

■ Reflection Pages ■

Morning & Evening Journaling Prompts

■ ■ Morning Reflection Page

- Today I am grateful for...
- One intention I want to set for today is...
- How do I want to feel as I move through my day?
- An affirmation to carry with me:

■ Evening Reflection Page

- A moment today that brought me joy was...
- One challenge I overcame today was...
- Something I learned about myself is...
- Tonight, I release...
- An affirmation for rest and renewal: