

Reflect + Journal

December 2024

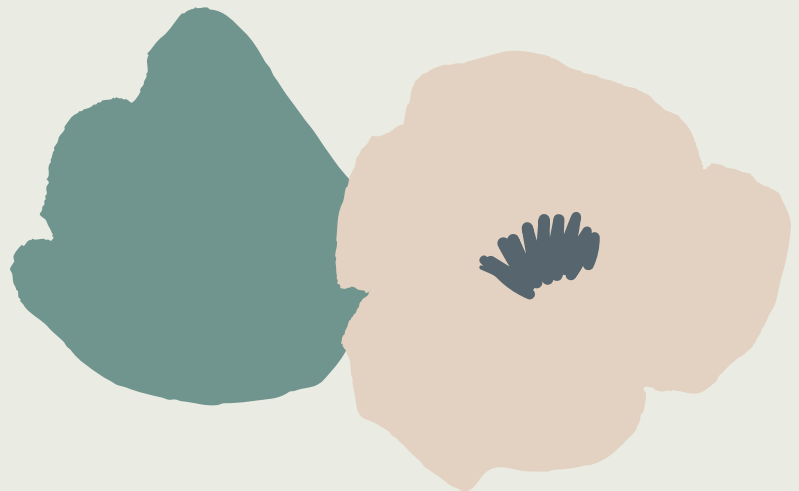
Theo Koffler

Well-Being Essentials.

hello@theokoffler.com

Getting Started With Your Journal!

1. Read the featured quotes of the month below.
2. Reflect on the quotes and compose your responses to the Reflective Prompt in the space provided.
3. Click the 'Save' button on your device and celebrate your insights.



“ “ We are each other’s harvest; we are each other’s business; we are each other’s magnitude and bond. ” ”

Gwendolyn Brooks



Reflective Prompt:

How might recognizing your interconnectedness with others inspire you to shine and share your light?

“ You have power over your mind – not outside events. Realize this, and you will find strength. ”

Marcus Aurelius



Reflective Prompt:

How might letting go of constant judgments about the things you can't control create more peace and lightness in your life?

“ We are not here merely to survive.
We are here to light up the world
with our unique presence. ”

Oprah Winfrey



Reflective Prompt:

What does it mean to you to ‘light up the world’ with your unique presence and how might you bring that brilliance into your daily life?

“ What lies behind us and what lies
before us are tiny matters compared
to what lies within us. ”

Ralph Waldo Emerson



Reflective Prompt:

How can focusing on the strength and potential within you help you navigate the challenges and opportunities you face right now?