



Reflect & Journal

January 2023

Theo Koffler

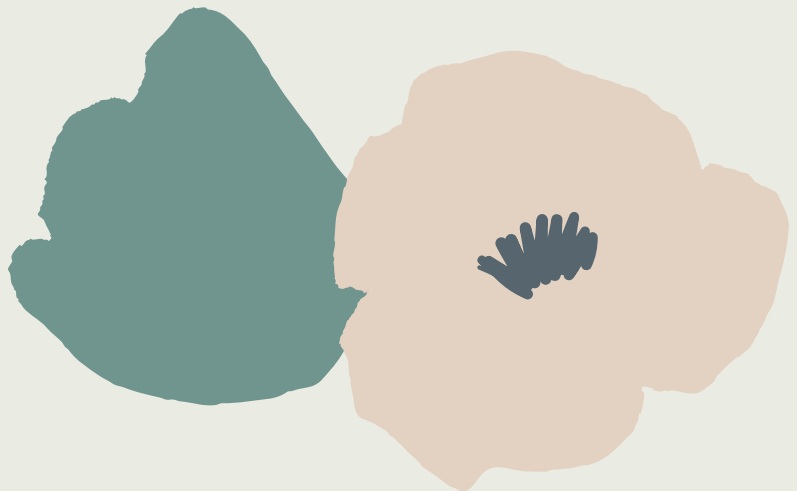
Well-Being Essentials.

hello@theokoffler.com

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.

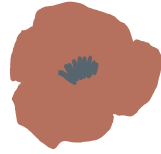


“

**Your work is to discover your world
and then with all your heart,
give yourself to it.**

”

Siddhartha Gautama



Journal Prompt:

What did you learn from this quote?

How can you implement it into your life?

“

Do things for people not because of who they are or what they do in return, but because of who you are.

”

Harold Kushner



Journal Prompt:

Does this quote resonate with you?

If so, why?

“

I've learned that people will forget what
you said, people will forget what you did,
but people will never forget how
you made them feel. ”

Maya Angelou

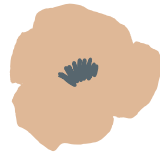


Journal Prompt:

What experience did this quote make you think about?

“
**Be thankful for what you have;
you'll end up having more. If you
concentrate on what you don't have,
you'll never have enough.**”

Oprah Winfrey



Journal Prompt:

When and where did you choose to be thankful?

What surprised you?