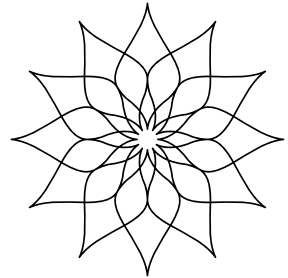




Restore & Renew

Reflection Journal

A gentle space for slowing down, reconnecting and entering the new year with intention ...

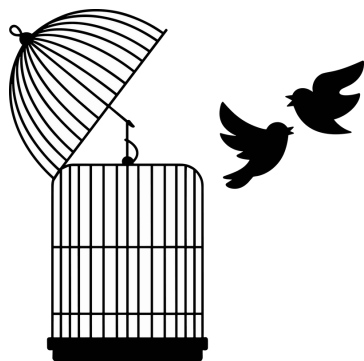


Instructions for using this Journal

- Find a quiet, comfortable space before reflecting and writing. Take 2-3 slow breaths before beginning each prompt.
- Let your thoughts flow without judgment – there is only your truth in this moment.. There are no right or wrong answers – answer as you understand the question.
- Start anywhere. Write the first thing that comes to your mind.
- Take your time, there is no rush.
- Return to earlier pages anytime; your reflections may deepen over time.

What am I ready to release as I enter the
New Year?

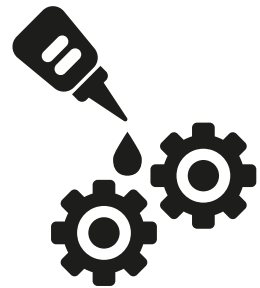
Release



Blessings

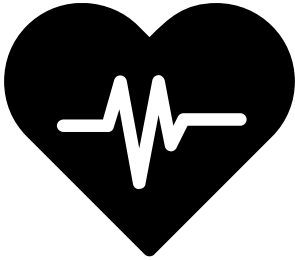
My greatest learnings, blessings, realizations
from last year were ...

Blessings help to oil
the wheels of our life



Aliveness

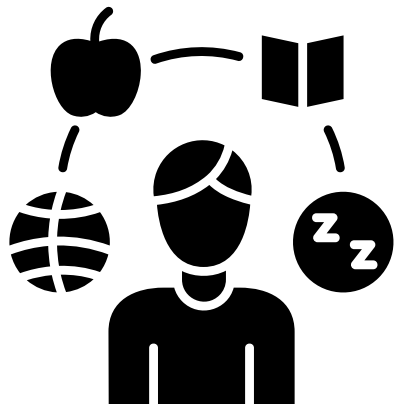
Where did I feel most alive this past year?



**Draw an emoji of how
you are feeling now,
right now**

Habits

**What habits supported me last year?
Which ones drained me?**



WHAT ARE MY INTENTIONS FOR THE
NEW YEAR?

Intentions

*What strengths
carried me through
difficult moments*

Strengths



Accomplished!

What is?

*Enjoy the feeling of your
accomplishments now ...*



**What qualities do I want
to cultivate this year?**



“Whatever actions I
perform, seeing me,
everyone else will
perform the same.”

Qualities **to Cultivate**

Account of Accumulation

What has been my account of accumulation
in the past year?

+

-

What does a peaceful life feel like to me?

Peace

What is my definition of Happiness?

Happiness

Honouring my
NEEDS



How can I better honor my needs this year?



Relationships

What relationships do I want to nurture?

I am so grateful



- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8

What am I *GRATEFUL* for today?

feel the

Gratitude

from the moment I open my eyes in the
morning until I close them at night,
everything I do is worthy of gratitude.
Every small deed, is a seed, taking me
toward my perfection



I take a few moments to sit and reflect on
my normal day and I notice the many
things I need to be grateful for.

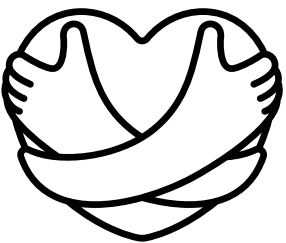
What brings me back to myself when life
feels overwhelming?

Grounding

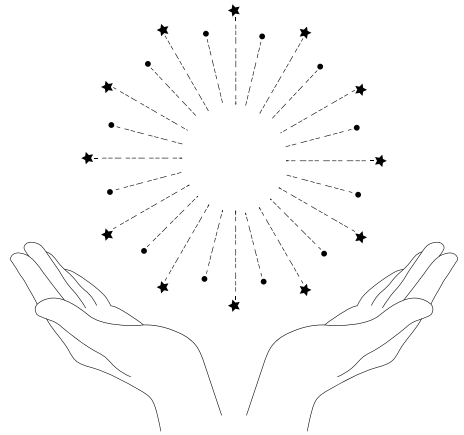


Self Kindness

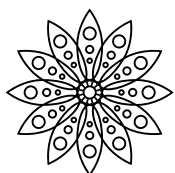
How can I be kinder to myself?



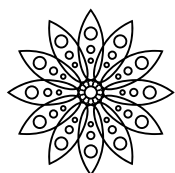
Manifestation



WHAT HABITS OR RITUALS WILL BRING YOUR
HEART'S TRUE WISHES INTO REALITY?



Your Virtues



Circle which virtues are yours and to what percentage?

**ACCEPTANCE, ASSERTIVENESS, AUTHENTICITY,
BEAUTY, BENEVOLENCE, BRAHMACHARI, CARING,
CHARITABLE, CLEANLINESS, COMMITMENT,
COMPASSION, CONFIDENCE, CONTENTMENT,
COOPERATION, COURAGE, CREATIVITY,
DETACHMENT, DETERMINATION, DIGNITY,
DILIGENCE, ETHICS, EMPATHY, ENCOURAGEMENT,
ENTHUSIASM, EXCELLENCE, FAITH, FAIRNESS,
FORGIVENESS, GENEROSITY, GENTLENESS,
GRATITUDE, HARMONY, HELPFUL, HONEST,
HOPEFUL, HUMILITY, INTEGRITY, JOY, JUST,
KINDNESS, LOVE, LOYALTY, MODESTY, OPTIMISM,
ORDERLINESS, PATIENCE, PEACE, PERSEVERANCE,
PRUDENCE, PURPOSEFUL, RELIABILITY, RESPECT,
RESPONSIBILITY, SELF-CONTROL, SELF-
DISCIPLINE, SINCERITY, TACT, TEMPERANCE,
THOUGHTFULNESS, TRUST, UNDERSTANDING,
UNITY, WISDOM AND WONDER.**



Success



What does this word mean to you?



Miracles

What miracles have you noticed
happening in your life.

The Word

MY SPECIAL WORD FOR THE YEAR AHEAD IS ...



AND WHY IS IT
SPECIAL?

The Year Ahead

This is what my next year will be about

Decide goals for each area of your life - this is the first step to realizing them

Personal Life / Family

Career / Studies

Friends / Community

Relaxation / Creativity

Physical Health / Fitness

Mental Health /
Self Knowledge

Habits that define you

Making a difference

“If I give myself permission to dislike anyone,
they will defame me.” Dadi Janki

The Year Ahead

*This year I will not procrastinate any more
over ...*

This year I will draw the most energy from ...

This year I will say yes when ...

The Year Ahead

This year I advise myself to ...

This year my inner self talk will be ...

This year will be special for me because ...

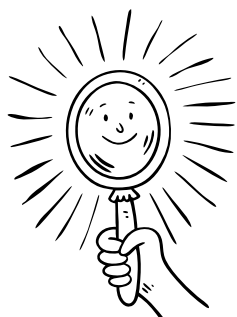
The Year Ahead

What would you like to attract right now in your life ...

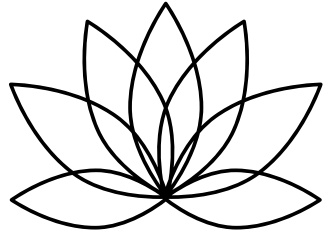
This year I will slow myself down by ...

List five things that make you smile ...

“A pure thought has the power to transform a situation.” Dadi Janki



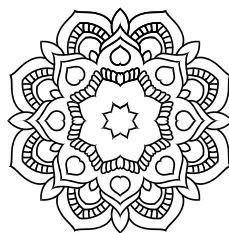
[Open space for writing, drawing, or free reflection]



[Open space for writing, drawing, or free reflection]

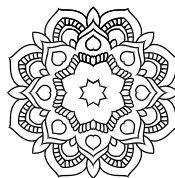
*"Sit peacefully. Breathe peacefully.
Be peaceful. Then the vibration of
the peace you experience will reach
far and wide."*

Dadi Janki



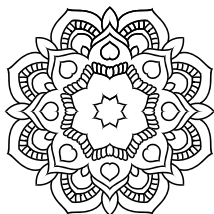
Mama would say do we stand in front of a dirty canal? Never. We move away. So do not stop to see the "dirt" in people.

Baba does not help your kamzori (weakness) but He helps the kamzor (weak).



Mama was asked which service is the most important? She replied: "the one that's needed in the moment."

**Change your space (head space),
not your place**



"Starting point of self respect:
I am a child of God."

Dadi Janki



It's Time ...

Soul Journey & Personal Development