



REFLECTION JOURNAL : The Girl In The Window

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

A NOTE FROM DR. KATINA



Welcome!

Dear Listener,

This week's story brought back memories I had buried deep. A childhood friend reminded me of a time when freedom for one of us was a daily reality, and for the other, it was a dream seen only through a window. This episode is about how childhood experiences shape the adults we become—and how being present in someone's life, even without knowing it, can be life-changing.

Use these prompts to reflect on the invisible stories behind the people in your life—and maybe even your own.

With gratitude,

Dr. Katina

REFLECT & WRITE

1. What's a moment from your childhood that shaped how you move through the world today?

(Example: a time when you felt free, restricted, overlooked, or protected)

2. Have you ever been impacted by someone who never knew how much they meant to you? What did they do, and how did it shape you?

3. What is the impact of the pandemic on the economy?

3. Who do you see in your life now that might be “watching from the window?” Is there someone who admires your strength, courage, or presence—but you never realized it?

[illegible]

4. Think of an adult in your life who is hard to be around. What childhood experience might be behind their behavior? How can you offer grace while protecting your peace?

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.

5. What

5. What parts of your childhood still show up in your adult personality—in how you love, lead, or set boundaries? What part of your inner child needs a little more care today?

This image shows a full page of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice or general writing. There are no margins, text, or other markings on the page.

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