monthly reflection

LOOKING BACK

- JOURNAL PROMPTS -

How I want my
life to feel:

In what positive ways did
I experience those
feelings last month?

Last month I struggled or
felt out of alignment with:

What changed for me last month?

What I discovered about
myself last month...

LOOKING AHEAD

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3 intentions for the new month:

Why those intentions are
meaningful to me...

Action I will take to truly
live my intentions...

A quote I love...

- simpleandsoulful.com -

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