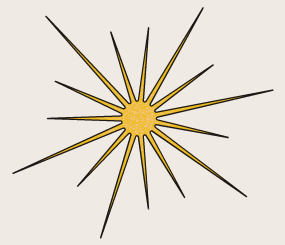


# SUMMER 2023 JOURNAL REFLECTIONS



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HOW DO I FEEL ABOUT SUMMER?

Blank white box for reflection.

WHAT DO I WANT TO BRING INTO MY WORLD THIS SUMMER?

Blank white box for reflection.

WHAT STEPS CAN I TAKE TO MAKE THIS HAPPEN?

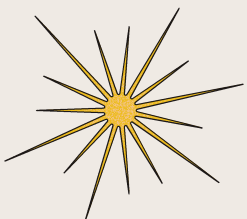
Blank white box for reflection.

IS THERE ANYTHING COMING UP THIS SEASON THAT MAY BE CHALLENGING FOR ME?

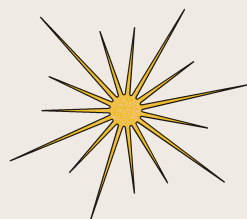
Blank white box for reflection.

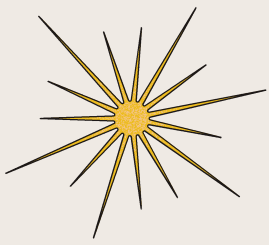
HOW CAN I SUPPORT MYSELF THROUGH THESE CHALLENGES?

Blank white box for reflection.

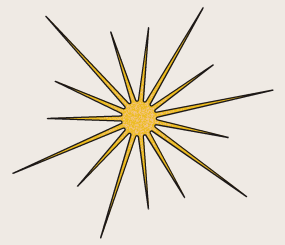


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# SUMMER 2023 JOURNAL REFLECTIONS



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WRITE A LIST OF MY FAVOURITE SUMMER ACTIVITIES. CAN I BOOK ONE IN ASAP?

Blank white box for writing a list of favourite summer activities.

IF THERE'S RESISTANCE TO THE ABOVE, WHERE IN MY BODY IS THAT FEELING LOCATED?

Blank white box for writing about body resistance.

WHO WOULD I LIKE TO SPEND MORE TIME WITH THIS SUMMER?  
HOW CAN I MAKE THIS HAPPEN?

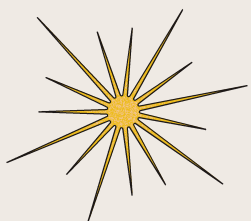
Blank white box for writing about spending time with others.

IS THERE ANYTHING I WISH TO ACHIEVE IN THE NEXT 6 MONTHS?

Blank white box for writing about goals for the next 6 months.

HOW CAN I LET MYSELF FULLY RELAX THIS SEASON?

Blank white box for writing about relaxation strategies.



@poppywonnacott

