



Reflect & Journal

November 2023

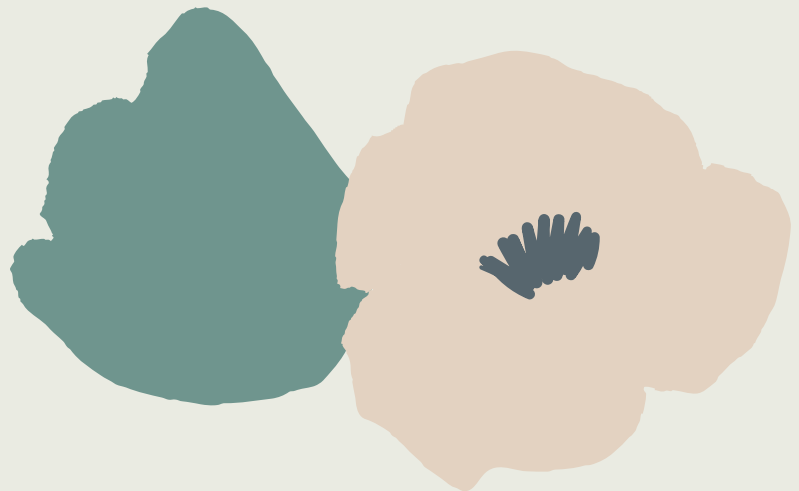
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Well-Being Essentials.

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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.



“ “ **Humankind has not woven the web of life. We are but one thread within it. Whatever we do to the web, we do to ourselves. All things are bound together. All things connect.** ” ”

Chief Seattle



Journal Prompt:

Considering the quote, list three choices you can take to deepen your awareness of your relationship with the world and make a positive contribution.

“ “ At the end of the day people won't remember what you said or did, they will remember how you made them feel. ” ”

Maya Angelou

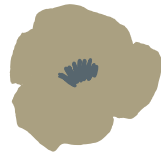


Journal Prompt:

Reflect on a time when someone's words and actions influenced your feelings. How can you apply this insight to refine your own interactions, aiming to leave a meaningful impact on others?

“ Peace cannot be achieved through violence, it can only be attained through understanding. ”

Ralph Waldo Emerson



Journal Prompt:

Describe a recent conflict or disagreement you've encountered. How might understanding have made a difference in the outcome?

“ “ An eye for an eye only ends up making
the whole world blind. ” ”

Mahatma Gandhi

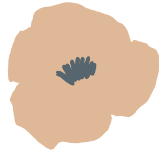


Journal Prompt:

Recall a time when you chose compassion over revenge. Describe how this experience affected you and those involved.

“ Peace is not something you wish for;
it’s something you make, something
you do, something you are and
something you give away. ”

John Lennon



Journal Prompt:

Reflect on your role as a messenger of peace. Share one example of a situation where the values you uphold in this role had a positive impact on fostering peace.