



WELCOME TO YOUR JOURNEY REFLECTION SHEET

WHISPER No. 01 OF 52



ABOUT THIS WHISPER

This is your invitation to pause, breathe, and come home to yourself. You are holding space for something beautiful — a journey of self-discovery, healing, and transformation. There are no rules, no rush, and no right or wrong way. You are exactly where you need to be. Let this be the beginning of your return.

“You are not here by accident. You are here because your soul is ready for more.”

– UNKNOWN

DATE: _____

A SIGN I NOTICED OR QUESTION I HAVE: _____



WHAT DREW ME TO THIS JOURNEY?

What made me say yes to myself today?

Blank lined area for reflection



WHAT DO I HOPE TO RECEIVE FROM THIS EXPERIENCE?

What am I longing for in my heart?

Blank lined area for reflection



WHAT PART OF MYSELF AM I READY TO MEET?

What am I ready to see, feel or heal?

Blank lined area for reflection



WHAT IS MY INTENTION FOR THIS JOURNEY?

What is my heart calling me to focus on?

Blank lined area for reflection



HOW DO I WANT TO FEEL AT THE END OF THIS JOURNEY?

What emotions or experiences do I hope to embrace?

Blank lined area for reflection



A PROMISE TO MYSELF

What is one promise I make to myself today?

Blank lined area for reflection



ADDITIONAL REFLECTIONS

Anything else I would like to note.

Blank lined area for reflection

CAROLE'S WHISPER

This is your story. Your pace. Your path. Be gentle with yourself as you begin to unfold. You are safe. You are worthy. You are enough.

AFFIRMATION

“I welcome this journey with an open heart. I trust that I am guided, supported, and exactly where I need to be.”