



Reflect & Journal

April 2023

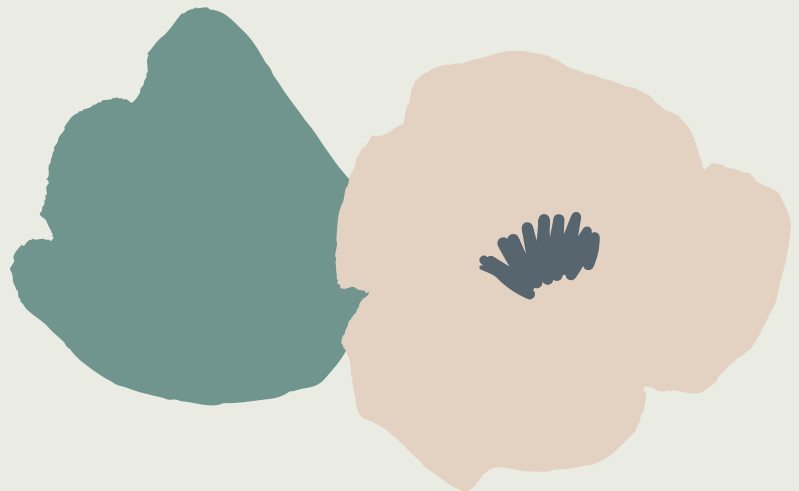
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Well-Being Essentials.

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Getting Started With Your Journal!

1. Click the download journal button and save the PDF on your desktop or any new folder on your mobile device.
2. For each quote, compose your reflections in the space provided below each prompt.
3. Click the 'Save' button on your device to store your entries and create your own collection of insights. The journal won't be seen by anyone else and is yours to share should you wish.



“

Your emotions make you human. Even the unpleasant ones have a purpose. Don't lock them away. If you ignore them, they just get louder and angrier.

”

Sabaa Tahir

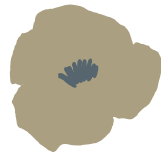


Journal Prompt:

Think of an uncomfortable emotion you experienced in the past. How did you express it? Did expressing it make you feel better or worse?

“ When patterns are broken,
new worlds emerge. ”

Tuli Kupferberg



Journal Prompt:

In a few sentences, what is a pattern (or usual way of doing things) that you broke in the last year and why you changed your behavior?

“ **The heart has its reasons,
which reason knows not.** ”

Blaise Pascal

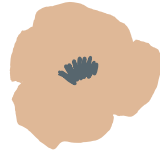


Journal Prompt:

Describe a time when you listened to your heart and trusted your innermost feelings. What did you learn?

“ “ The best and most beautiful things in the world cannot be seen or even touched – they must be felt with the heart. ” ”

Helen Keller



Journal Prompt:

Describe a time when you had a heartfelt experience without using your sense of sight or touch. How did it make you feel?