

BOOK REFLECTION JOURNAL

My Gift of Time™ Reflection Journal

Reflect Alongside the Book

A guided journal to help you capture the thoughts, feelings, lessons and realisations that arise as you read.

INSIDE:

- Chapter reflections
- What stayed with me?
- What am I learning?
- What feels familiar?
- What do I want to explore further?

Small Reflections Create a Meaningful Tomorrow.

Roushini Devi

Every life transition gives us a Gift of Time.™

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My Chapter Reflection

Pause • Reflect • Discover • Grow

Each chapter is an invitation to pause,
reflect and discover something meaningful for your own journey.

Chapter Title: _____

Date: _____

What stayed with me?

What touched, inspired or resonated with me in this chapter?

What am I learning?

What insights or lessons am I taking from this chapter?

What feels familiar?

How does this chapter connect with my own experiences?

What do I want to explore further?

What questions, thoughts or possibilities does this chapter open for me?

Take what you need. Begin where you are.

My Reflections

The Bigger Picture

As you move through the book, you may notice patterns, new perspectives, and a deeper understanding of yourself. Use this space to capture your reflections along the way.

What are my key takeaways from the book?

How has this book supported my journey?

What changes do I want to make or embrace in my life?

What is my next meaningful step?

Your story matters.
Your reflection creates change.
A brighter tomorrow is possible.