



Reflect & Journal

February 2024



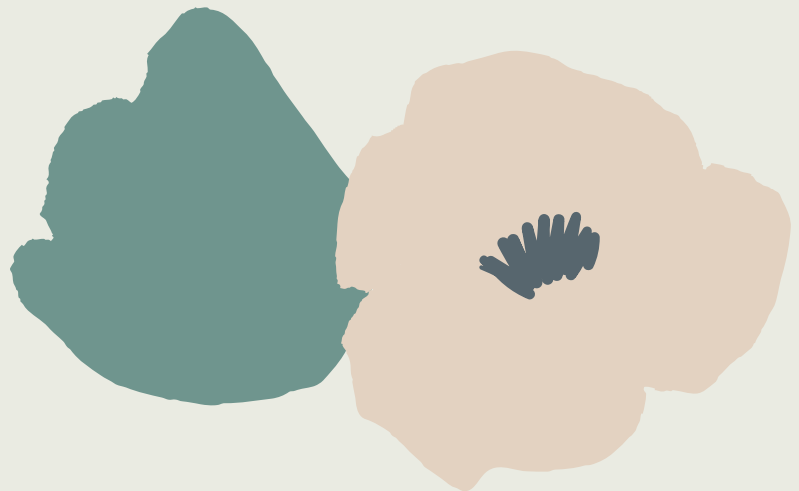
Theo Koffler

Well-Being Essentials.

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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.



“ “ Enjoy the little things, for one day
you may look back and realize
they were the big things. ” ”

Robert Brault



Journal Prompt:

Think about a ‘little moment’ in an interaction that brought you meaning. In the space provided, describe this experience and the insight it unveiled.

“ Pay attention.
Be astonished.
Tell about it. ”

Mary Oliver



Journal Prompt:

Recall a recent moment when you paid close attention to something in your surroundings. In the space provided, describe that moment and how it made you feel, emphasizing the significance of being fully present in the moment.

“ The little things?
The little moments?
They aren't little. ”

Jon Kabat-Zinn

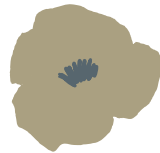


Journal Prompt:

Think about a recent “little moment” in your life that positively affected your thoughts and feelings. In the space provided, journal what stood out for you.

“ You are what you do,
not what you say you’ll do. ”

Carl Jung



Journal Prompt:

Think about a recent time when you did something instead of just talking about it. In the space below, describe the actions you took and how they revealed your character.