



REFLECTION JOURNAL - Don't Be a Dot

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

A NOTE FROM DR. KATINA



Welcome!

Welcome to your Don't Be a Dot 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

Write about the people you've been pouring into emotionally, mentally, or physically. What have you offered them? What has it cost you?

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.

What would help you loosen those joints again?

[illegible]

If “home” is peace, wholeness, or purpose – what does it look like for you? Be specific.

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.

**When was the last time I clicked my own heels?
What's one action you've taken (or could take) to
prioritize your healing or joy?**

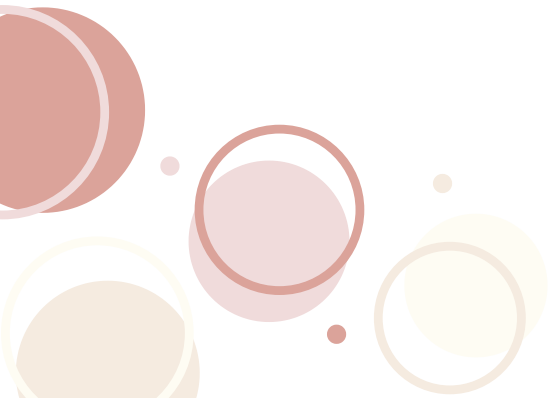
This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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.

REFLECT & WRITE

CLOSING REFLECTION

**After reflecting on these
invitations, write down one
concrete action you can
take today to Not be a dot.**



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