



Reflect & Journal

August 2023

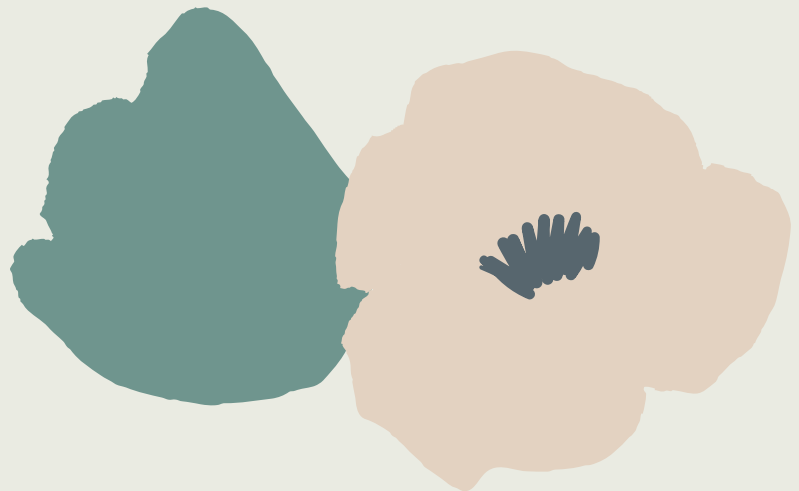
Theo Koffler

Well-Being Essentials.

hello@theokoffler.com

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.



“ Life’s challenges are like waves;
they may knock you down, but each
time you rise, you’ll find a stronger
version of yourself. ”

Dwayne “The Rock” Johnson

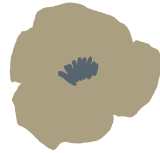


Journal Prompt:

Describe a recent wave in your life that initially knocked you down. How did it make you feel and what qualities did you discover in yourself to become a stronger version of yourself?

“ Find out who you are and
do it on purpose. ”

Dolly Parton



Journal Prompt:

Write about an instance when you intentionally acted in a way that truly reflects your authentic self. What intentions can you make to live a more genuine and purpose-filled life on a daily basis?

“ Don't you ever let a soul in the world tell you that you can't be exactly who you are. ”

Lady Gaga

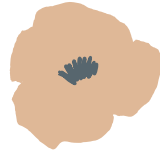


Journal Prompt:

Consider a time when you felt compelled to conform to others' expectations. How did you handle it? What's one intention you can make to show your true self more in the future?

“ Self-discovery is not selfish;
it's the greatest gift you can give
to yourself and the world. ”

Oprah Winfrey



Journal Prompt:

What are some steps you've taken, or could take, towards self-discovery? How might this journey not only benefit you, but also the world around you?