



Reflect & Journal

May 2023

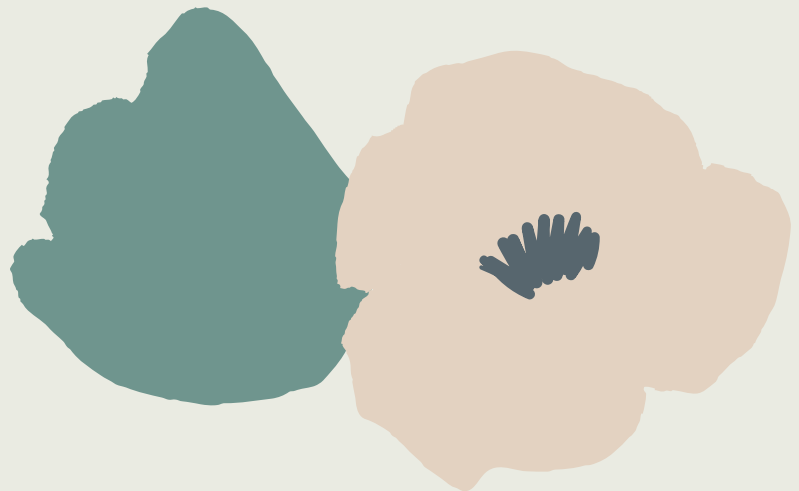
Theo Koffler

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.



“ Carry out a random act of kindness,
with no expectation of reward, safe in
the knowledge that one day someone
might do the same for you. ”

Princess Diana

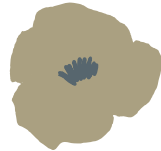


Journal Prompt:

Think about a time when someone's small act of kindness made an impact on your day or your life. How did it make you feel? Did it motivate you to exhibit kindness towards others?

“ Kindness can be its own motive.
We are made kind by being kind. ”

Eric Hoffer



Journal Prompt:

If you make kindness a motive, what daily habits can you commit to adopting or changing?

“ “ No act of kindness, no matter
how small, is ever wasted. ” ”

Aesop

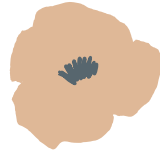


Journal Prompt:

Name two ways in which your acts of kindness (big or small) can lead to creating a culture of kindness in your community.

“ A single act of kindness throws out roots in all directions, and the roots spring up and make new trees. ”

Amelia Earhart



Journal Prompt:

Write about a time when you experienced or witnessed a small act of kindness that had an impact on someone's life. How do you think it made the recipient feel? How did it make you feel?