

A hand with light-colored nail polish holds a bouquet of light purple flowers. The background is a white lace fabric. The text is overlaid on a semi-transparent white box.

Reflection Journal

QUESTIONS TO EMPOWER
YOUR DAY AND
LIFE

CREATED BY:
Marilyn Rose



Reflection Journal



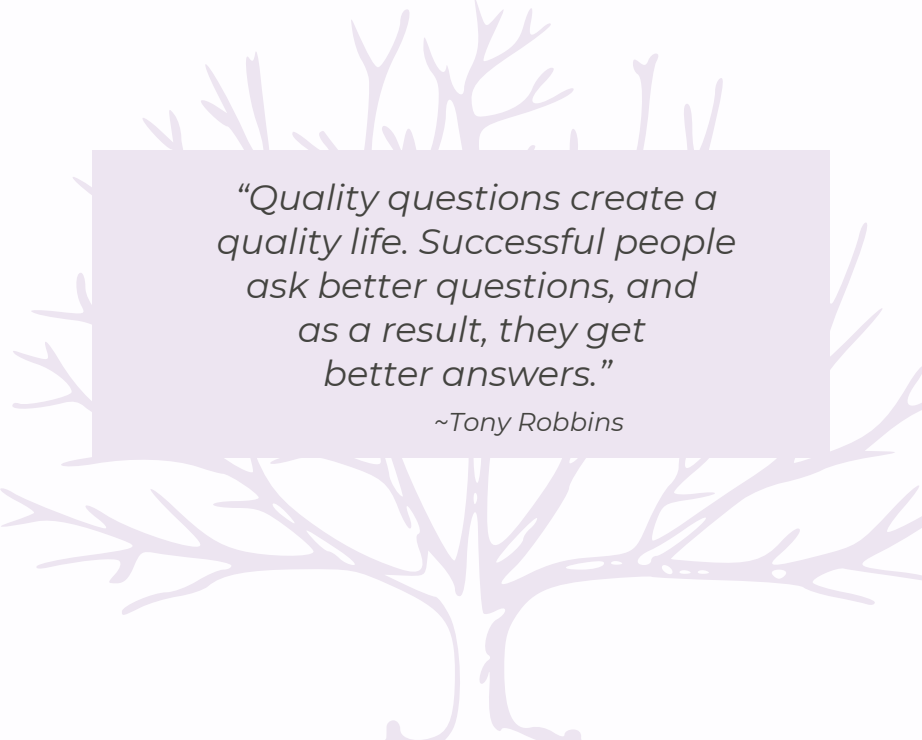
Inspired by *Tony Robbins*,
Questions to Empower Your Day

"Where Focus Goes, Energy Flows."

~*Tony Robbins*

This journal was created with you in mind.
By deepening your understanding, you will
find yourself *creating* experiences that
inspire more gratitude, joy, empowerment,
pride, excitement and so much more.

Marilyn Ox



"Quality questions create a
quality life. Successful people
ask better questions, and
as a result, they get
better answers."

~*Tony Robbins*



Happy



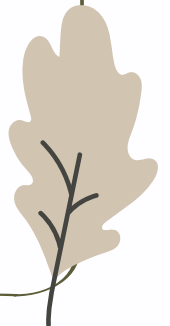
WHAT AM I HAPPY ABOUT IN MY LIFE TODAY?

1.
2.
3.

WHAT ABOUT THAT MAKES ME HAPPY?

1.
2.
3.

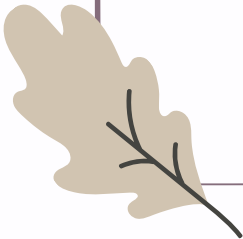
HOW DOES THAT MAKE ME FEEL?





Daily Reflections

I AM STARTING TO SEE THAT.....



"Happiness is not
by chance, but by
choice."

~Jim Rohn



Proud



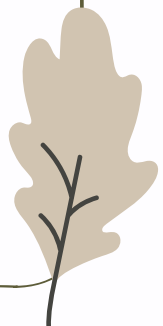
WHAT AM I PROUD OF IN MY LIFE RIGHT NOW?

1.
2.
3.

WHAT ABOUT THAT MAKES ME PROUD?

1.
2.
3.

HOW DOES THAT MAKE ME FEEL?

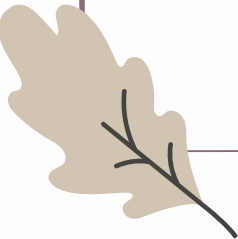




Daily Reflections



I AM STARTING TO SEE THAT.....



"Reflection
is one of the most
underused yet
powerful tools for
success."

~Richard Carlson



Grateful



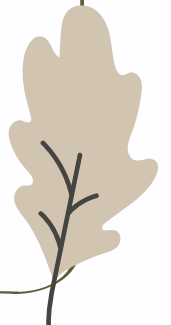
WHAT AM I MOST GRATEFUL FOR IN MY LIFE RIGHT NOW?

1.
2.
3.

WHAT ABOUT THAT MAKES ME GRATEFUL

1.
2.
3.

HOW DOES THAT MAKE ME FEEL?



Reflections

I AM STARTING TO SEE THAT.....

"What we focus on outside is a *reflection* of what we feel inside."



Peaceful



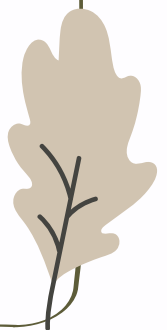
WHAT BROUGHT ME PEACE TODAY?

1.
2.
3.

WHAT ABOUT THAT MAKES ME PEACEFUL?

1.
2.
3.

HOW DOES THAT MAKE ME FEEL?



Reflections

I AM STARTING TO SEE THAT.....

"When your
higher-self is
present, it always
promotes *peace*."

~Wayne Dyer



Enjoyment



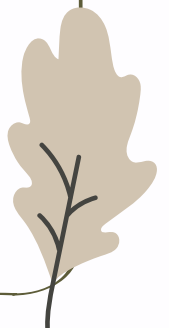
WHAT AM I MOST ENJOYING IN MY LIFE TODAY?

1.
2.
3.

WHAT ABOUT THAT DO I ENJOY?

1.
2.
3.

HOW DOES THAT MAKE ME FEEL?



Reflections

I AM STARTING TO SEE THAT.....

"Everything in your life is a *reflection* of a choice you have made. If you want a different result, make a different choice."



Commitment



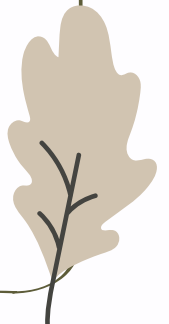
WHAT AM I COMMITTED TO IN MY LIFE RIGHT NOW?

1.
2.
3.

WHAT ABOUT THAT MAKES ME COMMITTED?

1.
2.
3.

HOW DOES THAT MAKE ME FEEL?



Reflections

I AM STARTING TO SEE THAT.....

*"No-one is afraid of
commitment, they are
afraid of not being
enough."*

~Arch Hades



Loving



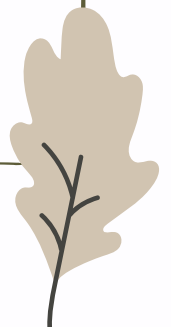
WHOM DO I LOVE IN MY LIFE? WHO LOVES ME?

1.
2.
3.

WHAT ABOUT THAT MAKES ME LOVING?

1.
2.
3.

HOW DOES THAT MAKE ME FEEL?



Reflections

I AM STARTING TO SEE THAT.....

Wheresoever you
go, go with all your
HEART.





Self-Care



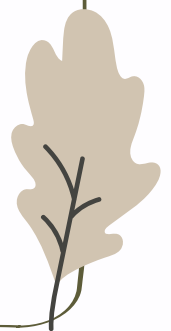
HOW HAVE I CARED FOR MYSELF TODAY?

1.
2.
3.

WHAT ABOUT THAT IS CARING?

1.
2.
3.

HOW DOES THAT MAKE ME FEEL?



Reflections

I AM STARTING TO SEE THAT.....

"Be sure to extend the same the same *love, grace, support* and *care* that you freely extend to others, to *yourself.*"

~Marilyn Rose



HOW CAN I CREATE HAPPINESS IN MY LIFE TODAY?

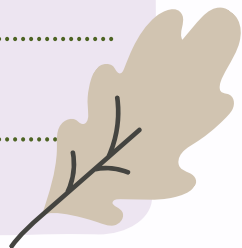
1.
2.
3.

HOW CAN I IMPROVE MY RELATIONSHIPS TODAY?

1.
2.
3.

HOW CAN I BE MORE PRESENT?

1.
2.
3.



Reflections

I AM STARTING TO SEE THAT.....

"We do not
learn from
experience...we
learn from reflecting
on experience."

~John Dewey



HOW CAN I HAVE MORE INNER PEACE TODAY?

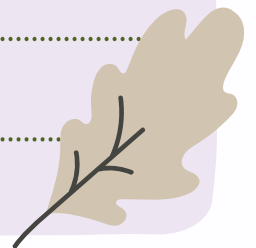
1.
2.
3.

WHAT CAN I GIVE TODAY?

1.
2.
3.

WHAT SUPPORT OR HELP CAN I ASK FOR TODAY?

1.
2.
3.



Reflections

I AM STARTING TO SEE THAT.....

"Change is inevitable but personal growth is a choice."

~Bob Proctor



Add Your Own



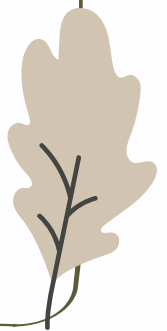
YOUR QUESTION HERE -

1.
2.
3.

WHAT ABOUT THAT MAKES ME ?

1.
2.
3.

HOW DOES THAT MAKE ME FEEL?

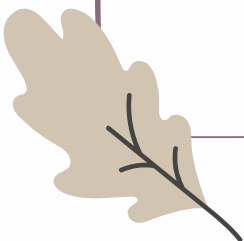



Reflections




I AM STARTING TO SEE THAT.....

"Life is only a *reflection* of what we allow ourselves to see."





Less - More



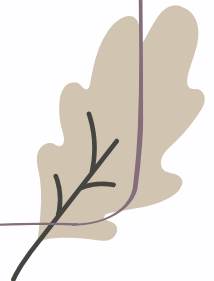
WHAT DRAINS ME IN MY LIFE TODAY?

WHAT ABOUT THAT IS DRAINING?

WHAT ENERGIZES ME IN MY LIFE TODAY?

WHAT ABOUT THAT ENERGIZES ME?

HOW DOES THAT MAKE ME FEEL?





Less - More



*This week I will
focus on:*

LESS:

MORE:

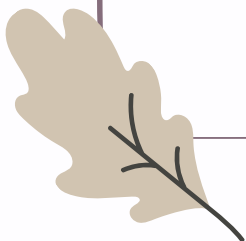




*What I am learning about
myself this week...*

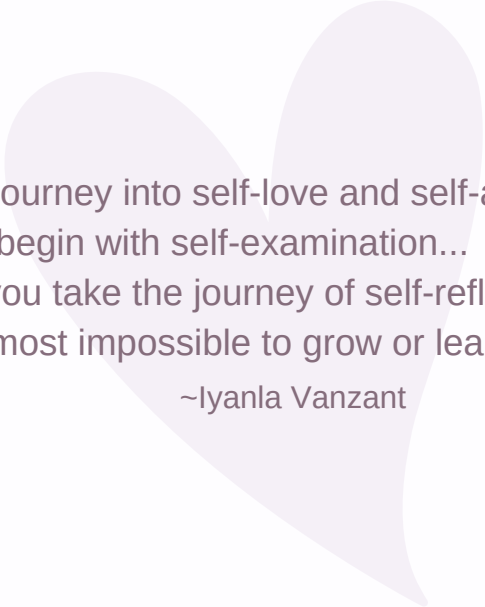




I AM STARTING TO SEE THAT.....



"Change is
inevitable but
personal growth
is a choice."

~Bob Proctor



"The journey into self-love and self-acceptance
must begin with self-examination...
until you take the journey of self-reflection,
it's almost impossible to grow or learn in life."

~Iyanla Vanzant



Marilyn Rose

CPC, PCP, ELI-MP,
TRANSITIONAL LIFE | LEADERSHIP | MENTOR COACH

marilynrosecoaching@gmail.com

www.marilynrosecoaching.com

