

REFLECTION JOURNAL



Your happiness starts here

*I believe in you,
Natasha*

THIS BOOK
BELONGS TO:



Welcome to your personal reflection journal! This journal is designed to help you in your journey of discovering your purpose and finding fulfillment in your life. By taking the time to reflect on your thoughts, feelings, and experiences, you will be able to gain clarity and insight into what truly matters to you. Through the prompts and exercises in this journal, you will have the opportunity to explore your values, passions, and goals, allowing you to gain a deeper understanding of yourself and what brings you joy and fulfillment. It is my hope that this journal will serve as a valuable tool in guiding you toward a life of purpose and meaning.

Natasha Rosie
Health &
Mindset Coach

My Daily Task

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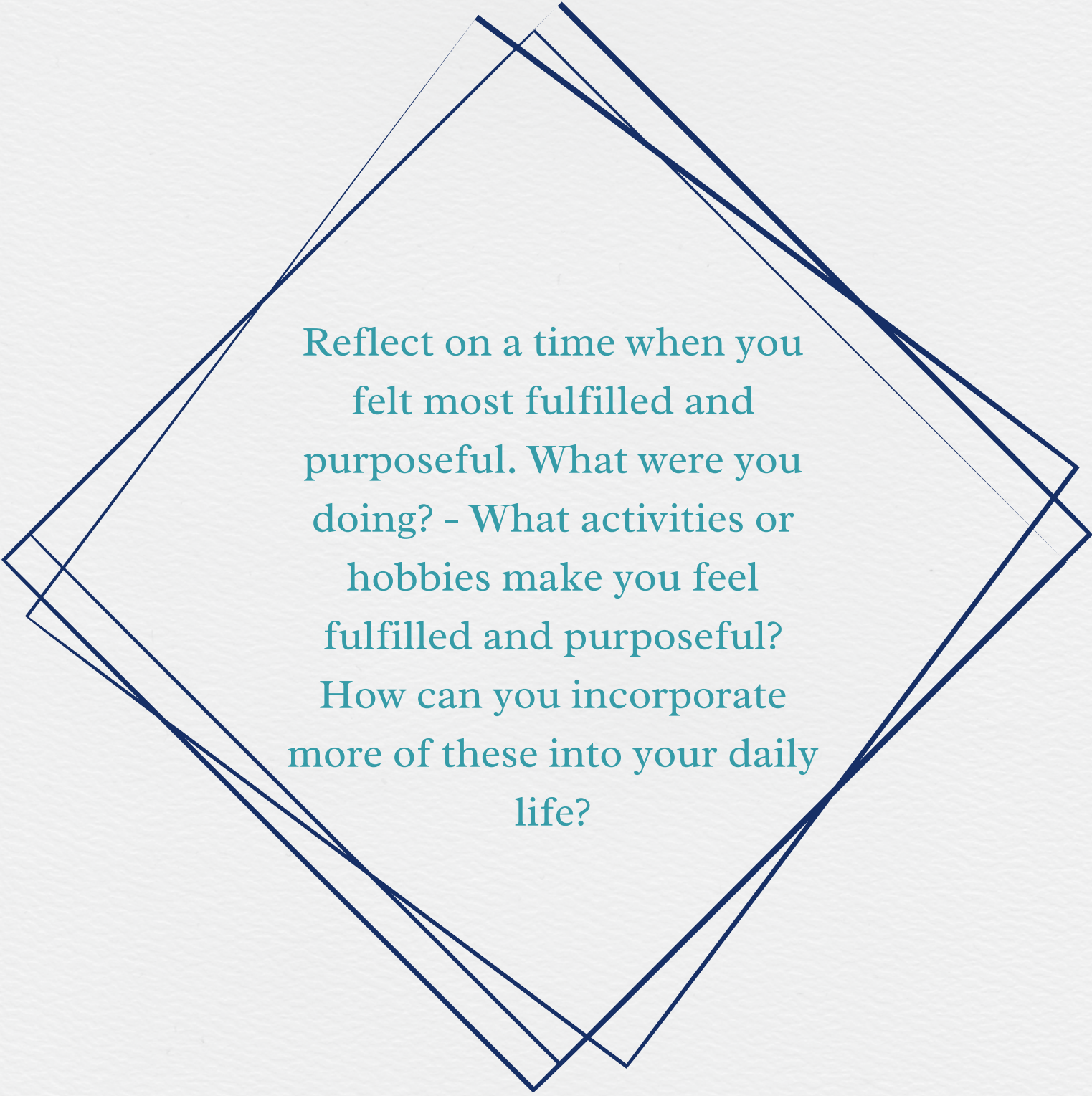
Things To Do



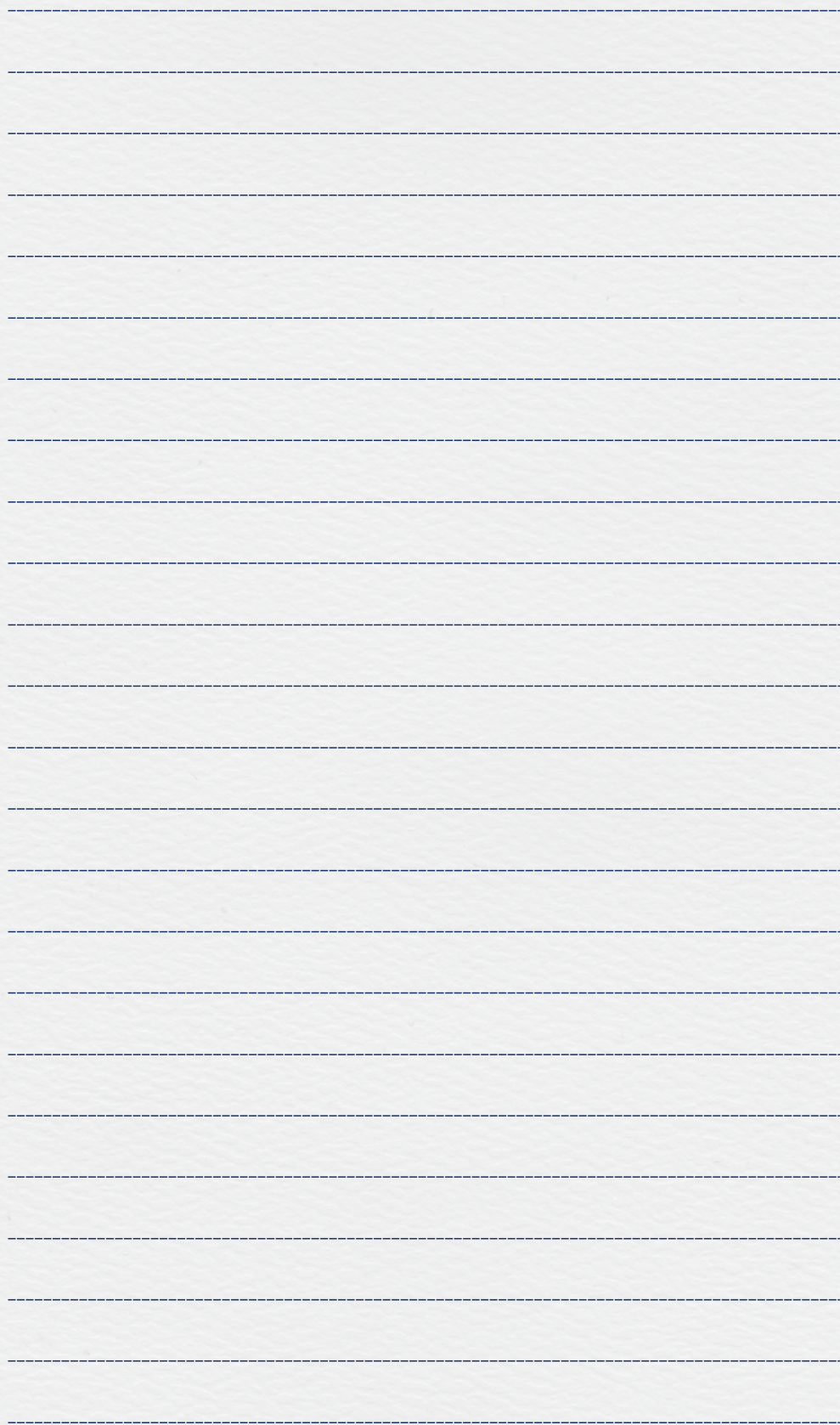
Space for Creativity
(Doodles, Illustration,
Text,etc)

Priority

For Tomorrow



Reflect on a time when you
felt most fulfilled and
purposeful. What were you
doing? - What activities or
hobbies make you feel
fulfilled and purposeful?
How can you incorporate
more of these into your daily
life?



Gratitude & Affirmations

Daily gratitude, even for the smallest things
can add glitter of joy throughout your day.

Today I'm grateful for

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Something that inspires me

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Today's affirmations

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Notes & Reminders



My Daily Task

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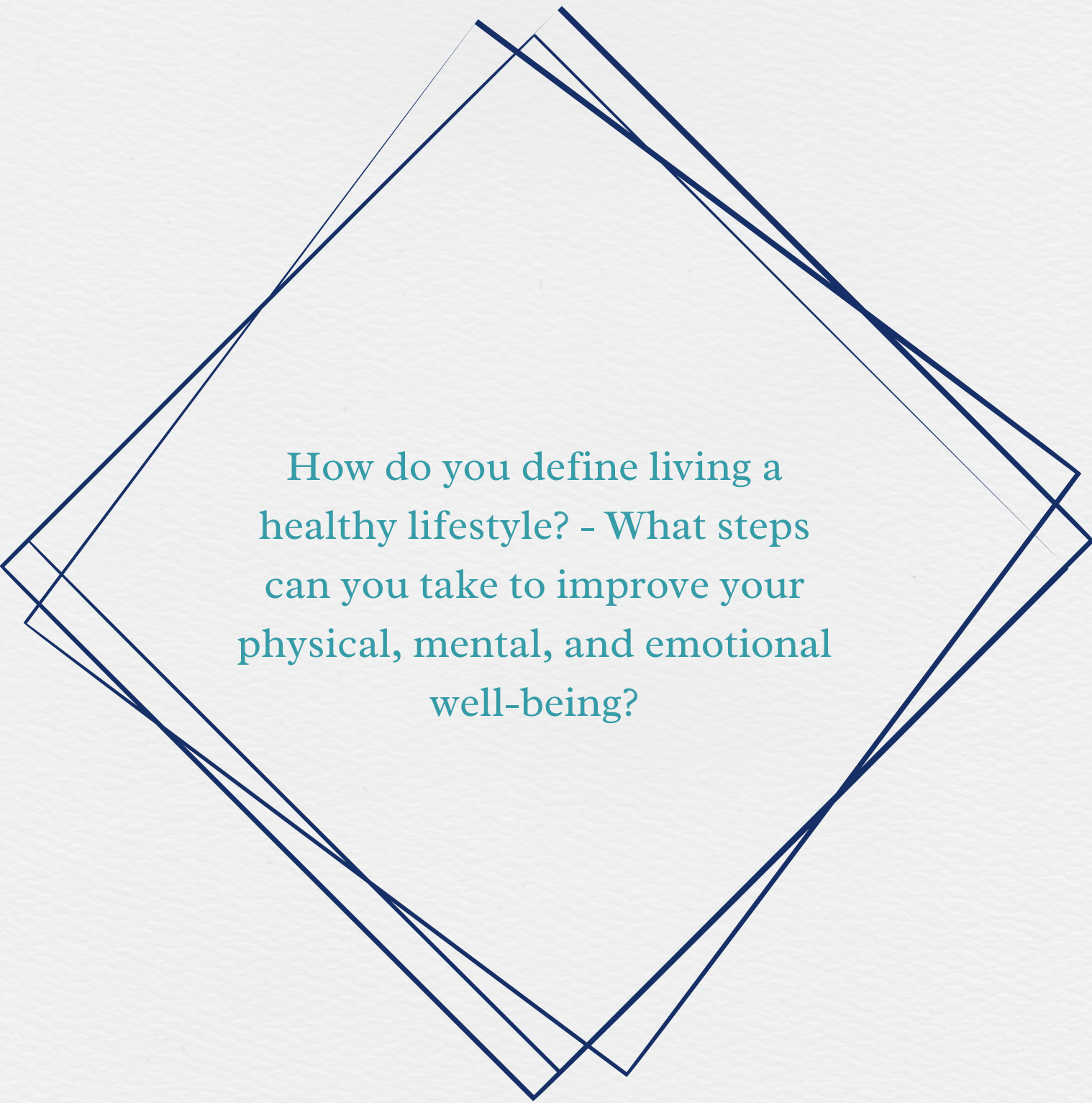
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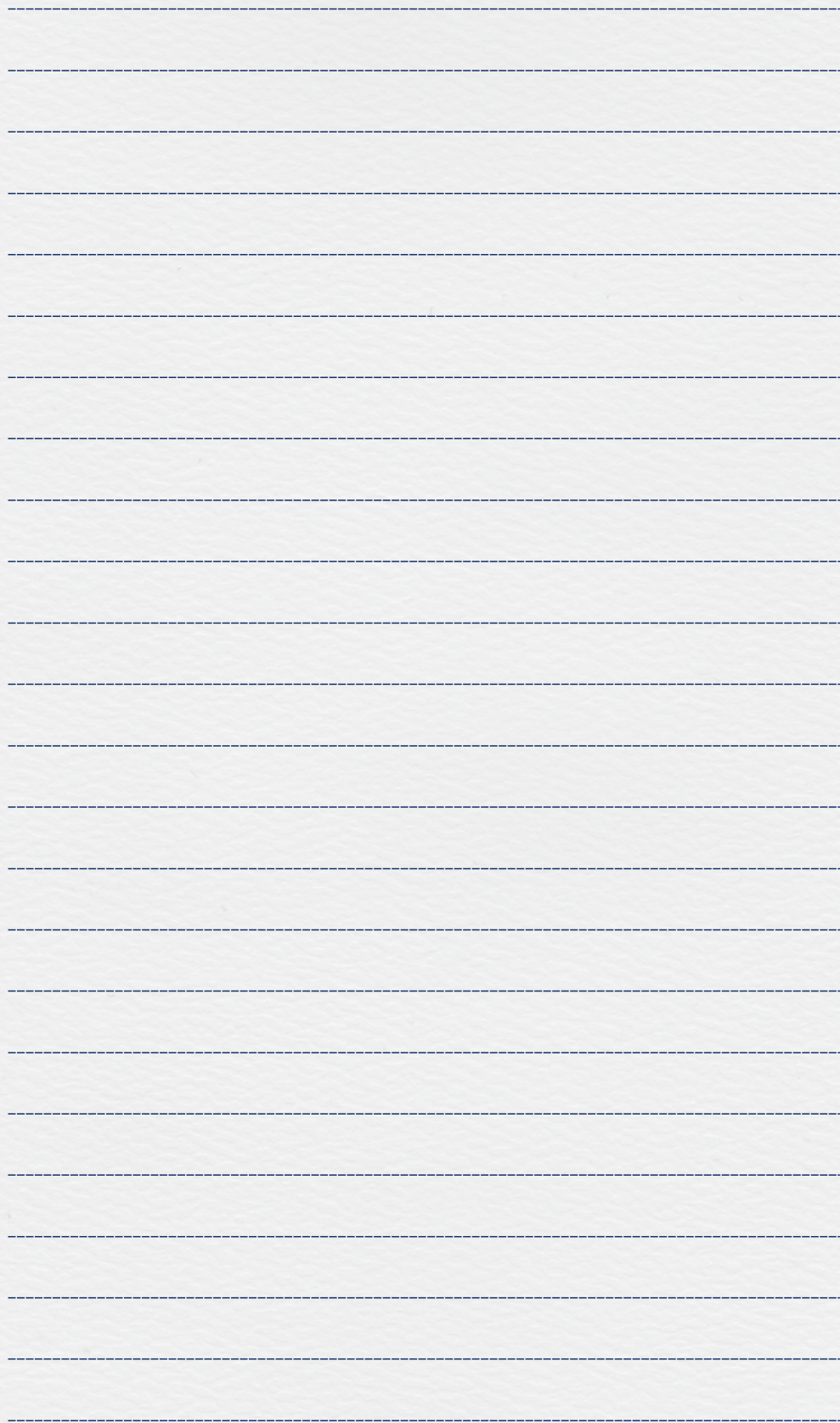
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Priority

For Tomorrow



How do you define living a
healthy lifestyle? - What steps
can you take to improve your
physical, mental, and emotional
well-being?



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Notes & Reminders



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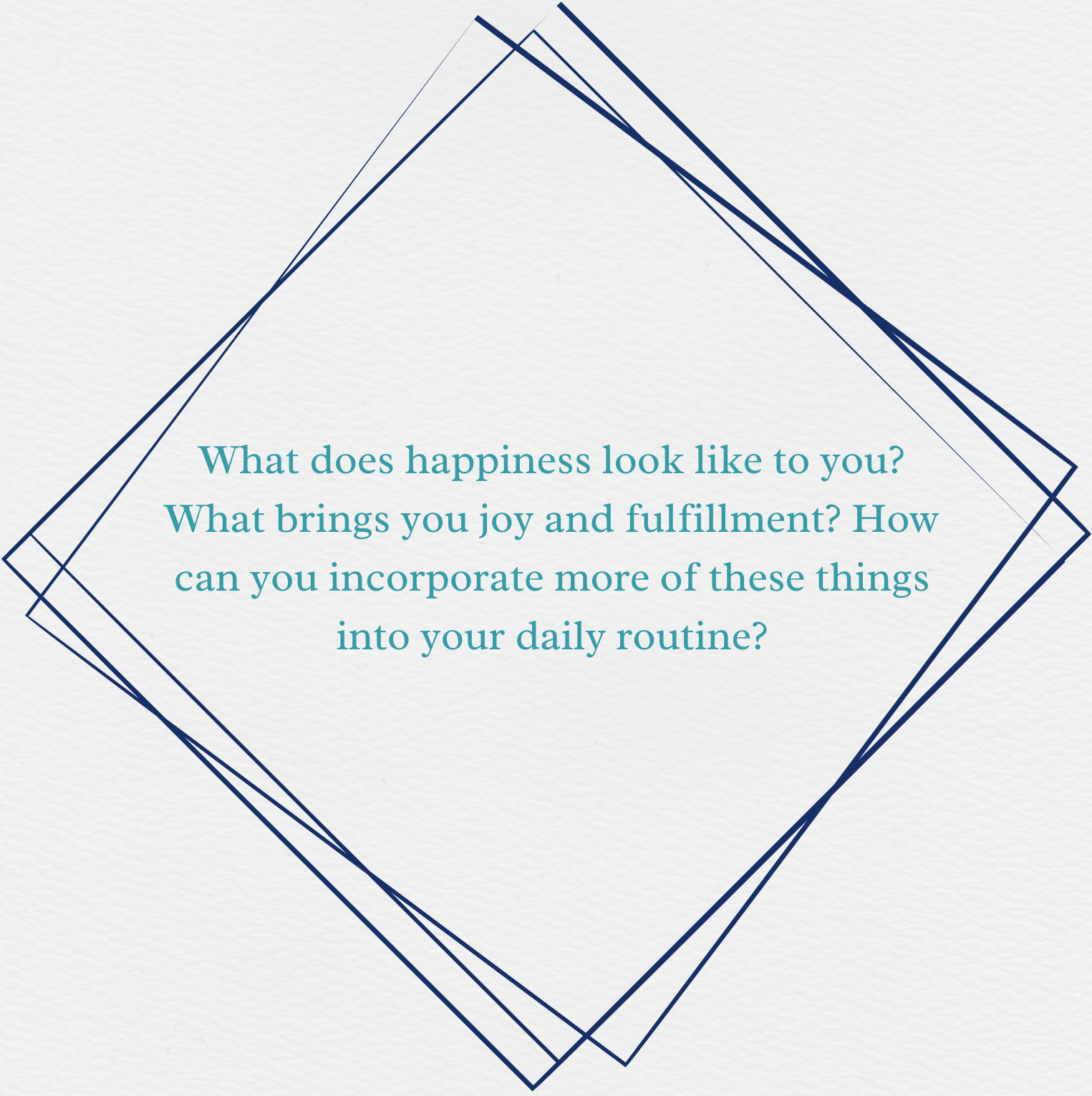
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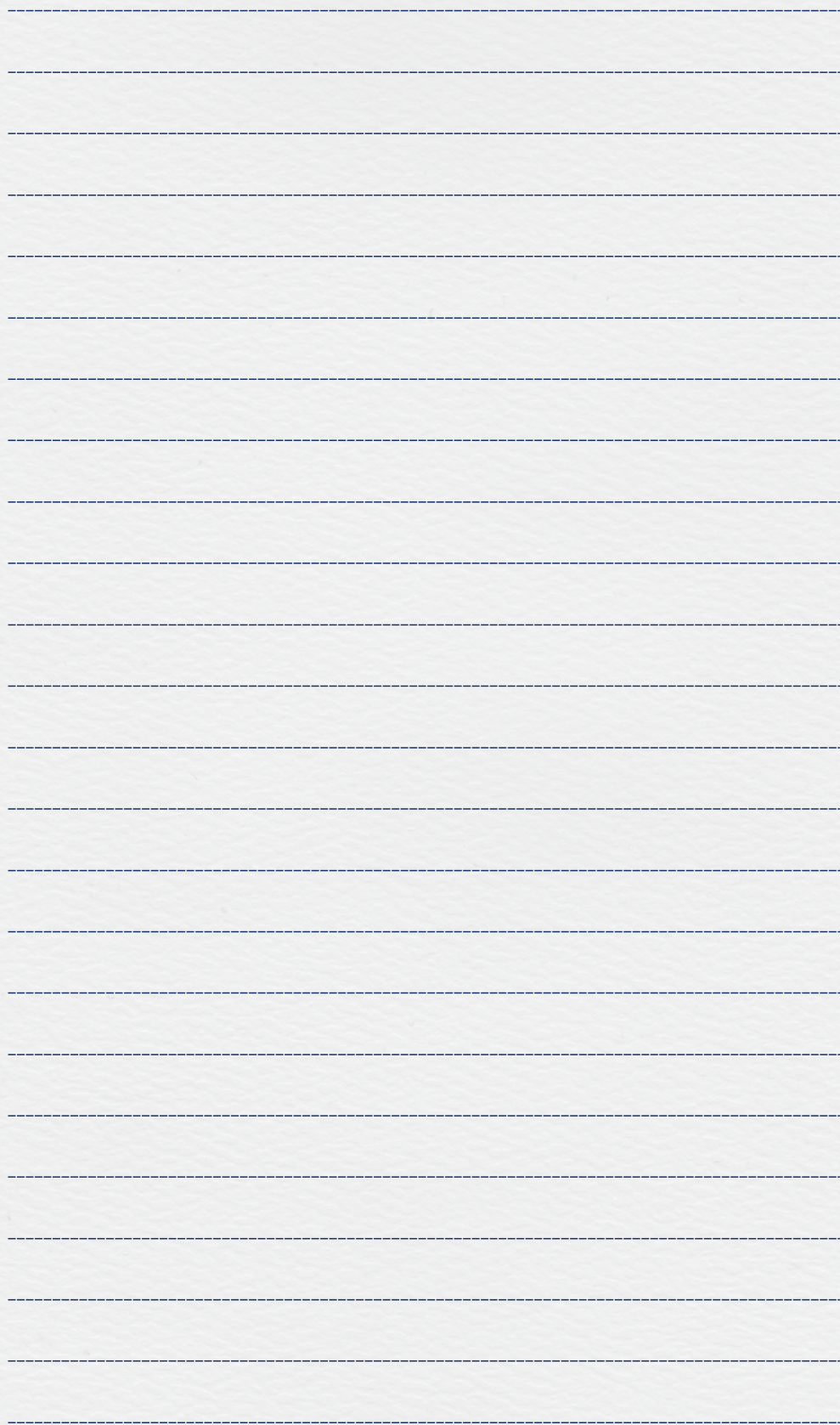
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Priority

For Tomorrow



What does happiness look like to you?
What brings you joy and fulfillment? How
can you incorporate more of these things
into your daily routine?



Gratitude & Affirmations

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Today's affirmations

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Notes & Reminders



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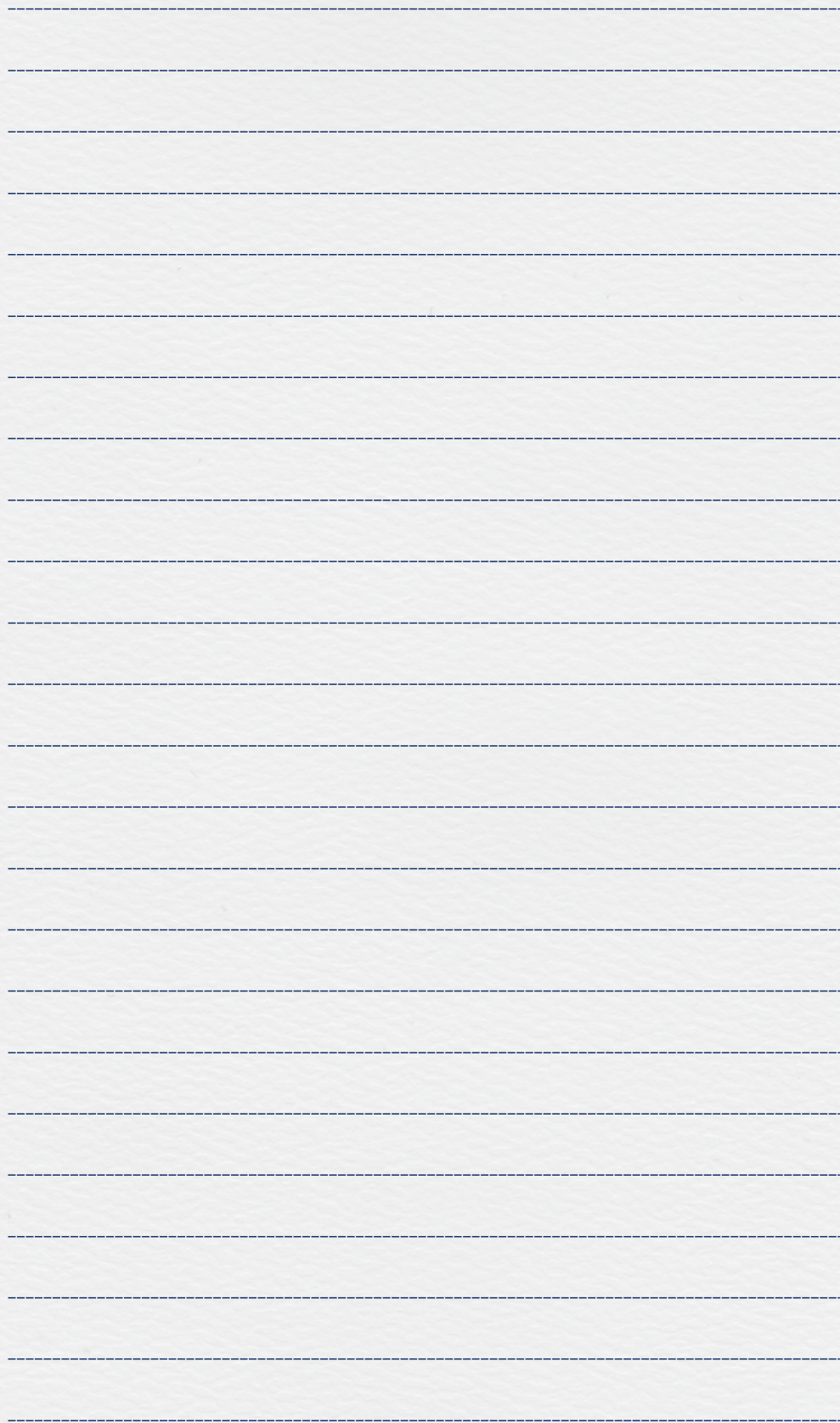
Priority

For Tomorrow



Reflect on a time when you felt
most confident and content in
your own skin.

- What activities or practices
help you feel confident and
content in your own body? How
can you prioritize these in your
daily life?



Gratitude & Affirmations

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Notes & Reminders



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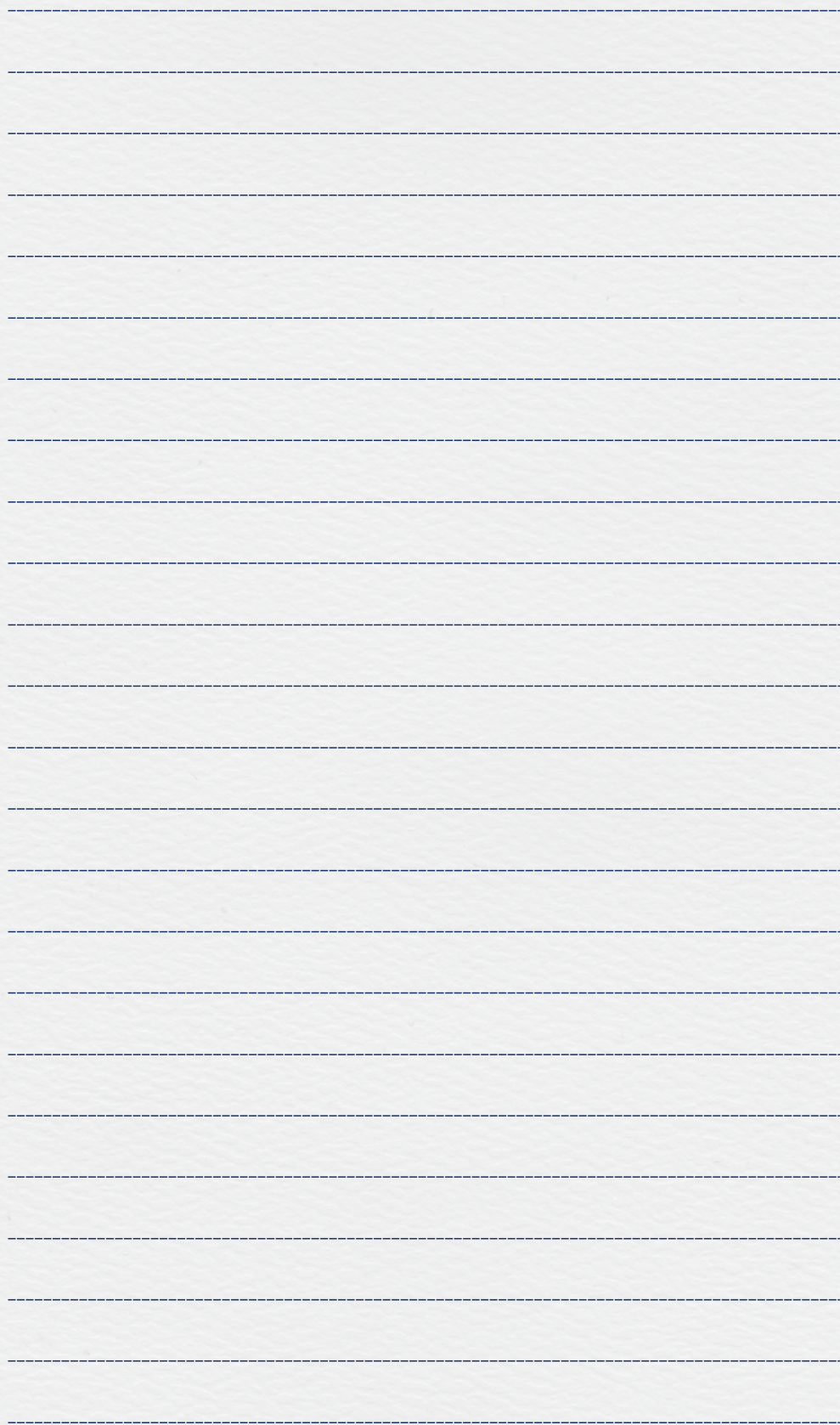
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Priority

For Tomorrow



What are your biggest strengths
and talents? - How can you
leverage these strengths and
talents to find your purpose and
live a more fulfilling life?



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Notes & Reminders



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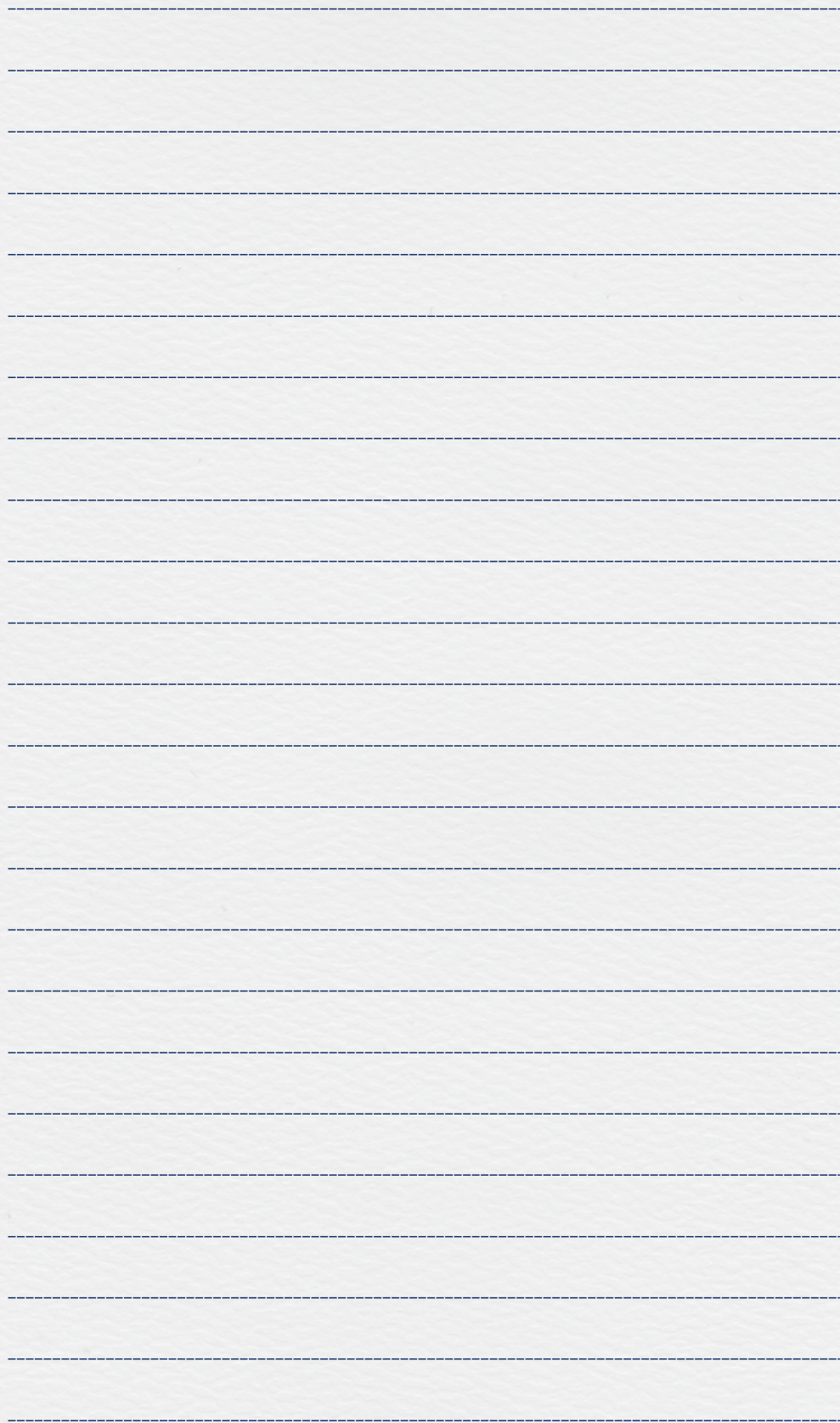
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Reflect on a time when you felt
most spiritually connected and
at peace. - What spiritual
practices or beliefs bring you
peace and connection? How can
you nurture these in your daily
life?



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Notes & Reminders



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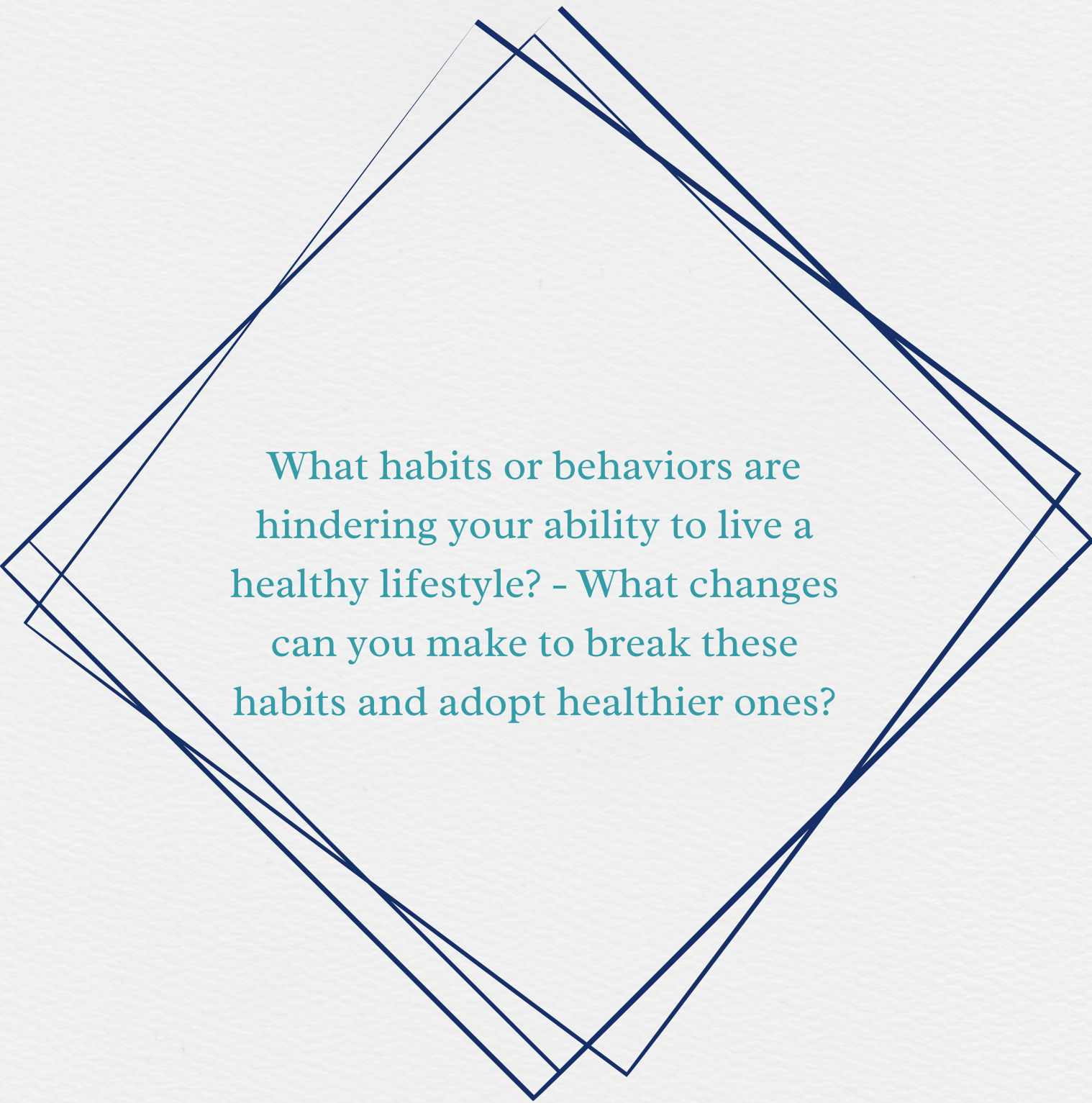
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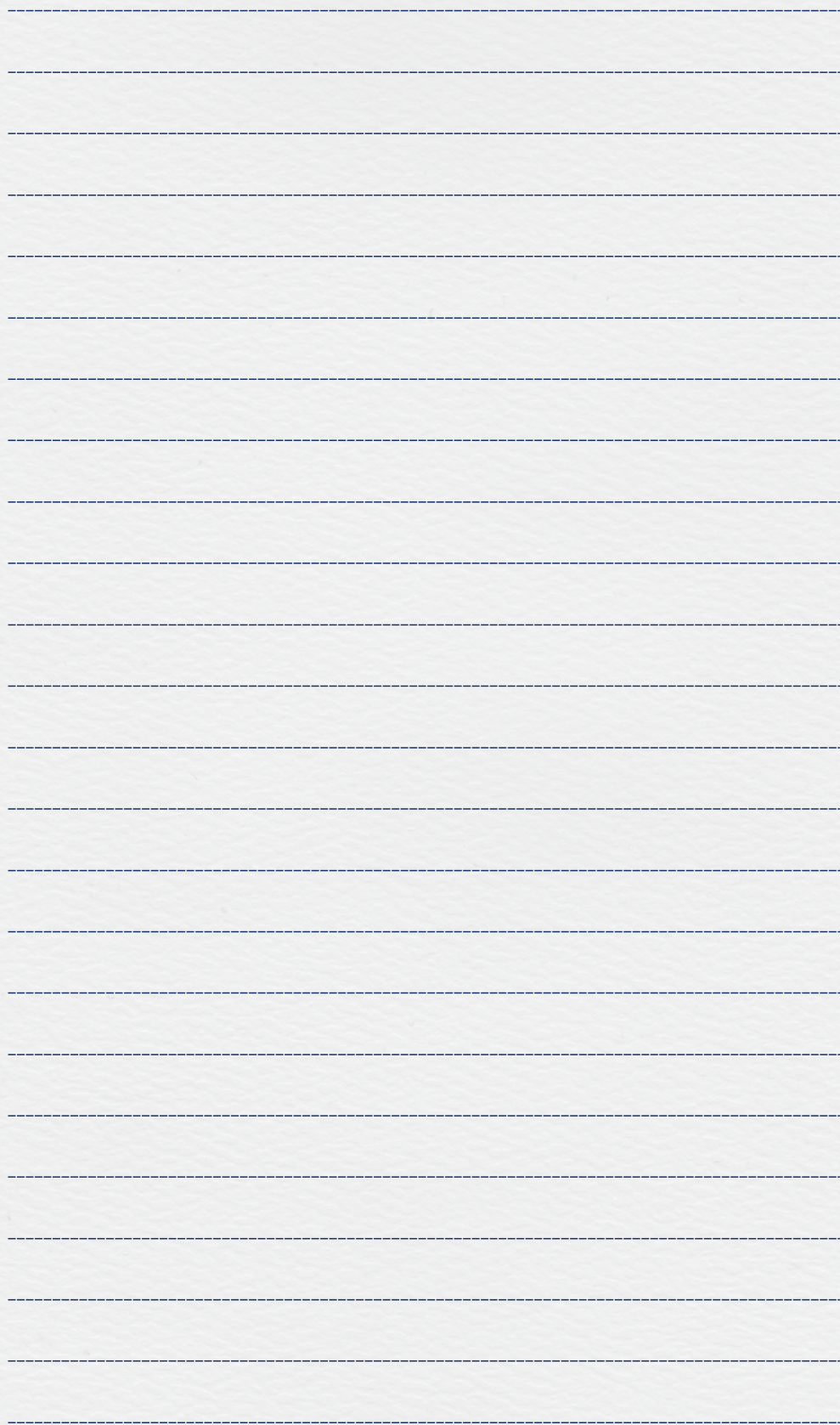
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Priority

For Tomorrow



What habits or behaviors are
hindering your ability to live a
healthy lifestyle? - What changes
can you make to break these
habits and adopt healthier ones?



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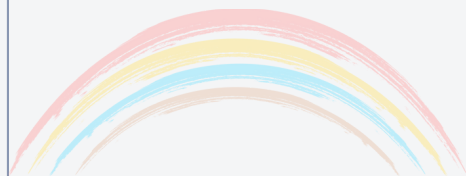
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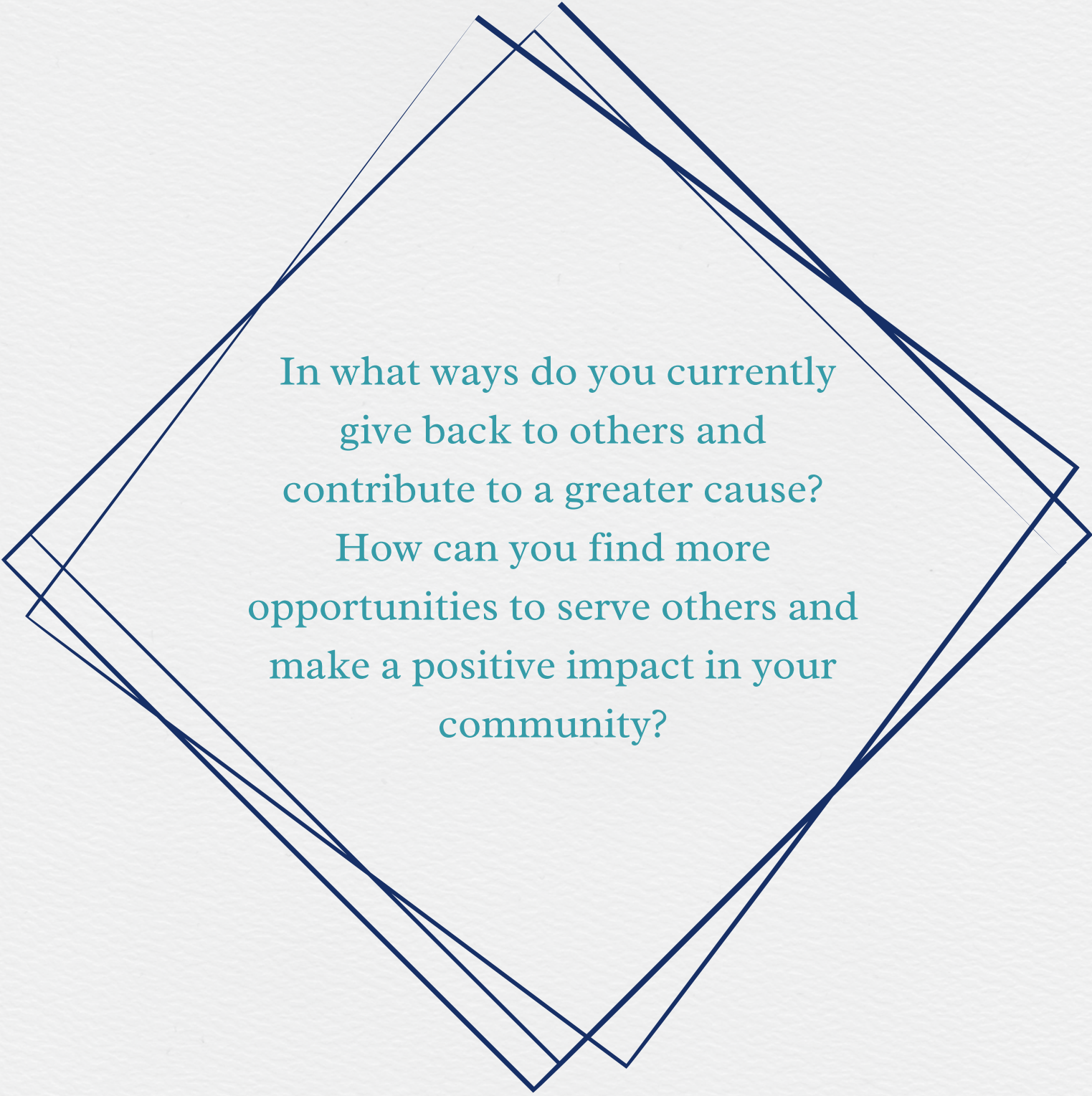
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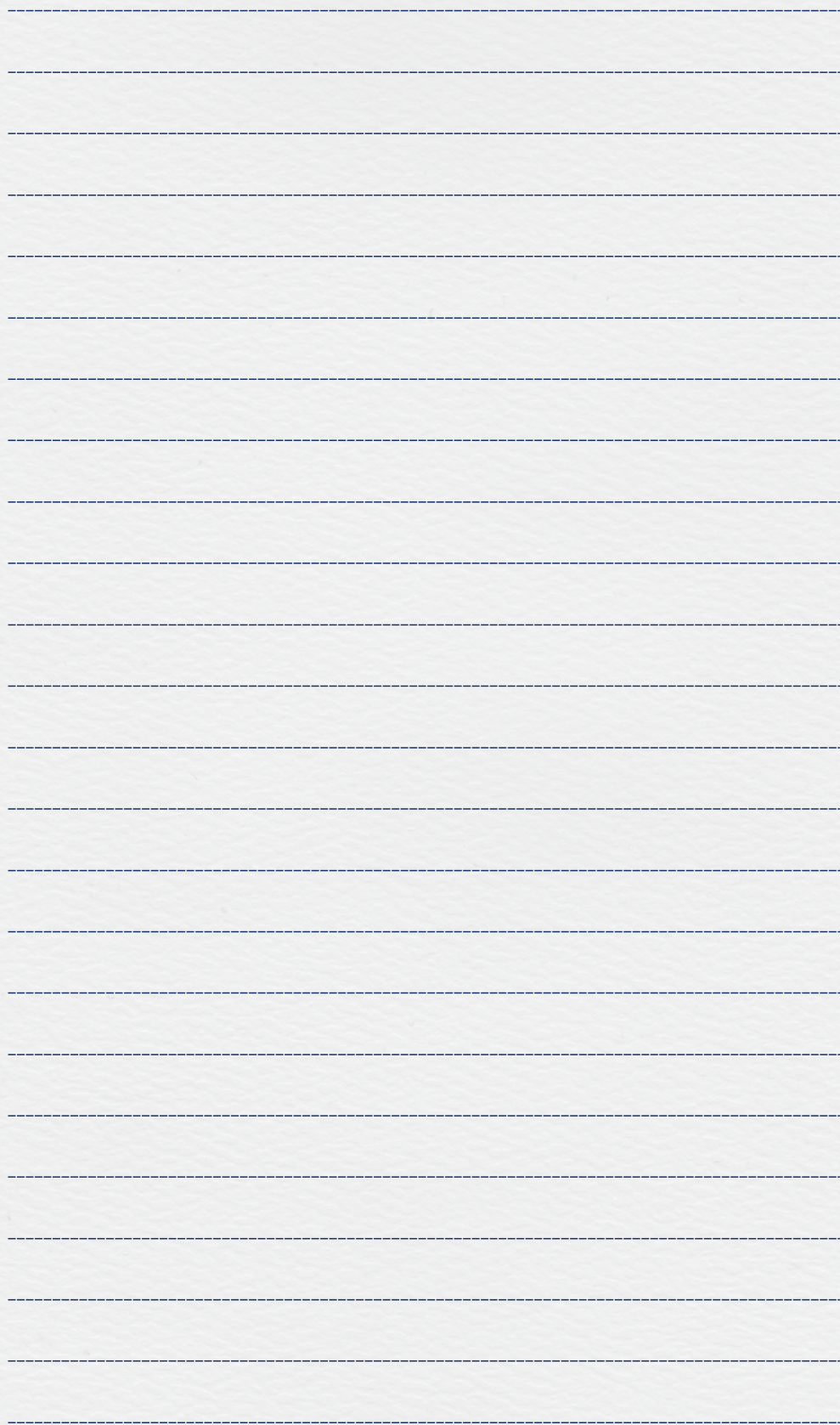
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Priority

For Tomorrow



In what ways do you currently
give back to others and
contribute to a greater cause?
How can you find more
opportunities to serve others and
make a positive impact in your
community?



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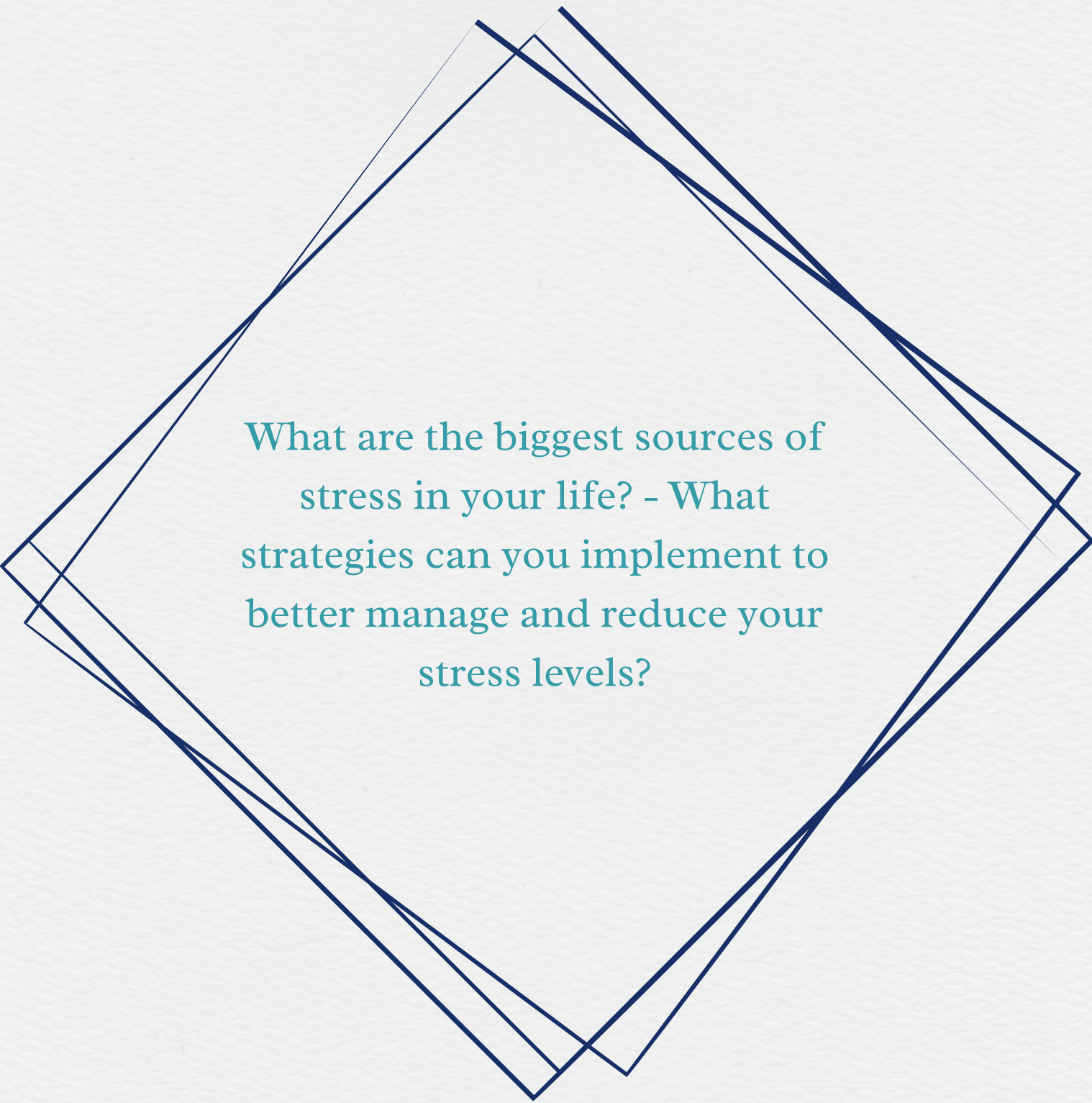
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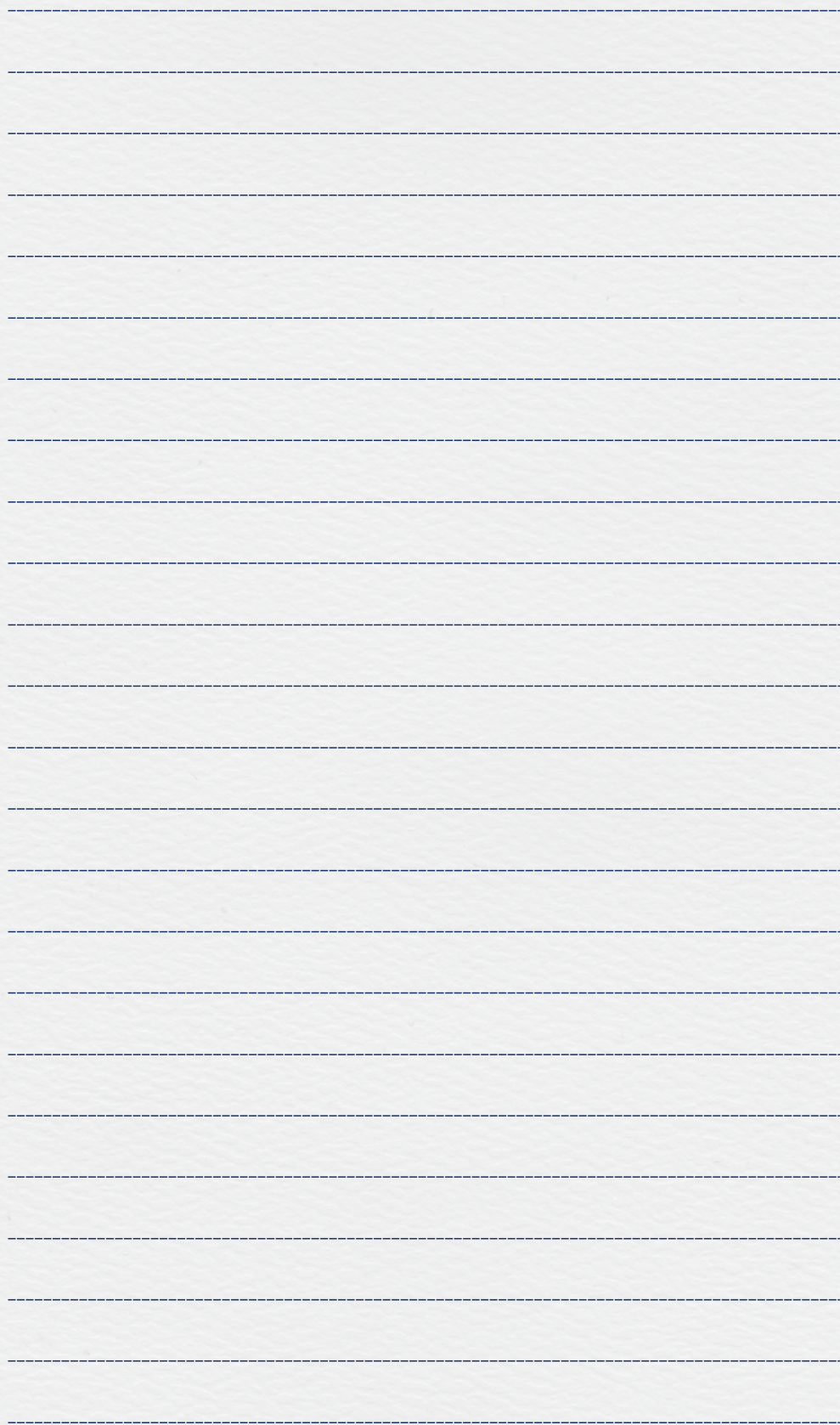
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Priority

For Tomorrow



What are the biggest sources of stress in your life? - What strategies can you implement to better manage and reduce your stress levels?



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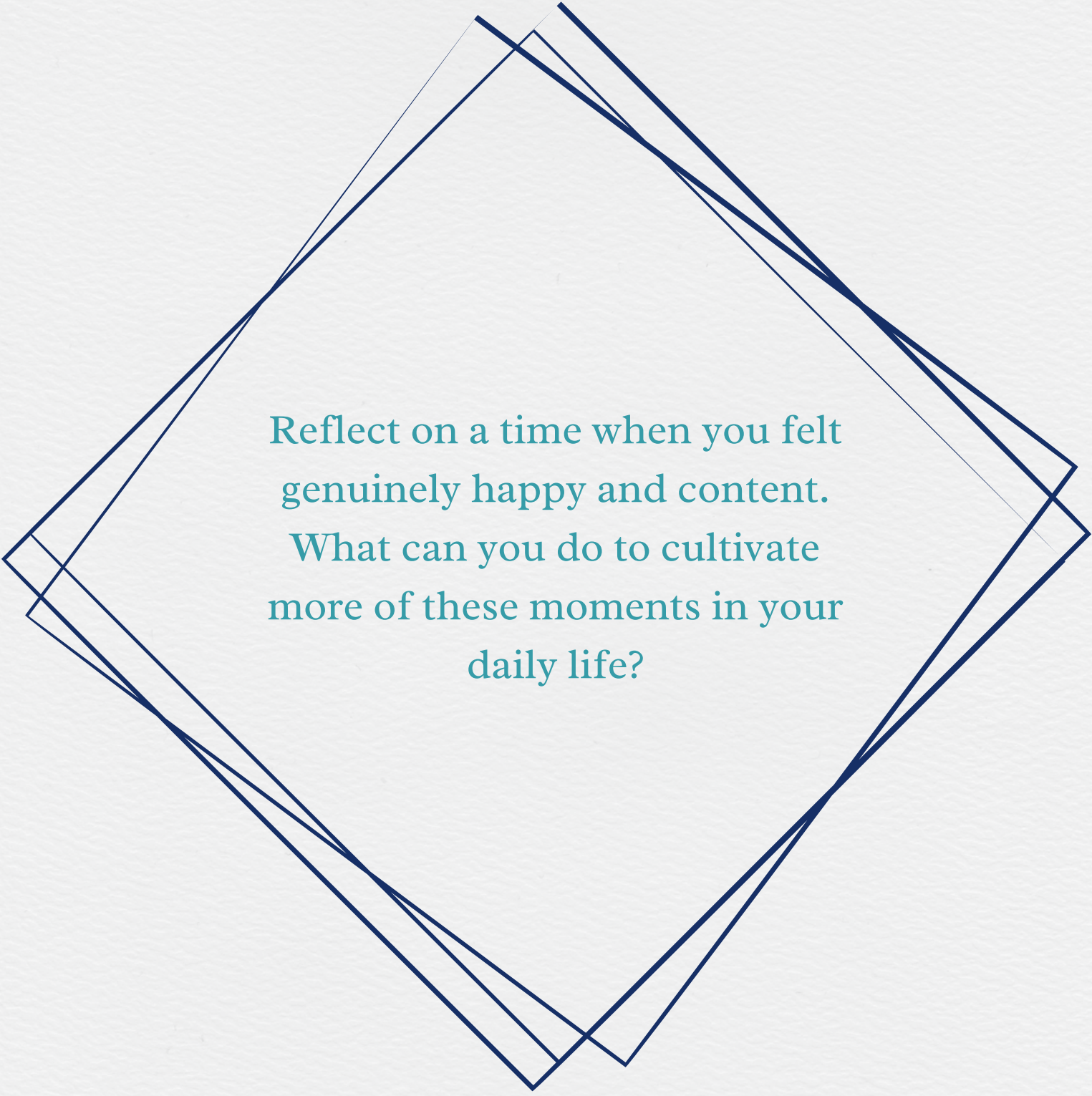
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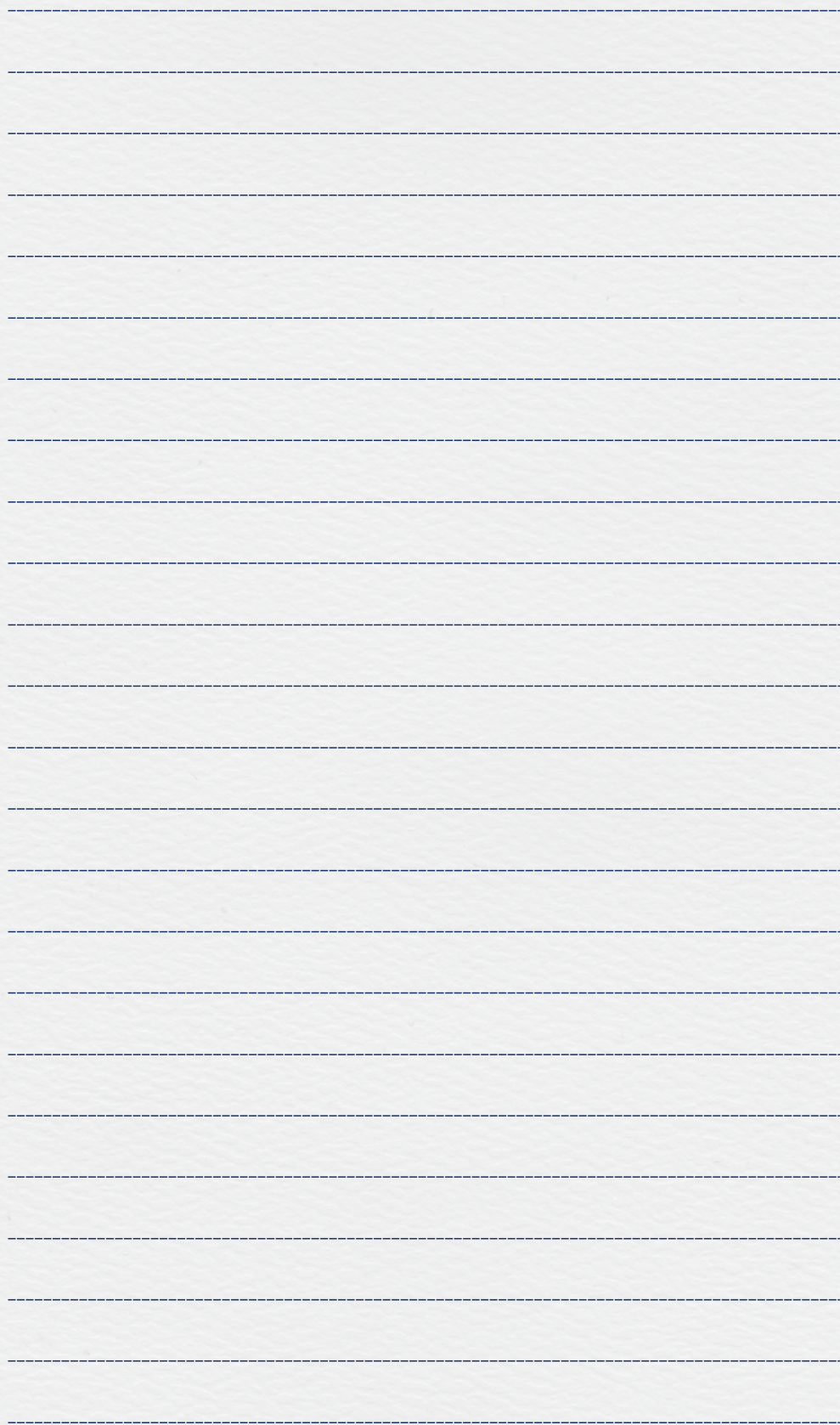
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Priority

For Tomorrow



Reflect on a time when you felt
genuinely happy and content.
What can you do to cultivate
more of these moments in your
daily life?



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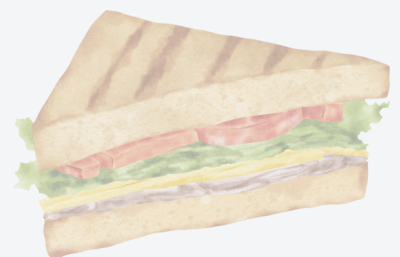
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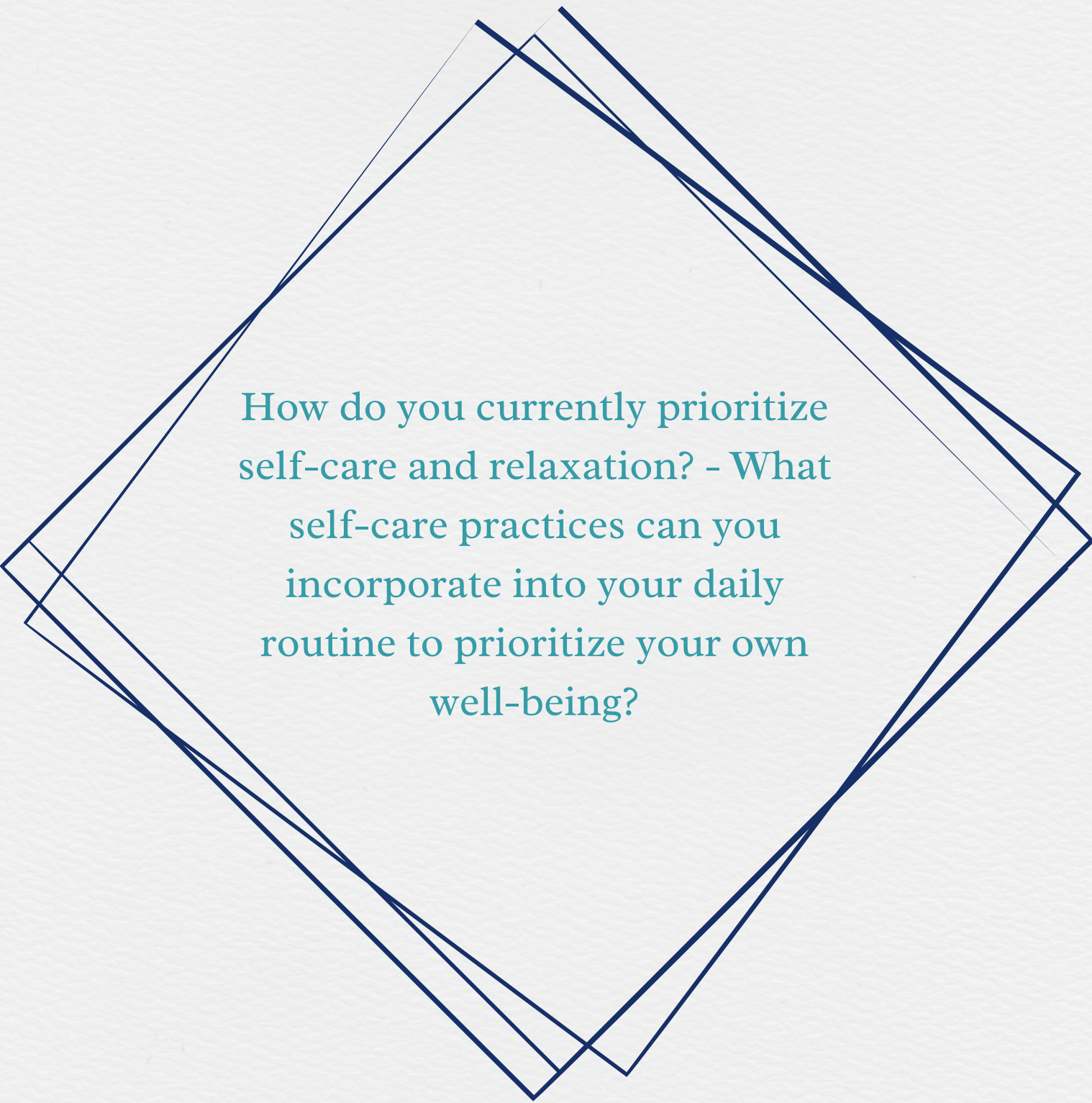
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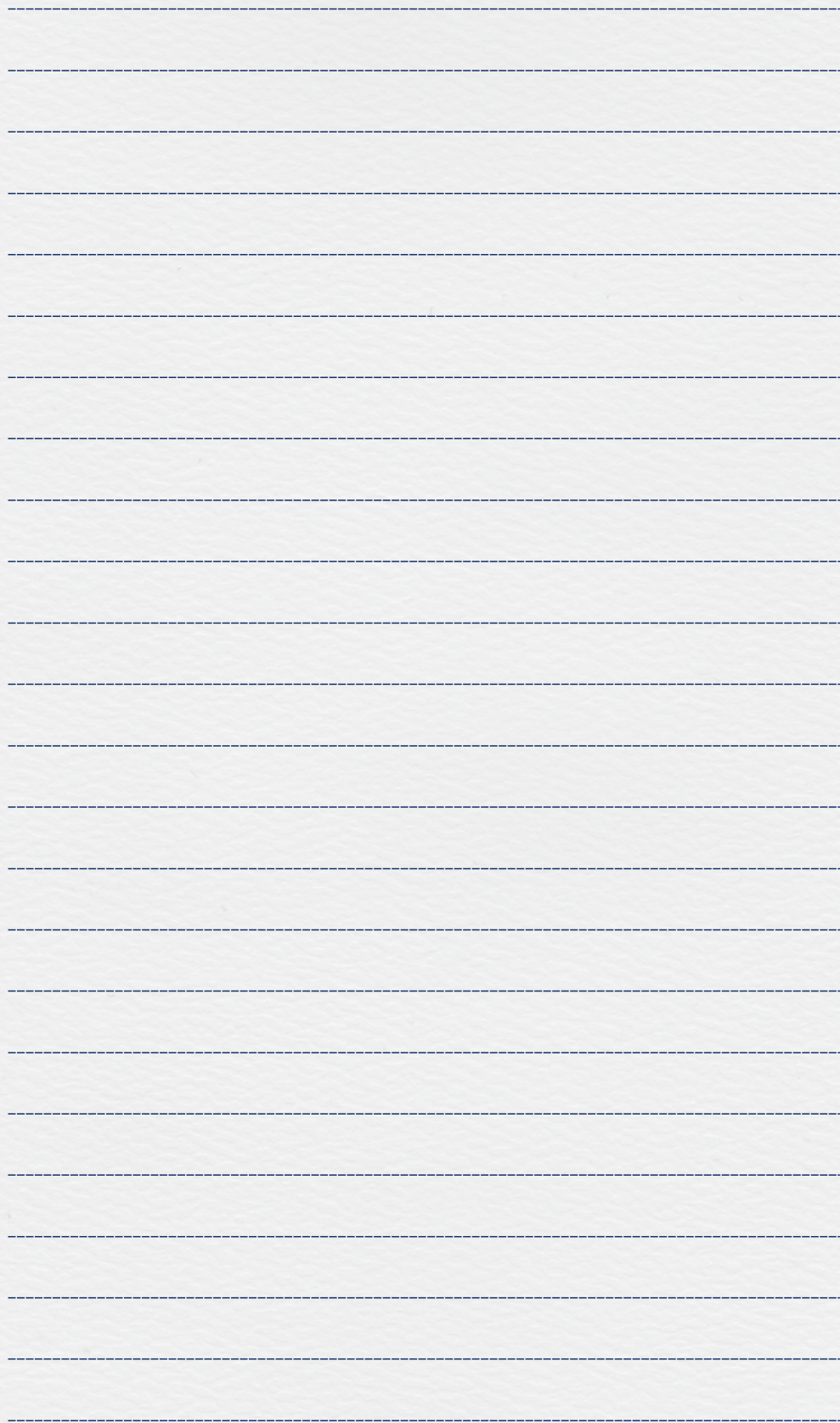
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Priority

For Tomorrow



How do you currently prioritize
self-care and relaxation? - What
self-care practices can you
incorporate into your daily
routine to prioritize your own
well-being?



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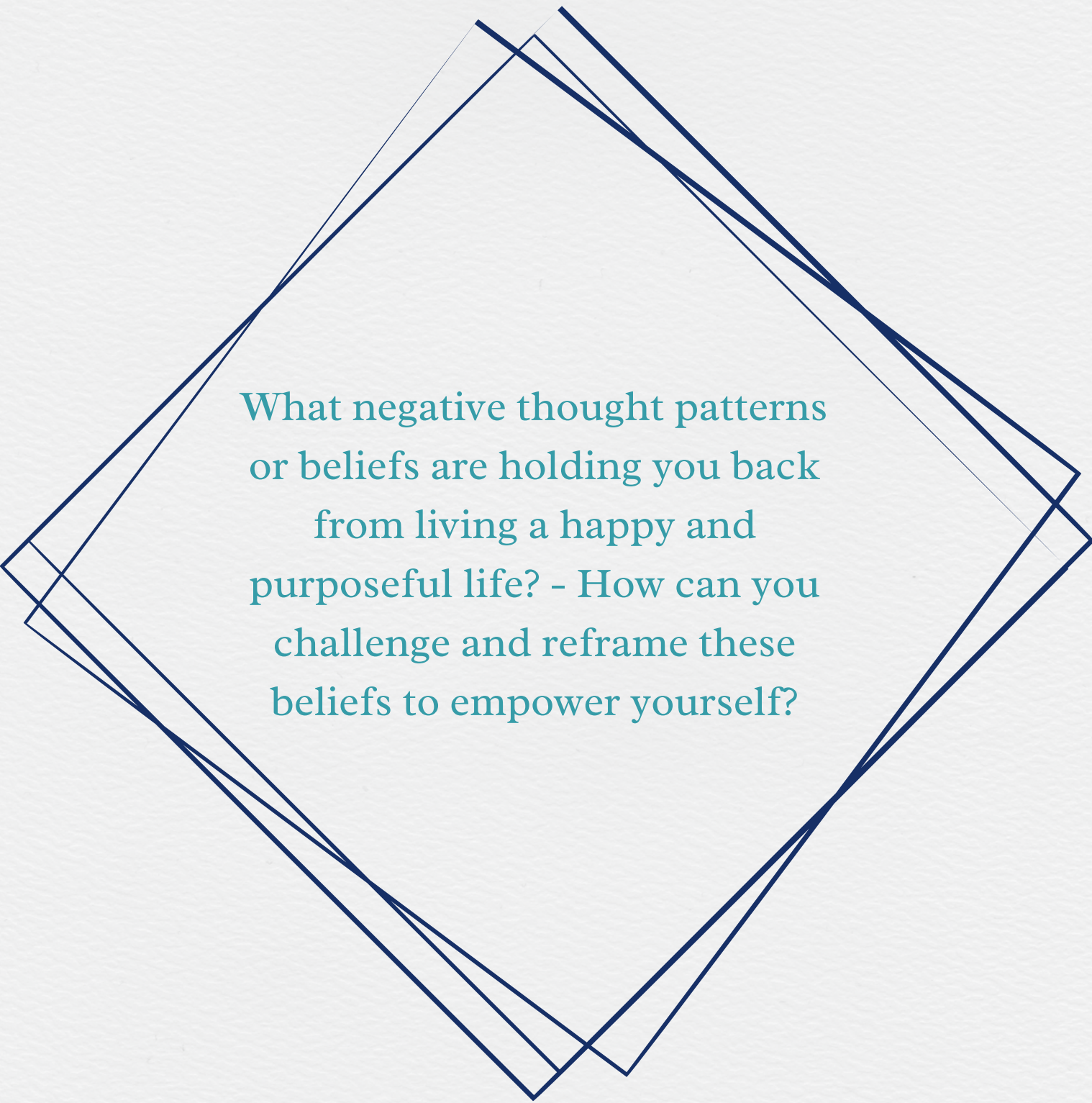
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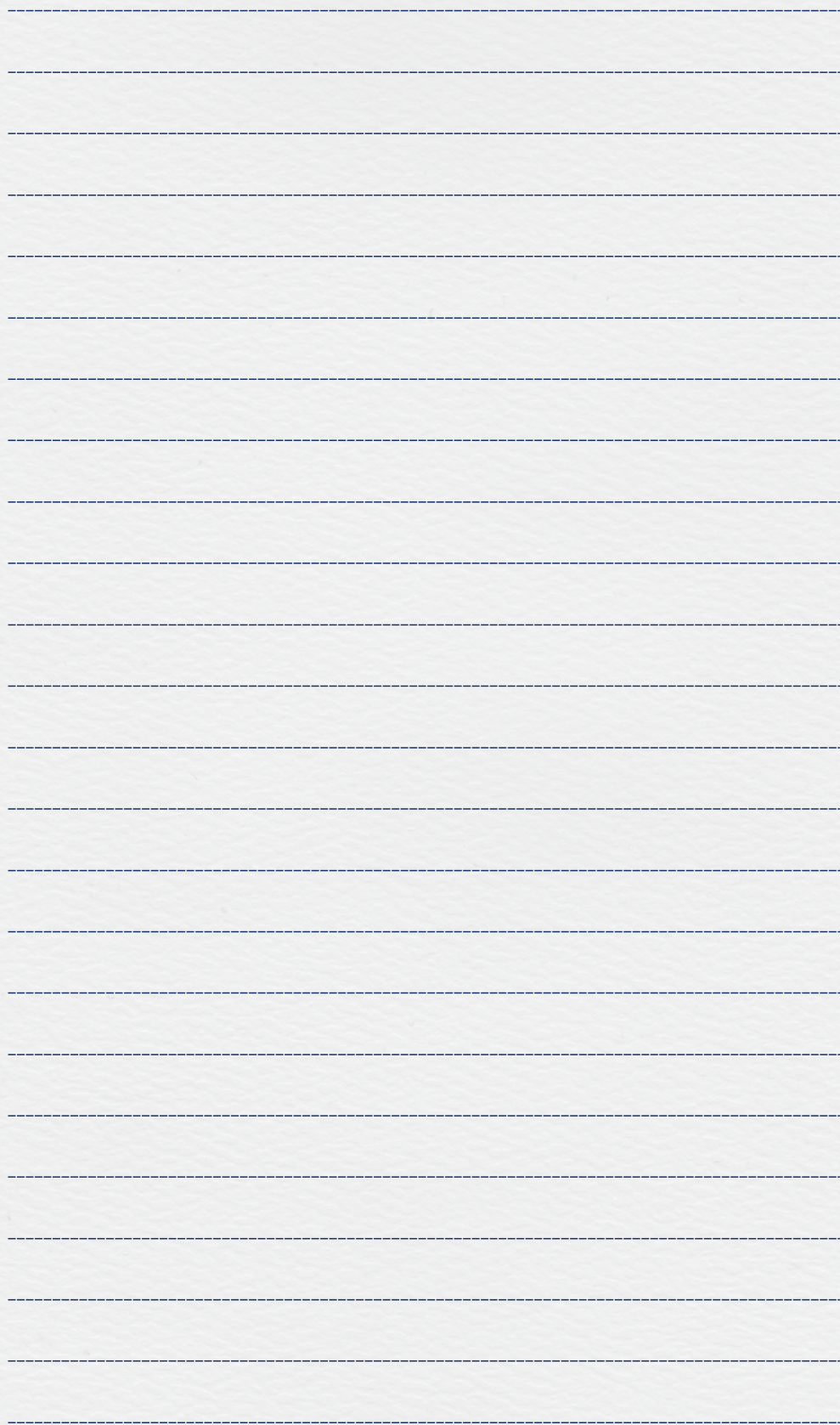
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Priority

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What negative thought patterns
or beliefs are holding you back
from living a happy and
purposeful life? - How can you
challenge and reframe these
beliefs to empower yourself?



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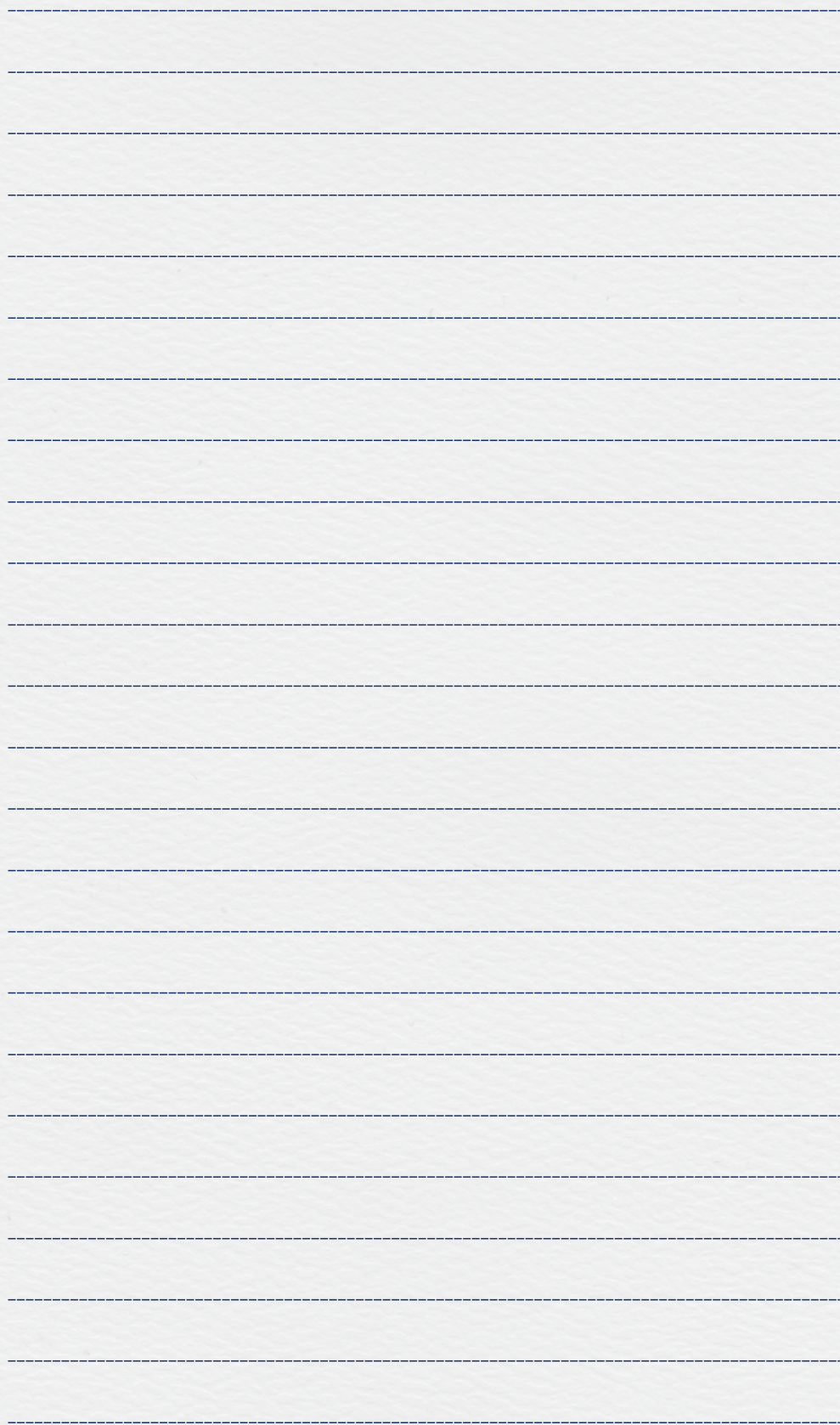
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Priority

For Tomorrow



In what areas of your life do you
feel the least fulfilled or
purposeful? - What steps can
you take to make changes in
these areas and find greater
fulfillment?



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Notes & Reminders



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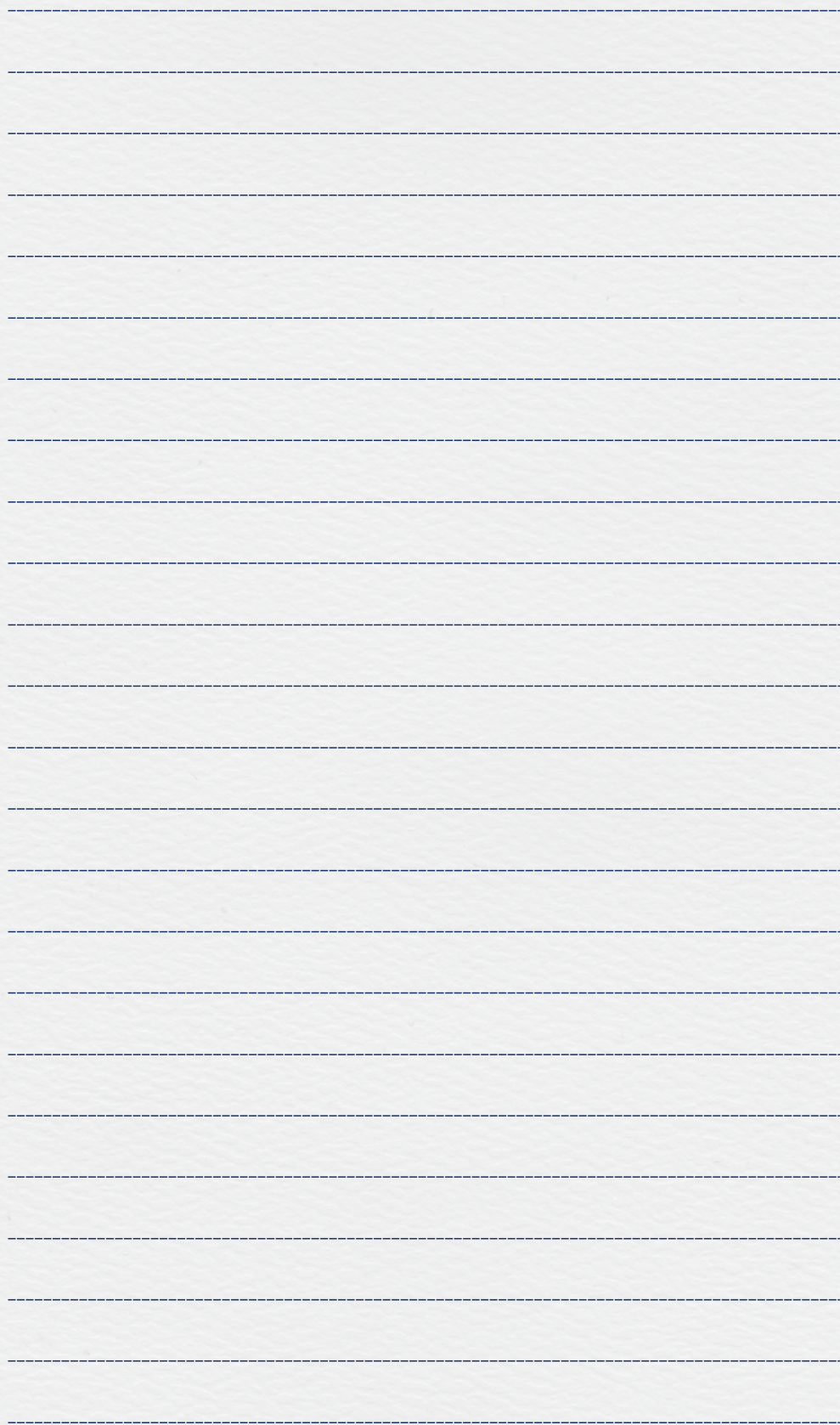
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Priority

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What are your biggest goals and aspirations for the future? - How can you take steps towards achieving these goals and living your best life?



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Today's affirmations

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Notes & Reminders





Congratulations!
I am so proud
of you for
making it this
far!

Now give yourself a big hug!
You are amazing.

I Believe in you
Natasha Rosie