



Reflect & Journal

December 2023

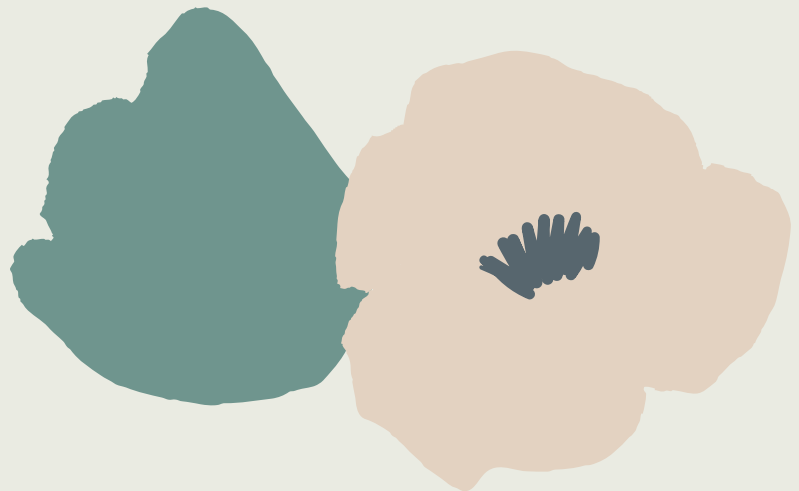
Theo Koffler

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.



“ The greatest problem in the world today is intolerance. Everyone is so intolerant of each other. ”

Princess Diana



Journal Prompt:

Think back to a time when you encountered or displayed intolerance. Reflect on the emotions you felt during that situation. Describe one specific action you can commit to in your daily life to promote greater tolerance and understanding among individuals.

“ “ To love one another just may
be the fight of our lives. ” ”

Amanda Gorman

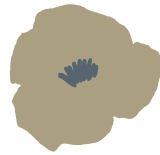


Journal Prompt:

In the journal provided, describe what this quote means to you and how does it relate to your own experiences and beliefs.

“ “ **When the world is so complicated
the simple gift of friendship is
within all our hands. ”**”

Maria Shriver



Journal Prompt:

In the journal provided, outline the steps you can engage in to enhance the bonds of friendship in your life.

“ Every one of us needs to show how much we care for each other and, in the process, care for ourselves. ”

Princess Diana



Journal Prompt:

In the context of kindness, describe a specific instance when your kindness not only improved the well-being of others but also contributed to your own self-care.