

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.

What feels misaligned?

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

Reconnecting With Your Younger Self

What passions, curiosities, or dreams did your younger sel nave that still whisper to you today?							
How could	-	_	_	u in your	adult life	now	

Finding Joy in Everyday

Think of a recent moment when you felt peace or fulfillment. What were you doing? How might you create more of those moments - even in small ways - each week?

Redefining Success

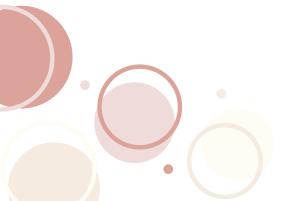
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Living Your Why Where You Are

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"	

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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