



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,

Dr. Katina

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 ?

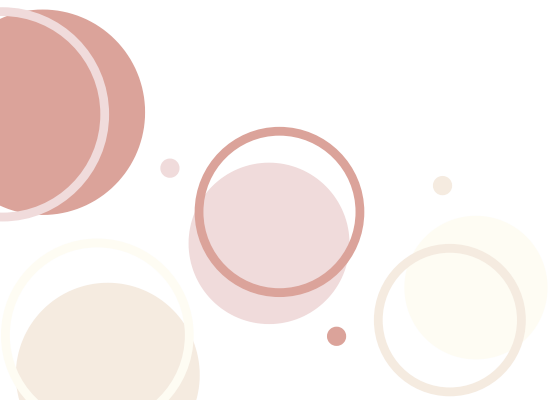
How does the world around you make you feel? Write down how deliberately noticing these sensations might change your emotional state.

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.

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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