



Reflect & Journal

March 2023

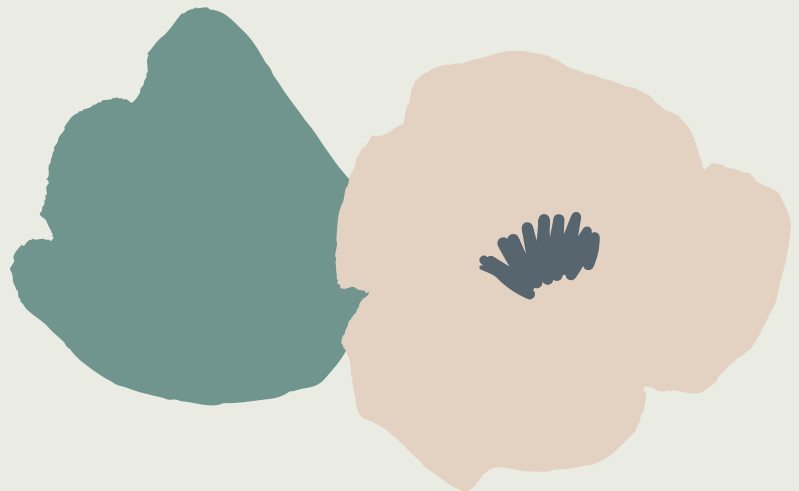
Theo Koffler

Well-Being Essentials.

hello@theokoffler.com

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.



“

You may encounter many defeats, but you must not be defeated. In fact, it may be necessary to encounter the defeats, so you can know who you are, what you can rise from, how you can still come out of it.

”

Maya Angelou

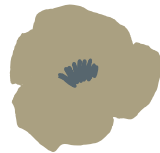


Journal Prompt:

Reflect on a recent challenge in which you experienced defeat and summarize in the space below, what you learned.

“ “ **Your heart knows the way.
Run in that direction.** ” ”

Rumi



Journal Prompt:

Describe a time when you ran in the direction of your heart and the impact it had on your life.

“ At some time in our lives we all experience a moment when you become the person you are, and that age when you become you is irrelevant. ”

Toni Morrison

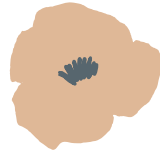


Journal Prompt:

When do you think you became you?

“ If you get tired, learn to rest,
not to quit. ”

Banksy



Journal Prompt:

What can you do to bring more rest and self-care into your life?