



Reflect & Journal

June 2023

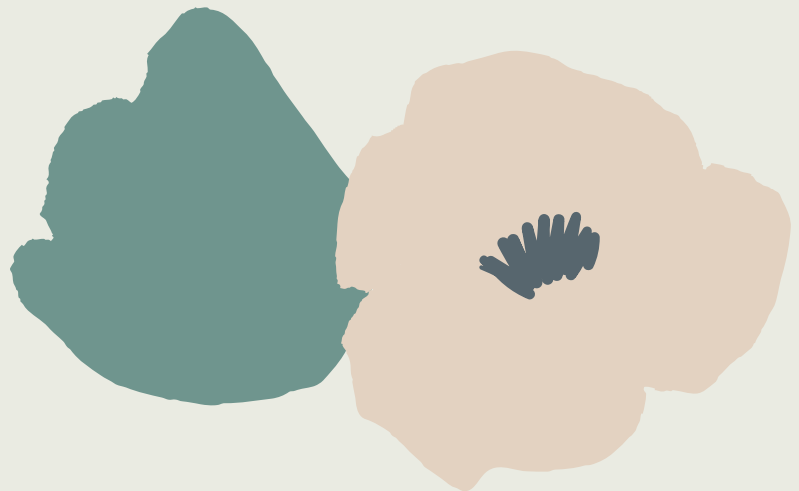
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Well-Being Essentials.

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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.



“ Sometimes our biological family doesn’t understand or accept us, but our chosen family, the people who truly see us and love us for who we are, they become our greatest source of strength and belonging. ”

Amit Ray

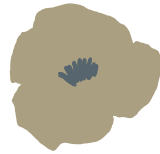


Journal Prompt:

Describe a specific experience where your chosen family provided you with a profound sense of understanding and acceptance that may have been lacking from your biological family. How did this experience shape your perception of the importance of chosen family?

“ True friendship is not about being the same or having identical opinions, but rather embracing and celebrating our differences while supporting each other’s unique paths. ”

Oprah Winfrey

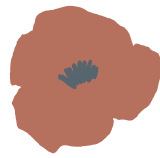


Journal Prompt:

Reflecting on your own friendships, how have you embraced and celebrated the differences between you and your friends while still providing support for each other’s unique paths?

“ “ Find out who you are and be that person.
That’s what your soul was put on this Earth
to be. Find that truth, live that truth, and
everything else will come. ” ”

Ellen DeGeneres

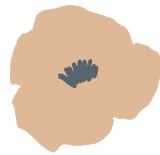


Journal Prompt:

What does it mean to you to “be yourself” and live in alignment with your true identity? How does embracing and expressing your authentic self contribute to your overall well-being?

“ True friendship is a journey that takes us beyond ourselves, leading us to discover the beauty of shared moments, the richness of understanding, and the depth of unconditional support. ”

Pico Ayer



Journal Prompt:

Reflecting on your own experiences, describe a specific shared moment with a chosen friend that deepened your understanding of each other, or showcased the power of unconditional support. How did this experience impact your perception of friendship?