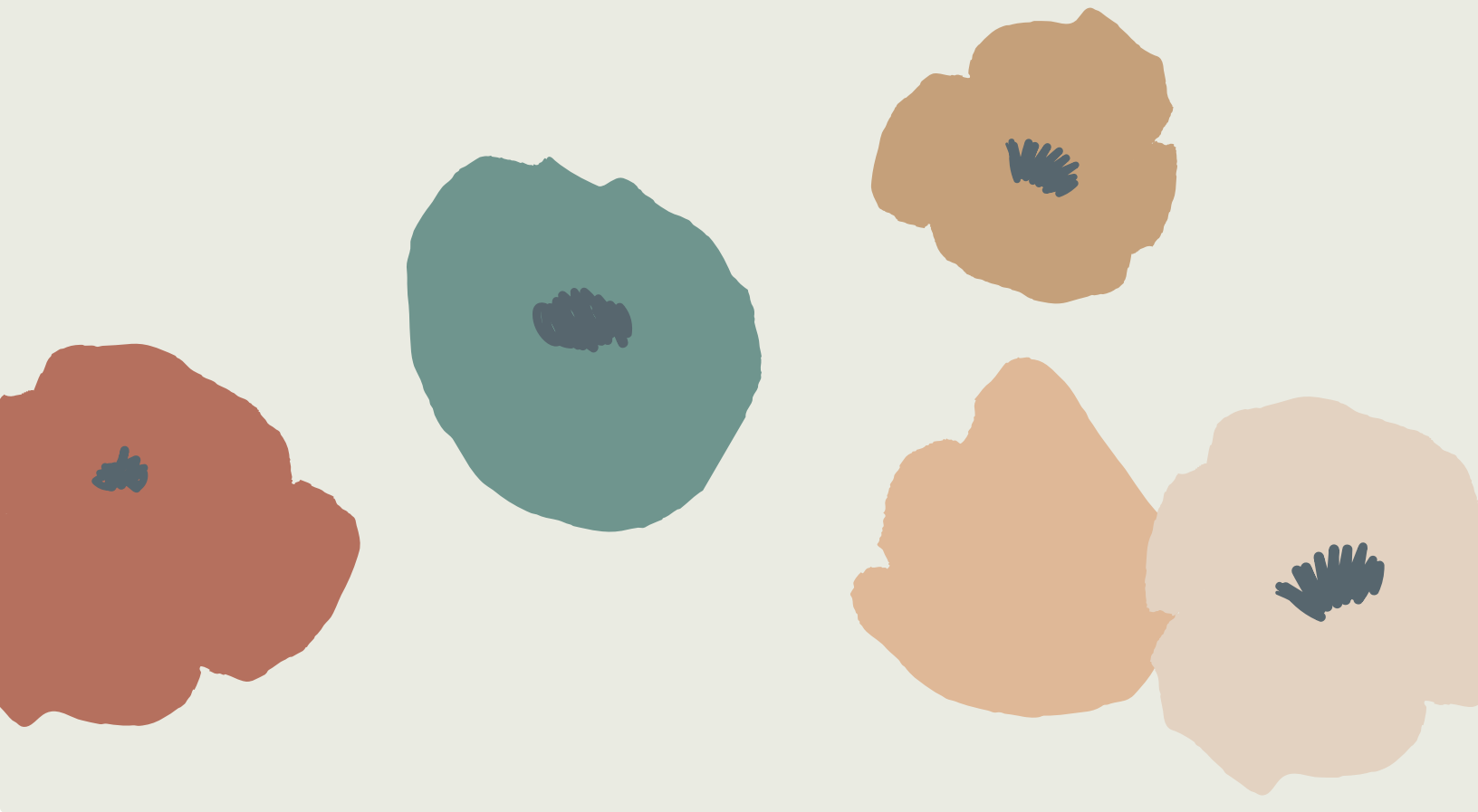




# Reflect & Journal

February 2023



**Theo Koffler**

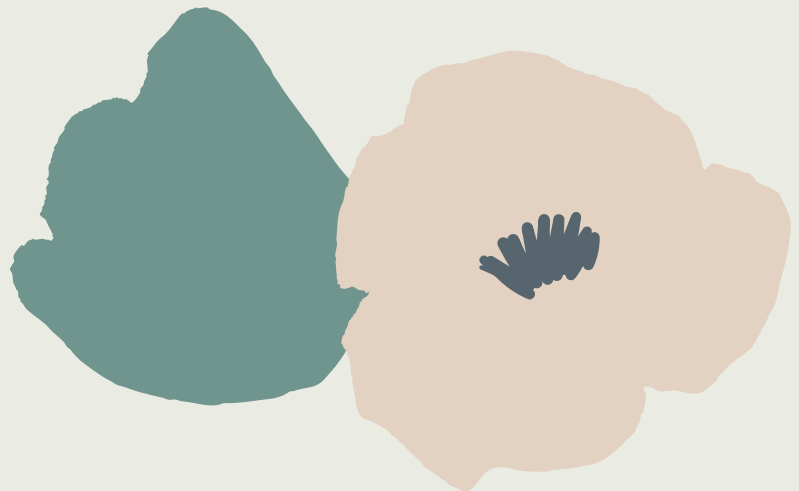
Well-Being Essentials.

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## **Welcome to Reflect & Journal!**

I think reading quotes is like having a conversation with friends, except it can be done alone, any time you want.

This PDF provides a collection of passages that I hope will inspire you. To get started, reflect on the monthly quotes, and compose your reflections to the prompts in the journal. You can store your entries each month on your tablet or computer, or print a copy and create your own collection of insights in a handmade book. The journal won't be seen by anyone else and is yours to share should you wish.



“ There is always light.  
If only we’re brave enough to see it.  
If only we’re brave enough to be it. ”

Amanda Gorman

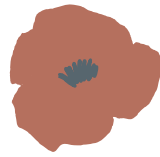


**Journal Prompt:**

How can you take what you learned from this quote and implement it into your life?

“ Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for. We are the change that we seek. ”

Barack Obama



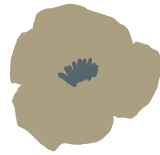
**Journal Prompt:**

Share a time when you seized a moment to show leadership and the impact your actions had on others?

“

Someone I loved gave me a box full of  
darkness. It took me years to understand  
that this, too, was a gift. ”

Mary Oliver

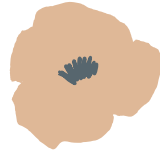


**Journal Prompt:**

What experience did this quote make you think about?

“ Change the way you look at things,  
and the things you look at change. ”

Wayne W. Dyer



**Journal Prompt:**

Describe a time when you noticed that changing your attitude changed your perspective?