

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?

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

What takes more from you than it gives back?

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

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

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

Let yourself be honest here.

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

Name one quality, one truth, one whisper.

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:
