



**REFLECTION**

**JOURNAL**

**Where You Look Is  
Where You'll Go:  
Learning to Let Go of the  
Past and Focus Forward**

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

# A NOTE FROM DR. KATINA



*Welcome!*

**Welcome to your Learning to let Go of the Past and  
Focus Forward 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*

## Focus Check

**What have I been focusing on most lately, and how has that focus shaped my energy, emotions, or direction?**

[illegible]

## Looking Back

**In what ways do I still find myself looking backward?  
What am I afraid to release?**

[illegible]

# The Comparison Trap

**Who or what do I compare myself to most often, and what would change if I shifted that focus back to my own growth?**

[illegible]

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

# Vision Forward

**What does looking ahead mean for me in this season of life? What am I choosing to see when I lift my eyes forward?**

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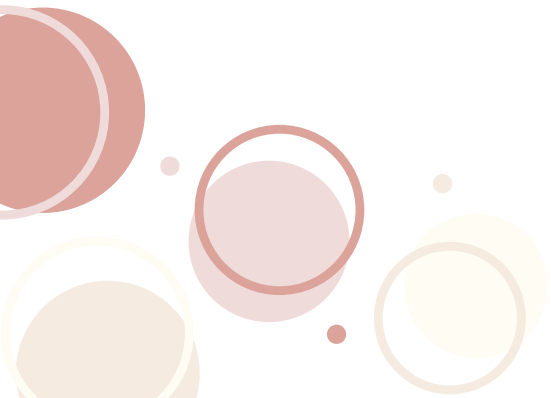


## REFLECT & WRITE

### CLOSING REFLECTION

As I shift my gaze from what was to what's ahead, I choose to trust the direction of my focus.

The past has served its purpose, now each moment is an invitation to look forward with clarity, courage, and hope



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