



Reflect & Journal

September 2023

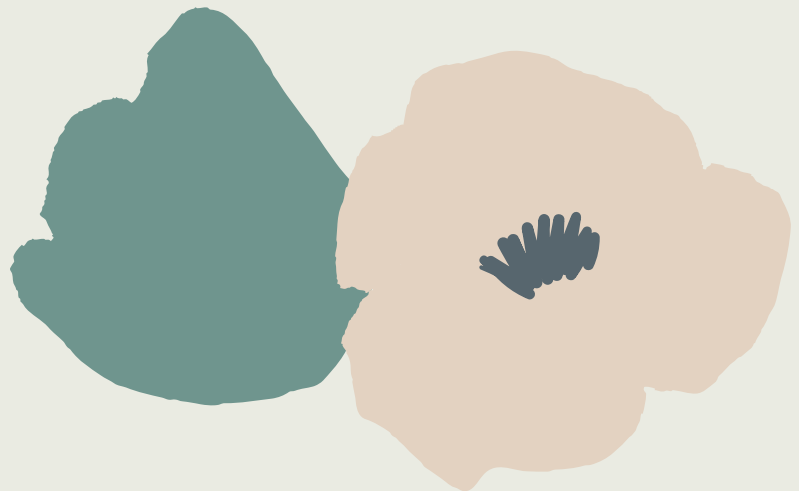
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Well-Being Essentials.

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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.



“ Challenges are gifts that force us to search for a new center of gravity. Don’t fight them. Just find a new way to stand. ”

Oprah Winfrey



Journal Prompt:

Reflect on an example where facing a challenge led to the discovery of a “new center of gravity” and prompted you to adopt a different approach or mindset. What did you learn?

“ You pray for rain, you gotta deal with the mud too. That’s a part of it. ”

Denzel Washington



Journal Prompt:

Reflect on a time when you hoped or worked towards something, only to be met with unexpected challenges or “mud.” How did you navigate these obstacles, and what growth or insights did they bring?

“ And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom. ”

Anaïs Nin

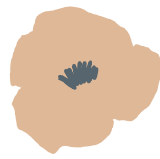


Journal Prompt:

Reflect on a moment in your life when you felt the push to break out of your comfort zone. Was there a moment you realized that not changing was harder than taking the leap? How did that experience shape you?

“ “ My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style. ” ”

Maya Angelou



Journal Prompt:

Describe an experience where you thrived, highlighting how you combined passion, compassion, humor, and style?