



Reflect & Journal

July 2023

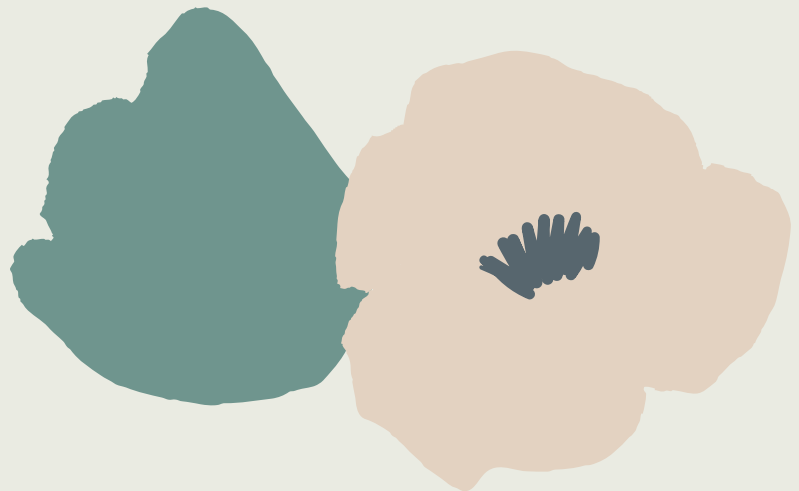
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Well-Being Essentials.

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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.



“ I’ve been searching for ways
to heal myself, and I’ve found that
kindness is the best way. ”

Lady Gaga

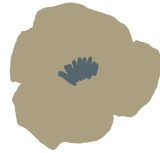


Journal Prompt:

Reflect on a moment in your life when kindness played a role in your healing process. What did that teach you?

“ It’s OK to not be OK and
it’s OK to ask for help. ”

Prince Harry, Duke of Sussex

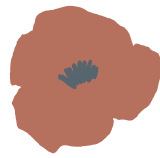


Journal Prompt:

Reflect on a time when you felt it wasn't OK to not be OK. In the future, is there a way you can give yourself permission to seek help when you need it?

“ I have Asperger’s, and that means I’m sometimes a bit different from the norm. And – given the right circumstances – being different is a superpower. ”

Greta Thunberg

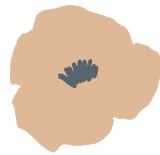


Journal Prompt:

Reflect on something about yourself that makes you “different” in the eyes of others. How can you turn your uniqueness into a strength?

“ I’m just a kid and not larger than life because this happened to me. I’m just gonna keep doing all the stuff that makes me happy. And just living my life the best I can, and not let this bother me. ”

Ralph Yarl



Journal Prompt:

Think about a challenging situation or setback you have experienced. How might Ralph’s mindset help you deal with difficult circumstances?