



REFLECTION

JOURNAL -

Live Your Why: Find
Purpose & Balance in
Your Career & Life

Prompts to help embrace fear, live
authentically, and move forward.

A NOTE FROM DR. KATINA



Welcome!

**Welcome to your Find Purpose & Balance
in Your Career & Life Journal entry.**

**I'm so glad you're here. As you put pen to paper, remember:
this space is your invitation to pause, breathe, and honor
the now. Let these pages hold your gratitude, your
questions, and the quiet wisdom that surfaces when you
slow down long enough to listen. Write freely, feel deeply,
and keep each entry as proof that you showed up for your
own life—fully awake, fully present, and filled with
intention.**

With Love,

Dr. Katina

What feels misaligned?

**Where in your life do you feel “ off “, uninspired, or stuck?
What do those feelings reveal about what matters most to
you right now?**

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

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How might you create more of those moments - even in small ways - each week?

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Redefining Success

How has your definition of success evolved over time? What would it look like to measure success by peace, presence, or alignment instead of productivity or recognition?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Living Your Why Where You Are

If your current circumstances cannot change right now, where could you still find meaning?

Complete this sentence: “Even here, I can live my why by”

[illegible]

REFLECT & WRITE

CLOSING REFLECTION

When I give myself
permission to live my why,
I begin to feel

Let your words flow freely.

There are no wrong
answers - only truth
waiting to be
acknowledged

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reflections.**

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