



Reflect & Journal

October 2023

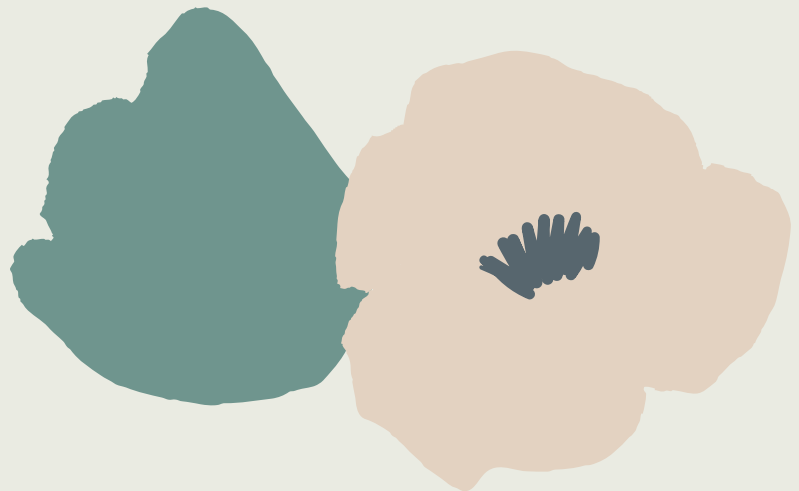
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Well-Being Essentials.

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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.



“ Be a rainbow in someone else’s cloud. ”

Oprah Winfrey

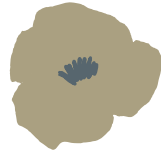


Journal Prompt:

Recall a time when you were a source of comfort or support for a friend. How did it feel to be their “rainbow”, and how did the experience strengthen your friendship and your understanding of empathy and compassion?

“ Realizing who you are
is the best feeling. ”

Taylor Swift

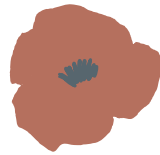


Journal Prompt:

Reflect on a time when you gained a clearer understanding of your true self. What insights did you uncover, and how did this knowledge influence your feelings and outlook on life?

“ I’m very interested in truth, in finding ways to be messy and unsure and flawed and incredible and great and my fullest self, all wrapped into one. ”

Emma Watson

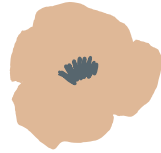


Journal Prompt:

How does acknowledging and accepting both your strengths and flaws contribute to realizing your fullest self?

“ “ Life is a series of commas, not periods. ” ”

Matthew McConaughey



Journal Prompt:

Think about a time in your life when a pause, rather than an end, led to new opportunities and personal development. What did you learn from this experience?

“ “ The important thing is not to stop questioning. Curiosity has its own reason for existing. ” ”

Albert Einstein



Journal Prompt:

Describe a specific instance where asking questions led to a deeper understanding or a shift in perspective?