

Reflections Journal

You already
know how to
be you.
Here's proof!

"To be yourself in
a world that is
constantly trying to
make you something
else is the greatest
accomplishment."

~Ralph Waldo Emerson



Have you ever noticed what happens when you look at your yearbooks, family albums, photo books, old journals? It's remarkable the kinds of things you can remember with just a little nudge. Suddenly you can reconnect with what you liked, what you dreamed of...*who you were.*

That's because yearbooks and journals—and even our memories—are essentially time capsules. And those time capsules can bring us back to our very core. Even if you feel like you've evolved, or that you've move on...that history is still part of what brought you here. So, if you have access to your photo albums or diaries, I'll suggest you get those out to help you with this intimate and personal exercise. **Remember, we are talking about the whole span of your life here, not just “now,” so be thoughtful with your answers. Give yourself permission to reflect.**

Live your life for you,

A handwritten signature in red ink that reads "Sheree". The signature is fluid and cursive.

Sheree Clark
Midlife Courage Coach
Fork in the Road
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Have you ever collected anything?
Do you collect anything now?



If you stopped collecting something...
what was it and why did you stop?

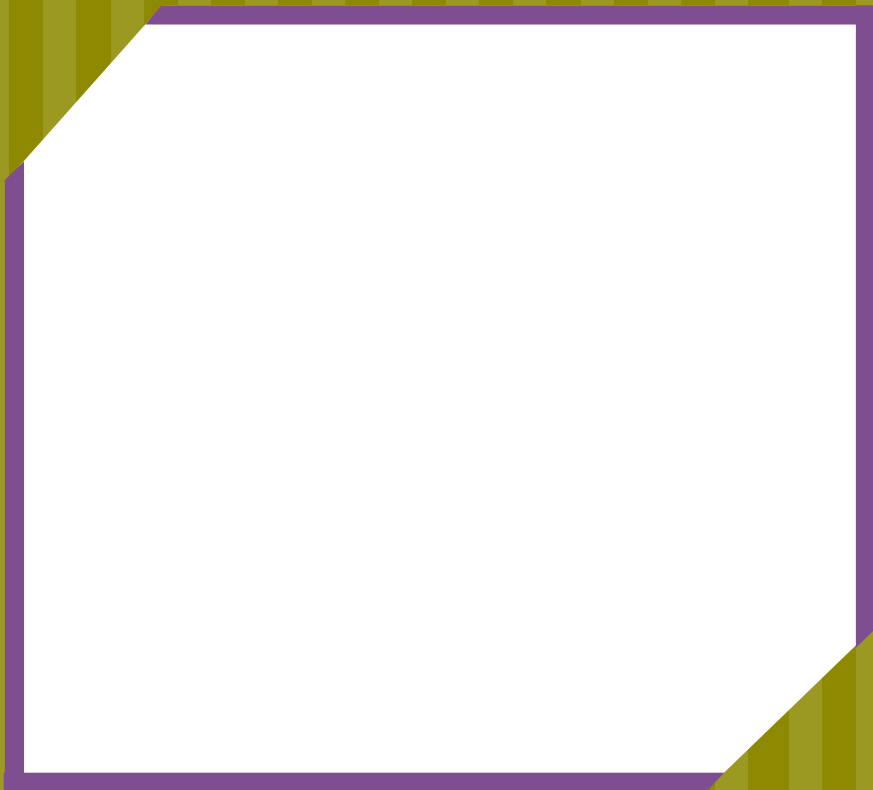


If you never collected, what thoughts do
you have about that?



Calm, cool AND COLLECTED...

Make a sketch or paste a photo of something
you collected here!



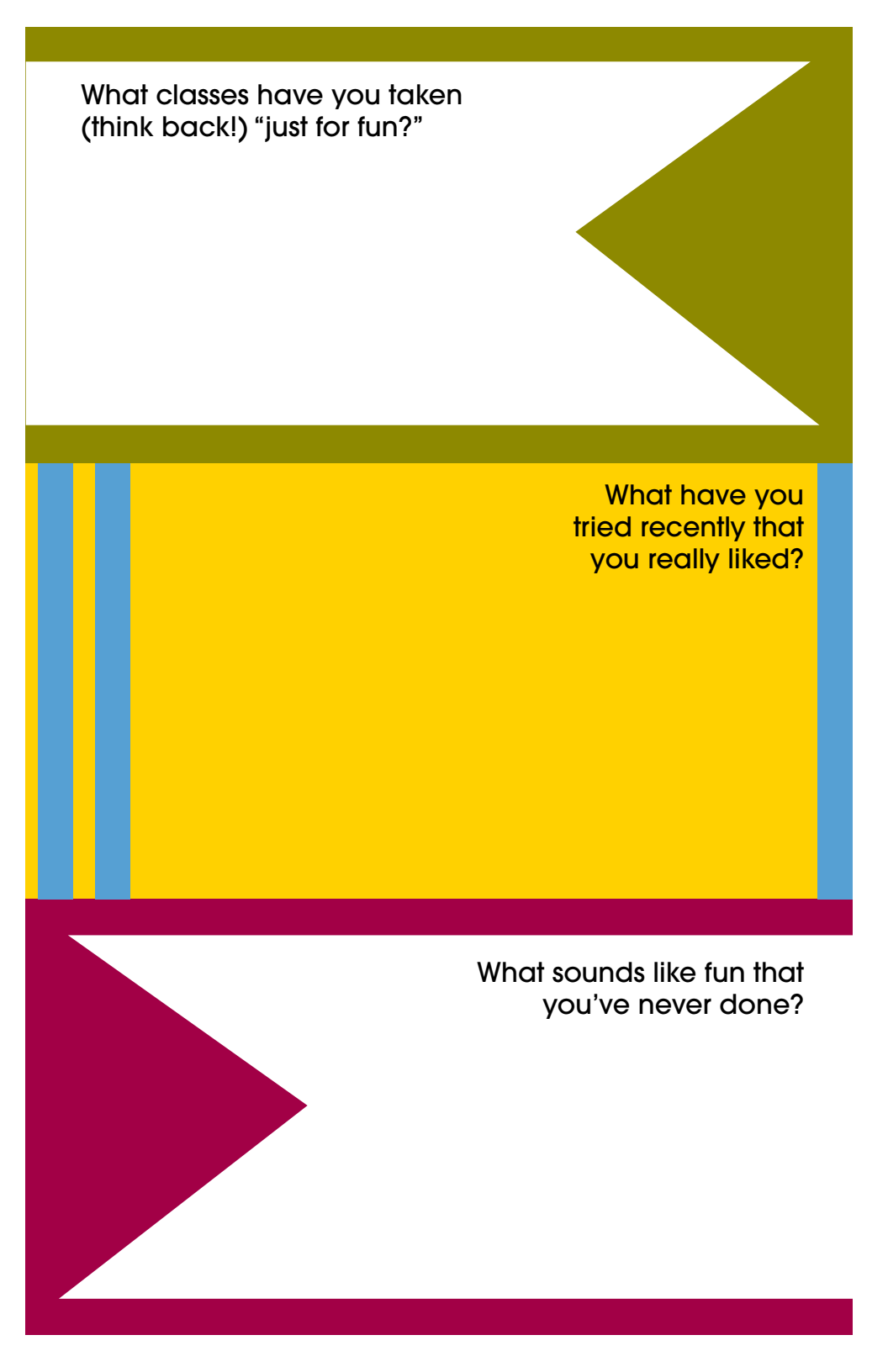
Just for FUN



Paste a photo (or make a sketch) of yourself when you were really having fun.



What's something you have not done in years...that you used to do all the time?



What classes have you taken
(think back!) “just for fun?”

What have you
tried recently that
you really liked?

What sounds like fun that
you’ve never done?

List three accomplishments you are proud of

1.

2.

3.

What classes did you do the best at in school?

You're the BEST!

Have you ever won any awards for anything?
(If so, do tell!)



Describe a time in your life when you felt you
were "at your best"...

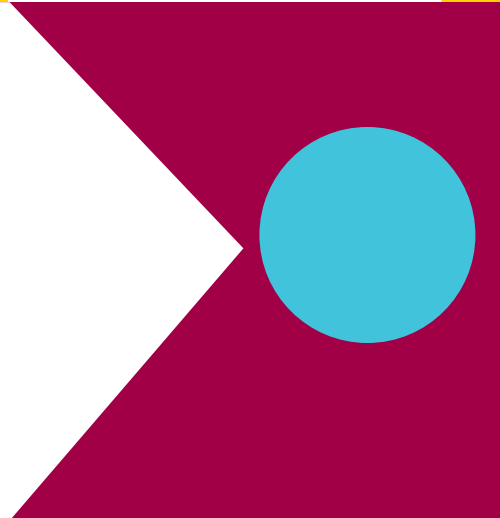
Looking for CLUES...

If someone were to look - what would they learn or assume about you based on:

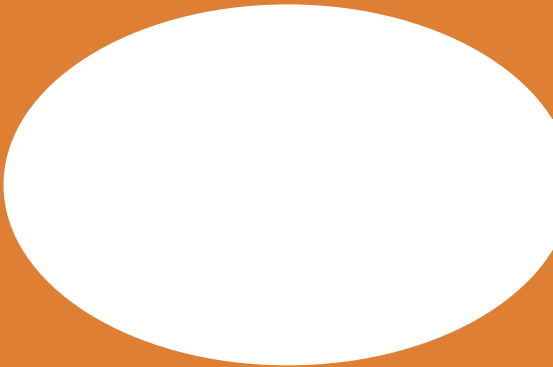
The books on your shelf
(or in your Kindle)



Your Google search history



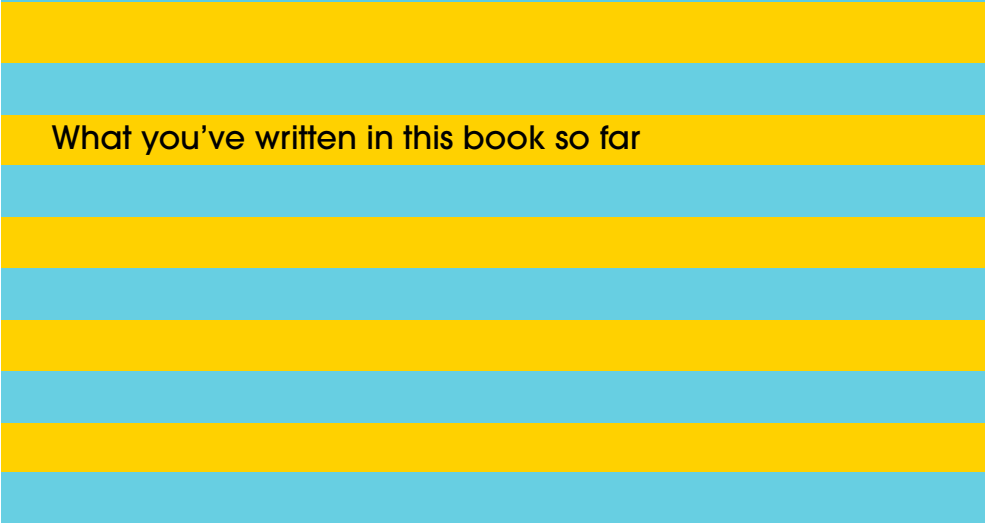
What's in your kitchen



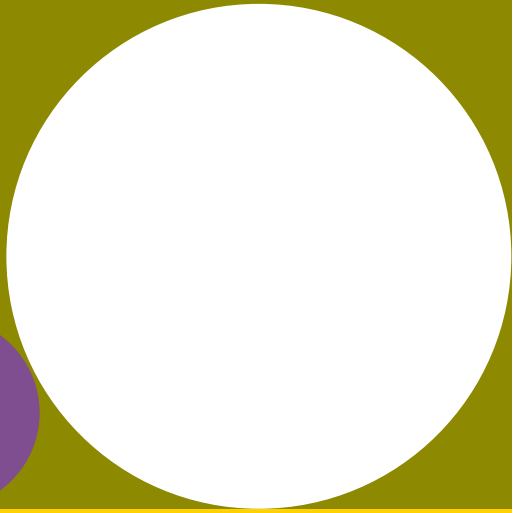
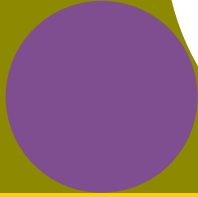
Your online subscriptions, or who you follow



What you've written in this book so far

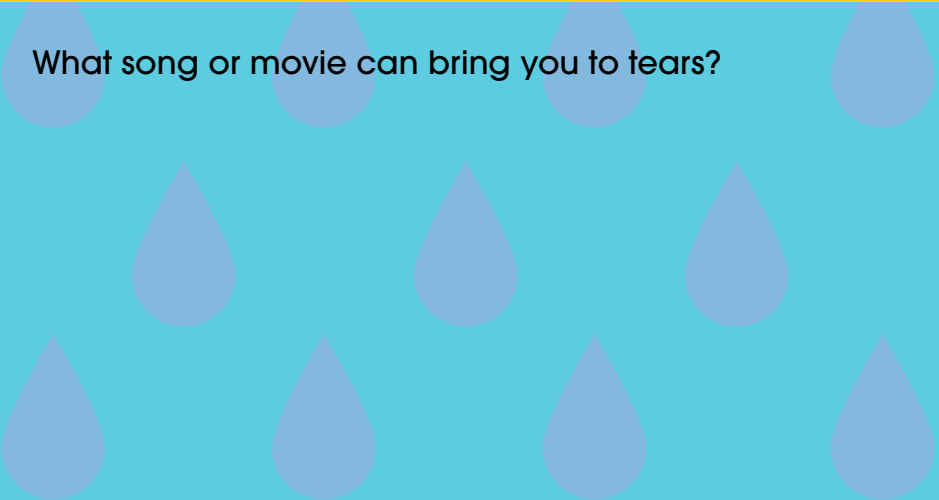


Who is your hero?



What is your favorite quote, saying or verse?

What song or movie can bring you to tears?




Getting INSPIRED

What song do you “crank up” to listen to?



What do you wear when you want to feel your best?



Here's looking at you, kid!

Bring it HOME

What are your three best qualities?

1.

2.

3.

What do you feel called to do next in life?

What do your friends or family ask you for advice about?



Write a compliment you have received...
(then sit with it a moment)!

What would you do
if nothing stood in
your way?



FORK IN THE **ROAD**
with sheree clark