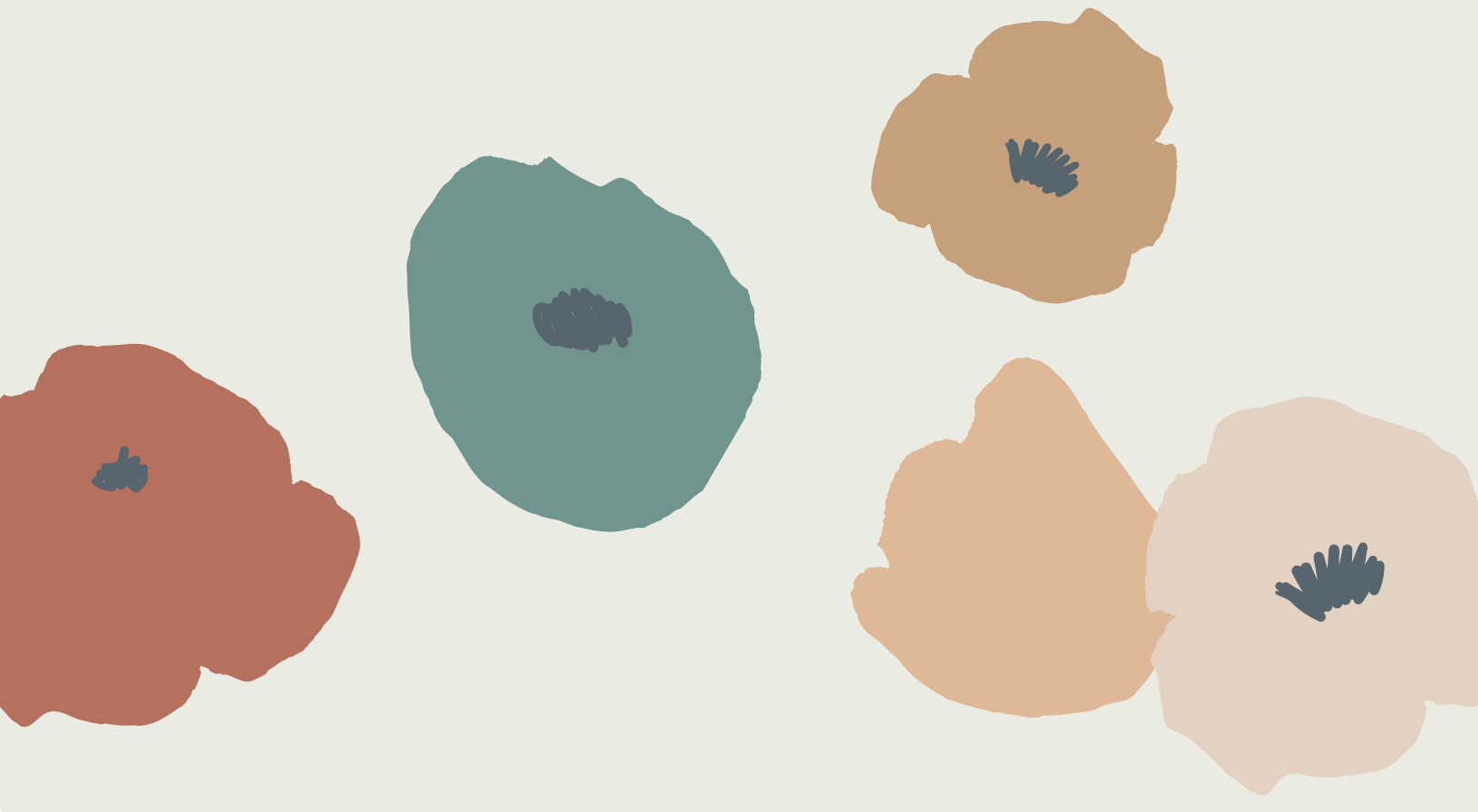




# Reflect & Journal

March 2024



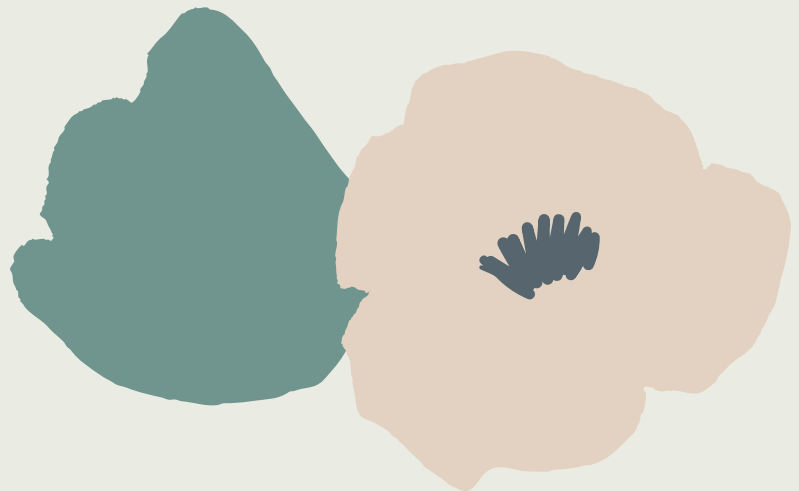
**Theo Koffler**

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## Getting Started With Your Journal!

1. Read the featured quotes of the month below.
2. For each quote, compose your reflections in the space provided below each prompt.
3. Click the 'Save' button on your device and celebrate your insights.



“ Change will not come if we wait for  
some other person or some other time.  
We are the ones we’ve been waiting for.  
We are the change that we seek.” ”

Michelle Obama



**Journal Prompt:**

Reflect on a change you’ve been hoping for in your life. In the space below, describe the steps you can take to initiate that change rather than waiting for external factors or others to bring it about.

“ Change is inevitable.  
Growth is optional.  
Choose wisely. ”

Allan Wallace



### **Journal Prompt:**

Think about a recent change in your life. Describe whether you embraced the opportunity for growth and what you learned from this experience.

“ The secret of change is to focus all of your energy not on fighting the old, but on building the new. ”

Socrates



**Journal Prompt:**

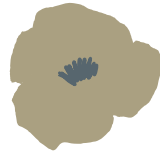
In the space provided, describe how you can apply Socrates' wisdom to a current challenge or goal in your life.



**You do not have to be good.  
You do not have to walk on your knees  
for a hundred miles through the desert  
repenting. You only have to let the soft  
animal of your body love what it loves.**



Mary Oliver



**Journal Prompt:**

Reflect on a time when you followed your instincts despite expectations or societal pressures. In the space provided, describe how did you feel, and what were the outcomes.