

Pre-Journey Reflection Sheet

THE THRESHOLD

A Summer Solstice Reflection Journey

Before we meet, take a few quiet moments to reflect on the questions below. Don't overthink them. Simply write whatever comes.

What feels complete, even if it hasn't yet ended?

What keeps asking for my attention?

What tension am I carrying right now?

Where in my life do I feel caught between staying and changing?

If I was completely honest with myself, what do I already know?

What am I hoping to gain from this experience?
