



Reflect & Journal

January 2024

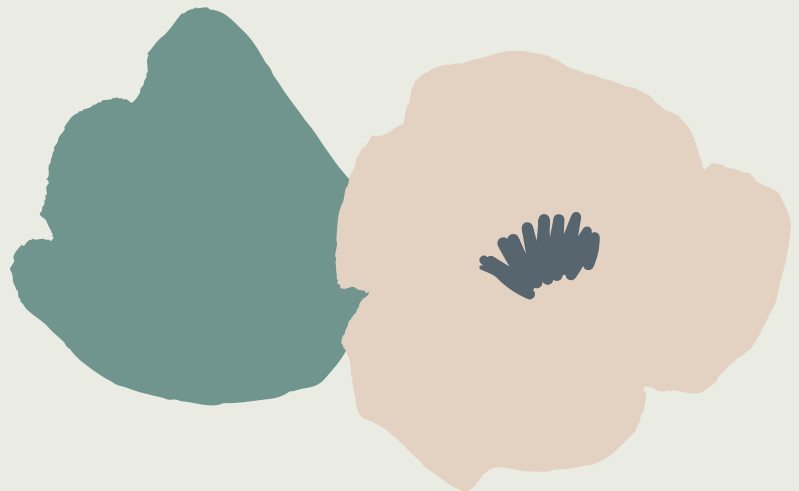
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Well-Being Essentials.

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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.



“ “ We all should know that diversity makes for a rich tapestry, and we must understand that all the threads of the tapestry are equal in value no matter their color. ” ”

Maya Angelou



Journal Prompt:

Reflect on a situation where diversity enhanced an experience or situation you were part of. How did the diverse perspectives contribute to the richness of that experience?

“ Peace is not something you wish for; it's something you make, something you do, something you are, and something you give away. ”

John Lennon

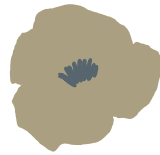


Journal Prompt:

Describe a specific instance when you actively contributed to peace through your behavior, conduct or attitude. How did this experience affect you, and how can you continue to embody the essence of peace in your daily life?

“ “ We are all human, and our humanity is our common bond. Let us always choose love and empathy over hatred and division. ” ”

Melinda Gates



Journal Prompt:

Think of a recent situation where you encountered division or negativity. How could choosing love and empathy have made a difference in that situation?

“ Under the sky, under the heavens,
under the stars, there is but
one family! ”

Bruce Lee



Journal Prompt:

Reflect on a time when you felt a shared connection with someone from a different background or culture. How did that experience make you feel, and what did you learn from it?