

The Inner Current – Wrap-Up Companion

Opening Reflection

This week's central question asked:

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

Integration Check-In

Use the prompts below to reflect on how you experienced this week:

- 1. What personal or professional shifts did you recognize more clearly this week?
- 2. How did your mindset or emotional response to change evolve as the week progressed?
- 3. Did any specific moment, journal entry, or meditation reveal something unexpected?
- 4. What does 'moving with the wave' look like for you right now?
- 5. If you resisted any changes this week, how did that feel—and what might it be teaching you?

Visual Anchor or Symbol

Was there an image, word, or feeling this week that anchored you in the theme of Waves of Change? Use the space below to sketch, describe, or paste an image that captured your week.

Final Affirmation

I am learning to ride the waves of change with courage, grace, and trust. Each swell is a signal of my own becoming.

