



The 3 Rs of Deeper Discovery

RETURN REVISIT RENEW

GLORIA
VANDERHORST

A PSYCHOLOGIST'S GUIDE TO GOING DEEPER,
FINDING CLARITY, AND GROWING STRONGER

SAMPLE CHAPTER

INTRODUCTION

Life moves quickly, yet the most meaningful parts of it often unfold quietly. We measure time in milestones and accomplishments, but it is the in-between moments that shape us most deeply, a conversation that lingers, a memory that returns without warning, the small ways we learn, grow, and become.

This book is an invitation to pause.

If you are holding these pages, you may already know the rhythm of Read, Reflect, Respond. The first book offered prompts for self-discovery and change, guiding you gently toward deeper awareness. This companion continues that journey. It asks you to return to yourself, again and again, with curiosity and compassion.

Inside, you will find short essays drawn from everyday life. They are small stories about noticing, about questioning, about being human. Each one offers a lens, a way of looking more closely at your inner and outer worlds. Some will make you smile. Others may stir something deeper. A few might challenge you. All are here to open space for reflection.

There is no right way to move through these pages. You can follow the chapters in order or let your intuition guide you. Begin where you feel drawn. Linger where you need to. Over time, you may find yourself returning to certain passages, discovering new layers each time.

Most importantly, allow this to be your book. Use the journaling prompts as invitations, not instructions. Respond in writing, in thought, or in conversation with someone you trust. Pause after a sentence if it catches you. Sit with what rises.

The goal is not to change who you are but to notice who you have been, who you are now, and who you are still becoming.

Take your time. There is no finish line here. Each reflection is another step in understanding yourself more deeply.

Welcome back to the journey.

MEET GLORIA

This book has been a joy to create. My intent with every entry is to offer you something unique, inviting you to pause, engage with both historical facts and present experiences, and discover humor as well as meaning in your own story. My hope is that you will reflect on the history that has shaped you, notice the influences at play in your life today, and choose how you want to move forward with intention.

For me, personal stories are the foundation of connection. We are born into relationship with another person, and throughout our lives, we seek out connections that shape who we are and how we live. Some of these connections lift us, others challenge us, but all of them mold our interests, personalities, and daily choices. As you reflect on your own stories, you may begin to see patterns, surprising nuances, or even new possibilities. My encouragement is to honor what has been, let go of what no longer serves you, and step with respect into what lies ahead.

My career as a psychologist has given me the privilege of working across the lifespan, from preschool children to teens, adults, and older generations. Over the years I have seen the beauty, the struggles, and the resilience of human development. Life is never static, it is always moving, reshaping, and calling us to grow.

This book continues the journey that began with READ, REFLECT, RESPOND: The 3 Rs of Growth and Change. In that first book, I introduced readers to the rhythm of reading thought-provoking essays, reflecting on their meaning for their lives, and responding through journaling. Many readers found that format freeing, because you can choose any entry at any time, linger with it for a day or a week, and return whenever you are ready. This new volume offers the same open invitation, while bringing you fresh perspectives, stories, and prompts to deepen your self-discovery.

Here is what some readers shared about READ, REFLECT, RESPOND:

D. Krawczyk, Youth Leader: "*Gloria is a down-to-earth, inspiring educator and counselor who puts her heart into her work. Her blog is relatable and thought-provoking, positively and constructively! I look forward to more!*"

M. Francis: *"I love how Gloria's blog entries help us find our place at any moment. She makes us think, and even more importantly, she inspires us to be the best versions of ourselves!"*

K. Lindstedt: *"Gloria's blogs are insightful, thought-provoking, and positive. She has a mastery of language, examining a common expression, word, or emotion and relating it to everyday life. I always feel uplifted and a little wiser after reading her words."*

Susannah: *"Finally a guided journal not tossed in a drawer. The writing is gentle and fluid and not overly-instructive. Vanderhorst lets the reader know hopping around the book in any order is okay... Each entry leaves space for your own thought process, a gift of the author's lengthy career."*

Karel: *"This is a special kind of journal. There are ten sections of topics and introductory thoughts that feel like a conversation with an author who is vivid and immediate. A very nice blending of structure and freedom in engagement."*

These reflections reinforce what I hope for you: that your exploration here will be personal, flexible, and deeply rewarding.

Unlike other guided journals, there is no rule book here. You do not need to follow a strict order or meet anyone else's expectations. Instead, you are invited to roam freely, choosing the topics that meet you where you are today. Along the way, you may find yourself smiling, challenged, or even surprised. Most of all, I hope you will find yourself growing.

Use these entries with intention, and let them stir you to reflect, to connect, and to live with greater awareness. We are dynamic beings, always in motion whether we recognize it or not. May these pages be companions on your journey.

Enjoy the adventure.

Gloria Vanderhorst, Ph.D.

CHAPTER 1 — EVERYDAY MOMENTS & GRATITUDE

Life rarely pauses long enough for us to notice it happening. We hurry through days filled with lists and deadlines, but beneath all that motion are small, extraordinary moments quietly asking to be seen. A shift in the wind. The hush of falling rain. The unexpected sweetness of a single cupcake shared with someone you love.

When we slow down enough to notice these things, we begin to see how much meaning is hidden in what seems ordinary. Gratitude grows from this noticing, not from grand gestures or sweeping changes, but from quiet recognition.

This chapter invites you to pause and linger. Let yourself remember a moment recently when you felt completely present, even for a second. Perhaps it was while sipping your coffee, listening to birdsong, or laughing unexpectedly. Write it down.

REFLECT & RESPOND

What small detail from today caught your attention and made you pause?

How does gratitude show up in your daily life right now?

What might change if you allowed yourself to notice more of these simple moments?

SUNSET

Anytime we go to the beach, we make time to watch the sunset. Groups gather on the sand in certain places along the coast to marvel at its beauty. This orange orb sinks slowly below the horizon. As it descends, the sky erupts in shades of orange and yellow, sometimes blended with blue and purple. The sight is exhilarating. You can feel the anticipation in everyone standing on the sand or seated on a deck as they wait for the sun to disappear. This nightly ritual is captivating. Sometimes the entire group breaks into spontaneous applause.

Yet when I return home, I care far less about this daily wonder. What changed? At the beach, the setting sun is an event. People gather as if to worship the orb or at least to celebrate its descent. At home, I barely notice its absence. It is the same sun, right? So why am I so complacent in my own yard, or rather, in my office, kitchen, or basement? The orb I depend on for day and night slips by without acknowledgment.

This makes me wonder what else goes unnoticed. How many gestures in my daily life deserve celebration but pass unremarked? When my husband warms the car on cold mornings, how often do I say "thank you" or even notice? When my daughter drops off a meal so we do not have to cook, how frequently do I praise its taste or express my gratitude? When a friend calls just to check in, do I thank them or assume I deserve their care? In truth, all these kindnesses are like the sunset over the ocean. They are small miracles of love and attention.

I want to celebrate those miracles just as I celebrate the sunset on the beach. I want to take time to notice them. Rituals that recur need anticipation. Just as I walk to the water's edge in expectancy, I want to pause and mentally prepare that "thank you" for the warmed car. When I review my day and observe the thoughtfulness, care, interest, and sacrifice of others, I want to celebrate each gesture. If I made a list, pages of my notebook would fill up. So many of these gestures are simple acts of care. My glass of water runs empty and someone refills it. We enter the mall and someone holds the door. I never have to set an alarm because someone wakes me gently each morning. My granddaughter calls to invite me for a board game. My neighbor brings the trash can up to the garage.

The list goes on. The sun keeps shining.

REFLECT & RESPOND

Recall the last time you noticed a sunset or another natural wonder. What feelings did it stir in you?

List three small gestures of care or kindness you received in the past week. How did you respond?

How can you create a simple ritual of noticing and celebrating these daily “sunsets” in your life?



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Please feel free to reach
out for any questions.



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