

# Mini Reflection Journal Page

## "Where Your Garden Whispers"

*A gentle pause to notice what's shifting inside you.*

*Take a breath. Settle in. There is nothing to figure out — only something to hear.*

### 1. What part of your life still feels alive and nourishing?

*Where do you feel energy, curiosity, or ease?*

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### 2. What feels overgrown, heavy, or no longer aligned?

*What takes more from you than it gives back?*

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### 3. What change have you quietly imagined... but haven't spoken aloud?

*A path, a dream, a shift, a craving that keeps returning.*

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### 4. If nothing could fall apart, what would you rearrange first?

*Let yourself be honest here.*

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### 5. What version of you is trying to emerge beneath your old routines and roles?

*Name one quality, one truth, one whisper.*

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## **A Closing Note**

Place your hand over your heart.

Ask gently:

**“What is the smallest step I can take to honor the season I’m entering?”**

Write one small, possible action:

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