

REFLECTION JOURNAL Embracing The Now Living In the Moment

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

A NOTE FROM DR. KATINA



Welcome!

Welcome to your Living in the Moment 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.

REFLECT & WRITE

Grateful Beginnings

Think about how you start your day. The moment you open your eyes, what are the first words you speak?

Try incorporating gratitude into your morning routine.
Write about what might shift for you when you do or if you were to begin your day with "I get to" instead of "I have to."
How does gratitude feel in your body?

REFLECT & WRITE

Senses in the Present

Take a few minutes to step outside or sit in a space where you can focus on your senses. What do you see, hear, smell, or feel right now?

How does the world around you make you feel? Write down how deliberately noticing these sensations might change your emotional state.

REFLECT & WRITE Presence with Others

Think about a conversation you had recently. Were you fully present? Or were you distracted?

In what ways can you give someone the gift of undivided attention today? Write about a moment where you can practice this and what you hope to feel afterwards.



Write down a time when you expressed love or affection. Did you also express how much you like the person?

What does it mean to like someone intentionally?
How can you show someone in your life that you not only love them but truly like them?
Write about the impact that has on your connection.

REFLECT & WRITE

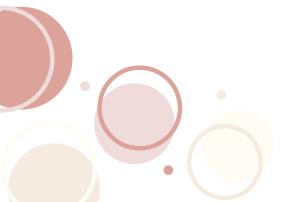
Celebrating the Ordinary

Think about something you are saving for a special occasion. How can you stop "saving something for a special occasion" and incorporate it into your everyday life so that you can enjoy it today?

For example, can you enjoy a simple drink in a crystal glass or wear that special outfit on an ordinary day? I'd like you to write about how savoring these small luxuries shifts your perspective.

REFLECT & WRITE CLOSING REFLECTION

After reflecting on these invitations, write down one concrete action you can take today to live more fully in the moment. Whether it's being more present with a loved one or pausing to enjoy your surroundings, make it something you can do right now.



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