dream?

How did you feel? What did you notice?

Who has been inspirational to you flying?

Was flying all it's cracked up to be?

HOME: Reflect and Share

Home can be a place of rest, an intentional pause for purposeful reflection, or an opportunity to help others reach for their dream. Home gives us a new playground to share with others what we've learned. Home gives us a breath to try again, dream further or practice something new. Home just might be the place where a new dream is birthed.

For the first time or once again, the moment we realize our life's journey has brought us to the place where we are faced with the opportunity of self-discovery. Our response now is to interpret and navigate what we see with a new appreciation and gratitude. When we gaze upon the landscape of our inner being, may we also realize all the strength and courage needed for whatever is next is within us.

After an achievement or accomplishment, describe an experience of returning home.

What happened when you returned home? Who was there?

Was there something you gave back to those you returned to?

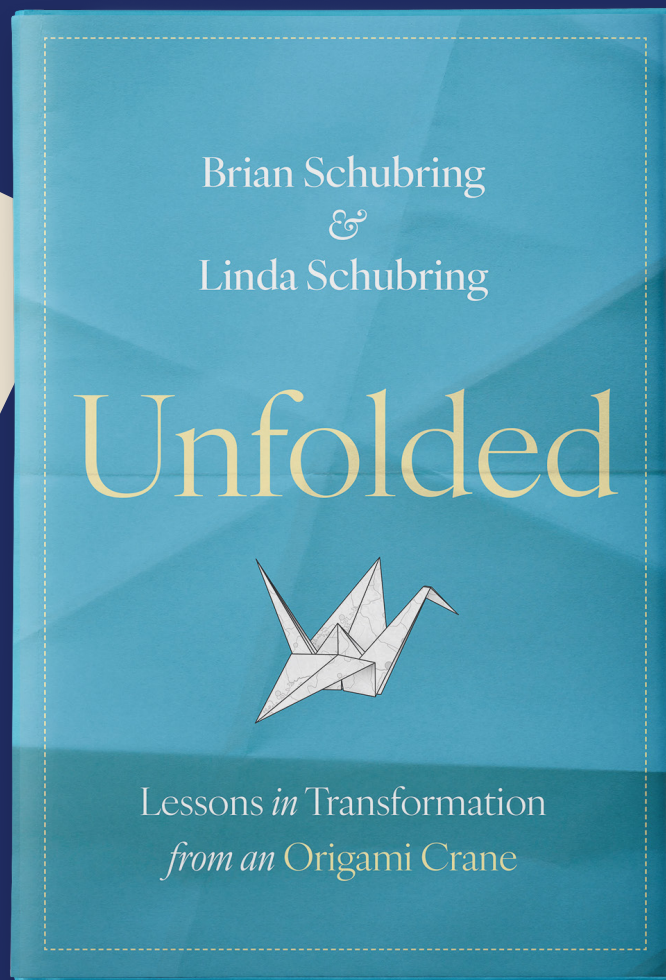
HOME: Reflect/Share (cont.)

Describe your life after living a dream. How did you give back?

Once returning home, who did you help on their journey of unfolding?

How can your lessons learned and wisdom gained be shared with others?

Who can you help pursue their dream?



SCHUBRING

Adapted from *Unfolded: Lessons in Transformation from an Origami Crane*
by Dr. Linda Schubring and Brian Schubring. © 2025 by Dr. Linda Schubring and Brian Schubring.
Published by John Wiley & Sons, Inc. All rights reserved.