

The Inner Current – Reflection Worksheet

This week's reflection centers around change. Whether chosen or unexpected, change invites us to move, shift, and grow. Use this worksheet to explore the waves of change in your own life and how you're being invited to respond.

Core Reflection Question

What is one shift in your life right now that's asking you to move with it—not against it?

Journaling Prompts

1. What recent change in your life has felt like a wave crashing through?
2. How did you respond to that change—fight, freeze, flow?
3. What did you learn about yourself in the process?
4. Is there a belief or behavior you're being asked to let go of?
5. What would moving with the wave (instead of against it) look like for you now?

