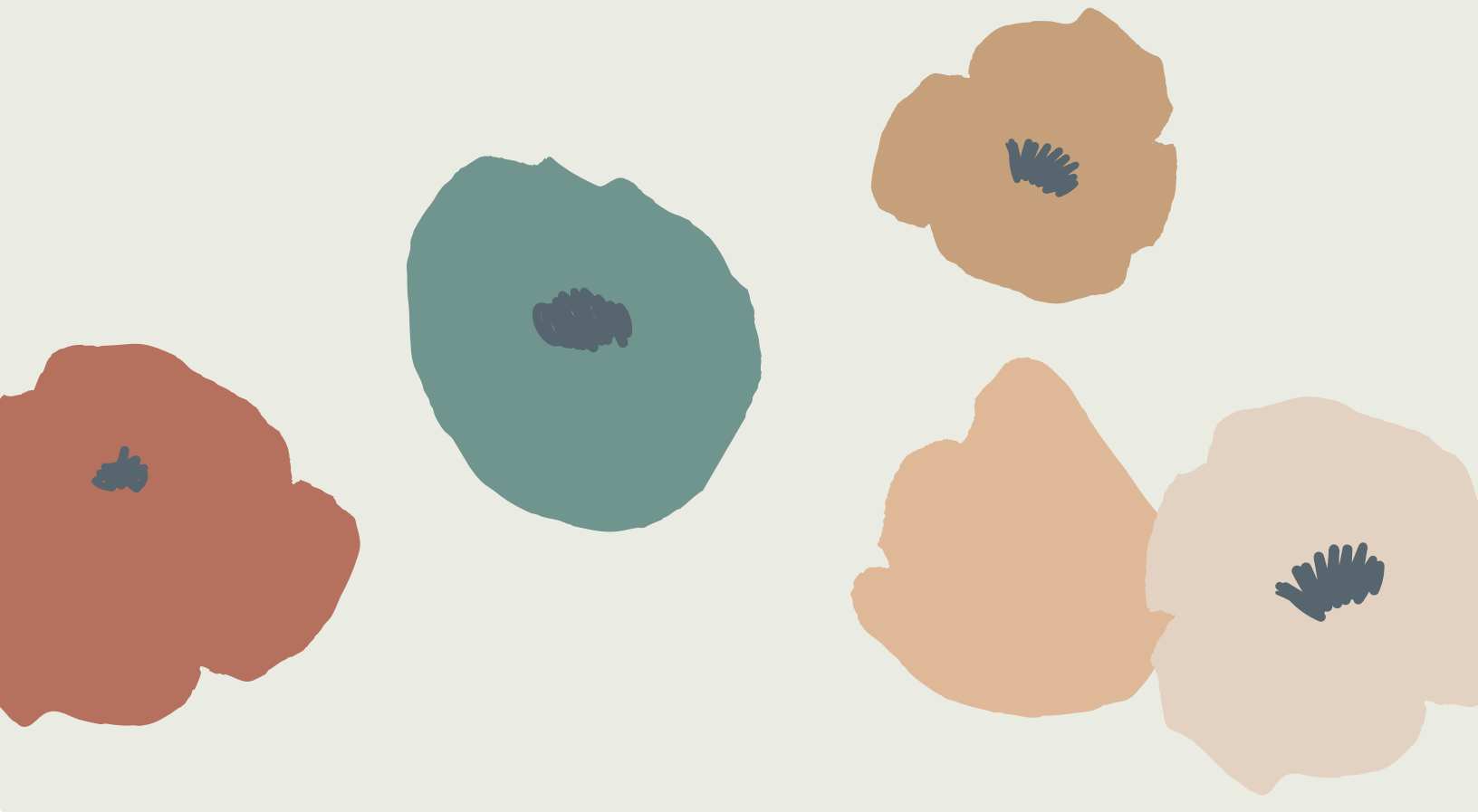


The top section of the cover features four stylized floral illustrations. From left to right: a light peach flower, a reddish-orange flower, a grey-blue flower, and a teal flower. Each flower has a dark blue, textured center.

Reflect & Journal

April 2024



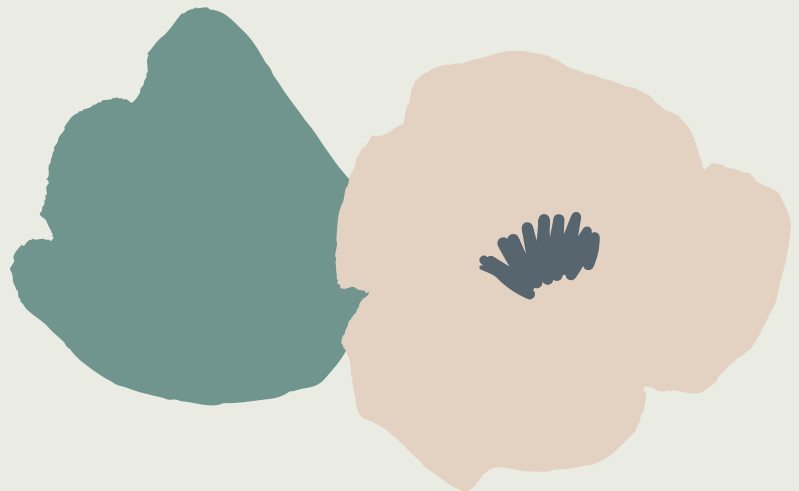
Theo Koffler

Well-Being Essentials.

hello@theokoffler.com

Getting Started With Your Journal!

1. Read the featured quotes of the month below.
2. For each quote, compose your reflections in the space provided below each prompt.
3. Click the 'Save' button on your device and celebrate your insights.



“ “ The only way to find peace of mind
is to stop thinking about
what bothers you. ” ”

Ralph Waldo Emerson



Journal Prompt:

Think about what peace of mind means to you personally? In the space below, describe what conditions contribute to your sense of inner calm and contentment.

“ “ In nature, nothing is perfect and everything is perfect. Trees can be contorted, bent in weird ways, and they’re still beautiful. ” ”

Alice Walker



Journal Prompt:

Much like nature’s diversity, reflect on what inner qualities contribute to your individuality?

“ “ The greatest need of our time is to
clean out the enormous mass of mental
and emotional rubbish that clutters
our minds. ” ”

Thomas Merton

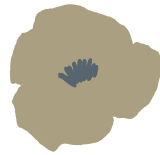


Journal Prompt:

Recall a time when you silenced self-criticism to embrace a personal trait or face a challenge. In a few sentences, describe what you observed?

“ Hope and fear cannot occupy the same space. Invite one to stay. ”

Maya Angelou



Journal Prompt:

Reflect on a moment when you found yourself torn between hope and fear. How did you navigate through this experience and what insights did you gain?