

Reflection Journal

A GUIDE TO PERSONAL GROWTH
& OPPORTUNITIES FOR CONNECTION



take
time.

*Fold along the dotted lines.
To assemble, combine pages
according to page numbers
and staple along the middle.*

for you

One of the best ways to shift your mindset, increase positivity, and develop a greater connection with yourself and others is to practice self-reflection regularly.

Self-reflection isn't about judging yourself.

It's about observing your thoughts, emotions, and feelings along with the "why" behind them and using that information to be the best version of yourself.

& for others

When you become more self-aware, you also become more aware of others' thoughts, feelings, and perspectives, and how your actions may affect them. This helps you establish and develop deeper connections with others in your community by allowing you to **set healthy boundaries, communicate clearly, and be more open, loving, compassionate, and understanding.**

What activities can I invite those people to in the next month so I can **connect** with them more deeply?

- Share a meal together.
- Watch a sporting event.
- Participate in an activity like walking, biking, running, pickleball, etc.
- _____
- _____
- _____

Consider asking the following questions when you get together with others with whom you'd like to develop a deeper connection:

- How are you, really?
- What do you find most challenging in your life right now?
- What event has had a significant impact on your life?
- What, if anything, is too serious to be joked about?
- What do you feel most grateful for right now?
- Is there anything I can do to show my appreciation for you that I'm not currently doing?

Have I ever performed a random act of **kindness** as an act of service? What did I do? How did it make me feel?

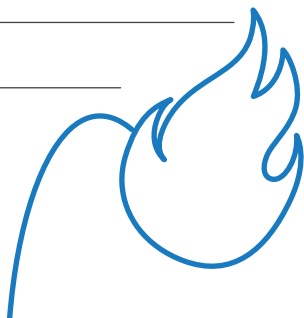
Who are three people I am **grateful** for, and why?

- 1.
- 2.
- 3.

Who are two people in my life I'd like to get to know better?

- 1.
- 2.

What is an act of kindness I can do for a stranger in my **community** today?



how to use the guide:

THERE ARE
NO RIGHT
OR WRONG
ANSWERS.

WRITE FROM
THE HEART
HOW YOU
FEEL IN THE
MOMENT.

IF YOU GET
STUCK, MOVE
ON TO THE
NEXT.

STAY CURIOUS
& DON'T FEEL
PRESSURE
TO ANSWER
IN A CERTAIN
MANNER.

In a world that sometimes feels disconnected, let's focus on building a stronger, more supportive community. Everyone goes through struggles. You're not alone. **Take the time to listen and reflect.** Together we may change someone's life.

SELF REFLECTION TO...

Understand Yourself Better

How am I truly **feeling** right now?

What am I **nervous** or **anxious** about today?

What is my favorite way to contribute to my **community**? What do I like about it?

What are three things I wish I knew more about my community?

- 1.
- 2.
- 3.

What are three things I love about my community?

- 1.
- 2.
- 3.

What **events** does your community hold that you could attend?

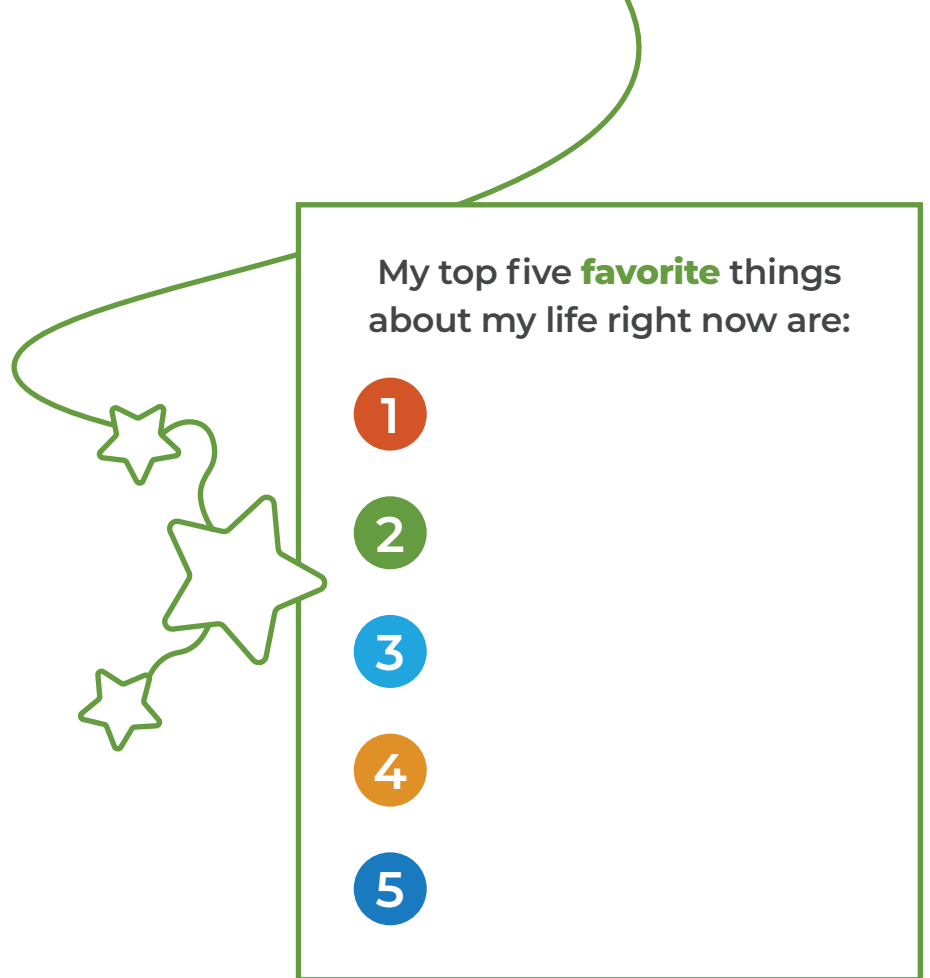
SELF REFLECTION TO...

Build Connection With Others

What does it mean to be **kind**?

Describe a time when I experienced the kindness of someone else **reaching out** a helping hand when I needed it most. How did it make me feel?

What are some **positive** qualities and strengths about myself?



My top five **favorite** things about my life right now are:

- 1
- 2
- 3
- 4
- 5

Here is one **positive** thing about...

Myself _____

My family _____

My work/career _____

My friends _____

My community _____

My health & well-being _____

SELF REFLECTION TO...

Make Positive Changes

I want more of...

-
-
-

I want less of...

-
-
-



How do I typically **react** when negative emotions arise?

How would I like to **respond** instead?

What can I do to **stay grounded** when I feel overwhelmed?

- Spend intentional time with friends & family.
- Don't answer work emails after hours.
- Spend time on non-monetized hobbies.
- Exercise or move daily.
- Participate in community service.
- Spend one-on-one time with a significant other.
- _____
- _____

When I'm feeling overwhelmed, are there any resources or support in my community I can plan in advance to help me in my daily life?

Identify a person or service I can ask for **help** when I feel overwhelmed.

House cleaning: _____

Helping children with homework: _____

Preparing meals: _____

Yard work: _____

Grocery shopping or other errands: _____

Work assignments: _____

School pick up/drop off: _____