

HOLISTIC SELF-DISCOVERY

Date: _____ Season: _____

PHYSICAL WELLNESS

How does my body feel today? What nourishment do I need?

MENTAL CLARITY

What thoughts are recurring? Where is my focus?

EMOTIONAL LANDSCAPE

What am I feeling? Where do I feel it in my body?

SPIRITUAL CONNECTION

What brings me peace? How am I connecting to purpose?

CORE VALUES ALIGNMENT

Did my actions today reflect my highest self?

DAILY INTENTIONS & AFFIRMATIONS

Minimalist Self-Discovery Template • Reflection Series