



The Journey Within
Fall Reflection Journal

THE JOURNEY WITHIN

Set aside 15 minutes of uninterrupted time daily to respond. Find a quiet space. Take 5 deep breaths. Settle your mind and enjoy some time with yourself. Allow the answers to arrive and be open.

Who are you at this moment right now? What words would you use to describe yourself and your life?

Do a body scan from head to toe. Ask, "What does my body need now?" "What does my mind need now?" "What does my spirit need now?"

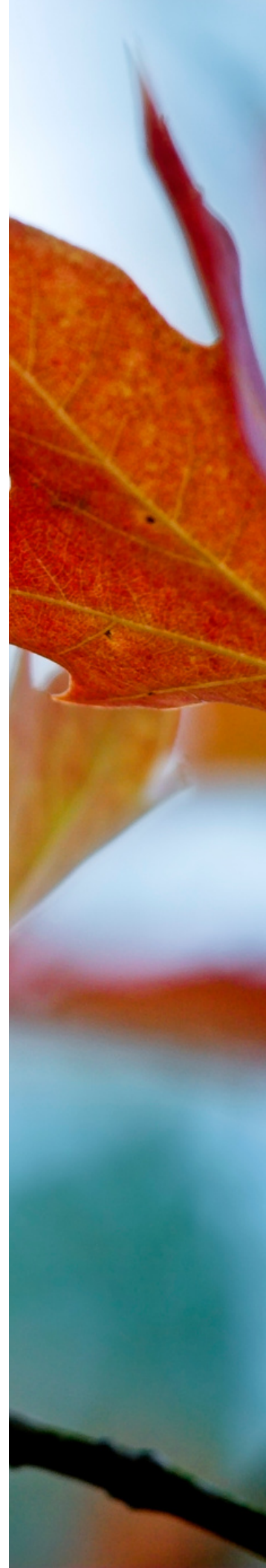
What does self-care mean to you? How can you take better care of yourself? Is there something you desire to do more of right now? What would you like to do less of?

What you focus on grows. What have you been thinking about lately? Are you giving your energy to what matters most? What practices can you implement to monitor your thoughts and help keep them lifted?

Who is on your A-Team? Are you surrounded mostly by people who encourage or discourage you? How can you elevate your inner circle?

What values guide your life? Do you place enough emphasis on what really matters to you? How do you live out your values daily with the choices that you make?

Do you have a healthy balance between work and playtime? How can you incorporate more fun and more play into your life?



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What do you like most about yourself? How do you allow these qualities to show up and make a difference in the world each day?

Do you have healthy boundaries to support your well-being? If not, consider what boundaries you would like to set. How/when can you begin setting them? What is your plan if your boundaries are not honored?

What is something that you have always desired to experience, but you have been putting off? Make a list of some of those experiences. How can you start now to prepare for what you desire to experience now?

Are you making the most of your time? Are you moving towards your vision? What simple changes are you willing to make to align your habits with your vision?

If you planned your perfect day, what would it be like? Who would be with you, or would you be with yourself? Where would you go? What would you do, see, hear, smell, and feel?

How can you be of service during this season of change? Is there someone you can bless with your time, gifts, or kind words?

What are you most grateful for in your life? How does gratitude shape your perspective and impact your emotional well-being? List some simple ways to invite more gratitude into your life each day.

