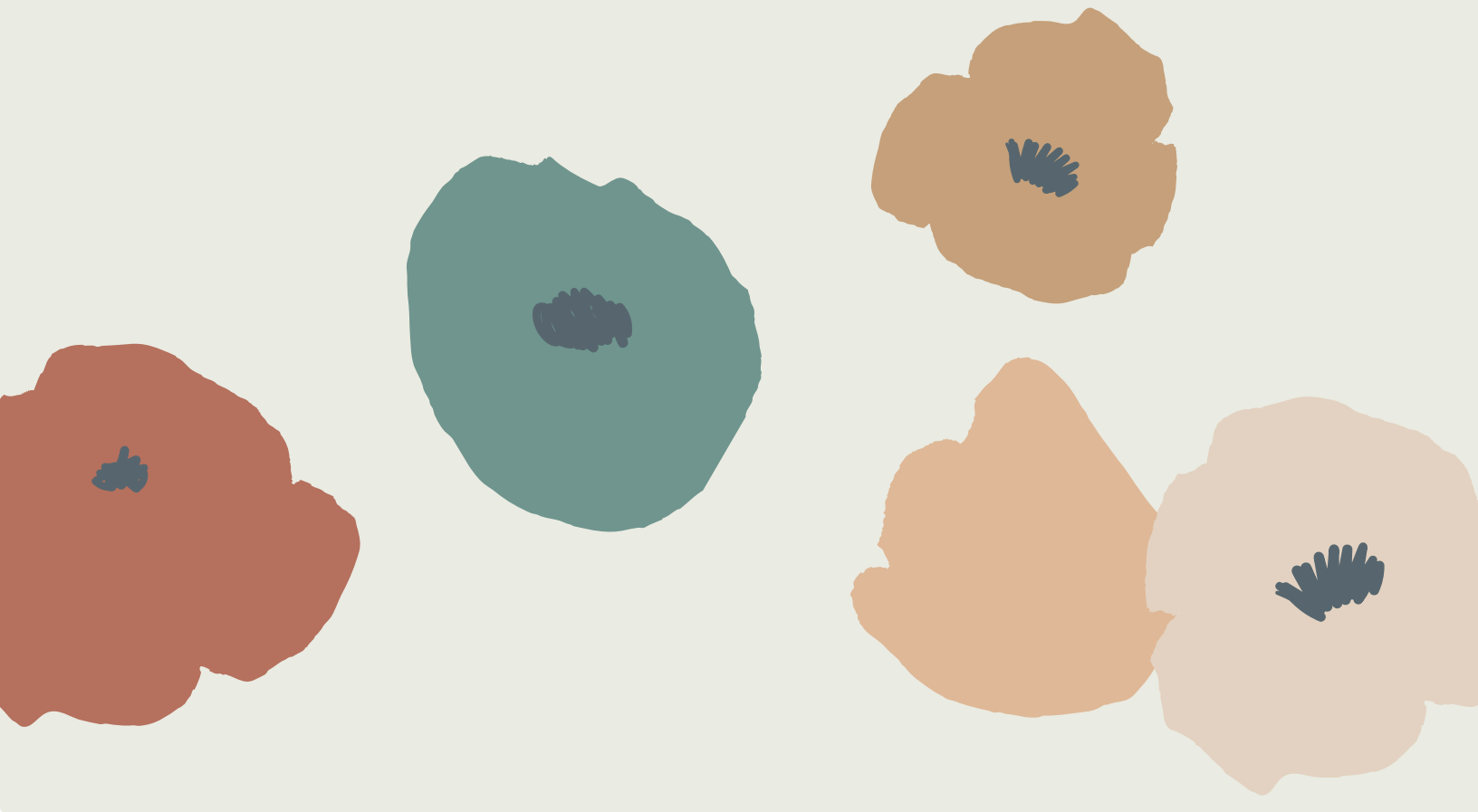
The top section of the cover features four stylized flowers. From left to right, they are: a light peach flower, a reddish-orange flower, a grey-blue flower, and a teal flower. Each flower has a dark blue, textured center.

# Reflect + Journal

January 2025



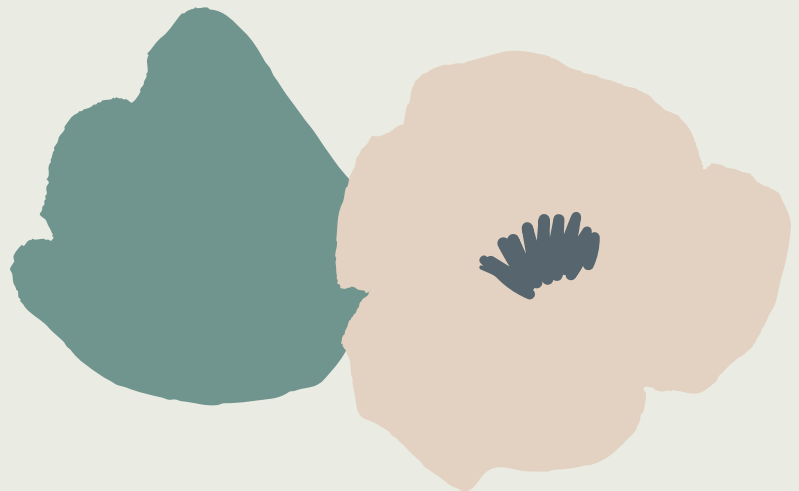
**Theo Koffler**

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## 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.



“ To bear trials with a calm mind robs misfortune of its strength and burden. ”

Seneca, Roman Stoic philosopher



**Reflective Prompt:**

Think of a recent challenge or trial you faced. How might approaching it with a calm mind have changed your experience or lightened its burden?

“ You may encounter many defeats, but you must not be defeated. In fact, it may be necessary to encounter the defeats, so you can know who you are, what you can rise from, how you can still come out of it. ”

Maya Angelou



**Reflective Prompt:**

Reflect on a time when you faced defeat or a significant challenge. What did you learn about yourself through that experience and how did it shape who you are today?

“ The most common way people give up  
their power is by thinking they  
don't have any. ”

Alice Walker



**Reflective Prompt:**

Think about a time when you doubted your own power—how might things have been different if you had trusted in your ability to make a difference?

“ The oak fought the wind and was broken, the willow bent when it must and survived. ”

Robert Jordan



**Reflective Prompt:**

Reflect on a moment of difficulty—did you resist like the oak or adapt like the willow, and how did that shape your perspective moving forward?