

# REAL REFLECTIONS

Digital Journal

A 5-Step Guided Meditation Journal to Help You Ditch The Negative Self-Talk And Focus on Your Positive Reality

## IGNITE & NAVIGATE YOUR REAL REFLECTIONS

Let the predefined journal  
prompts spark ideas,  
thoughts, and emotions, and  
reflect on your self-  
development over time.



# WHAT'S INCLUDED:

## 5 PROMPTS

A new prompt for every page.

Amazing opportunities to explore different thoughts, ideas, and emotions.

Five guided mindfulness exercises, to help you embrace new opportunities from setbacks.

## Motivational Quotes

To serve as powerful reminders, to inspire and uplift you on your journey of real reflection and finding strength within yourself.

## Gratitude

To end each day with sincere appreciation and on a positive note.

# ABOUT THE AUTHOR

Hey!  
I'm Yvette Howard, your Transformational Coach.

I have dedicated my professional career as a mental health therapist and I also understand the challenges of life's significant setbacks.

After experiencing many challenges and setbacks of my own, I decided to recreate my life story which has inspired me to help others who felt stagnant in their life.

When ending a relationship of 6 years, I felt lost, heartbroken, and like a failure. I got to a point of depression and didn't want to burden anyone so I isolated myself.

I was embarrassed.

I didn't want to hear "I told you so" or "You should've ended it a long time ago." It was hard for me to grasp that I was no longer in a relationship that I had hoped to have lasted forever.



## Yvette Howard

I felt like I lost my identity.

While in the relationship, I always wanted things to be perfect so I did everything I thought was right to "please" my ex-partner just to make him happy.

I lost myself in the process.

I did everything I thought was best to get out of the funk of unhappiness and understand why I couldn't have that long-lasting love I saw on social media. I read books, listened to podcasts, and watched YouTube videos.



## But I still felt unfulfilled

I decided to try dating apps and even hired a matchmaker; however, going on dates never felt fulfilling to me as I never really knew what I wanted in a new relationship or knew who I was as a person.

So I decided enough is enough and that I needed to do something else for myself.

I booked a session with a therapist and after a few sessions with my therapist I decided to go even deeper and did things that made me happy to help me understand myself more.

**I focused on myself:** I decided to take a break from dating and really take the time I needed to heal from the past relationship, understand my behavior patterns and rebuild myself to a better version of Me.

**I learned to love myself:** I invested in improving my physical and mental health by setting up regular routine appointments with my doctor, joined a gym, reached out to my support system, and traveled more.

**I decided to let go of the past:** It was time to move forward in my life and in order for me to completely get over what happened in the past, I had to remove things that reminded me of what was tearing me down.

Now, I am in a committed and healthy relationship with my current partner. I feel more secure about myself and my choices. And now, I help hundreds of women and men who are stuck and frustrated learn to recreate a thriving life story.



# INSTRUCTIONS

Hey! I'm so proud of you! You are on your way to redeeming your life's story by using this 5-step guided meditation journal. I want you to remember, the journaling process is a personal journey. There are no right or wrong answers, and it's about exploring your thoughts and feelings in a supportive and non-judgmental way. Enjoy the process of self-discovery and the insights that journaling can bring to your life.

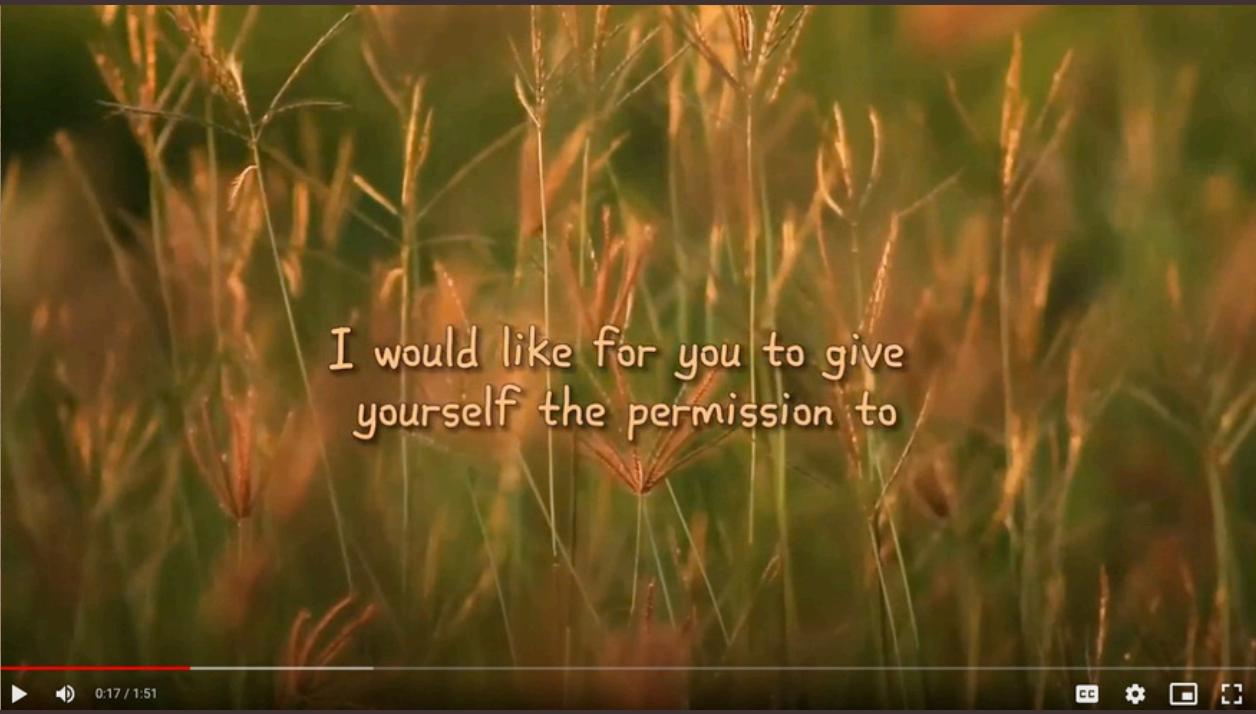
Once you are ready to begin journaling, here are a few steps to help you through the process.

- 1. Set Aside Dedicated Time:** Allocate a specific time each day or week for journaling. Choose a quiet and comfortable space where you can focus without distractions.
- 2. Pick a Prompt:** Select one of the journal prompts that resonates with you the most. You can start from the first prompt and progress in order, or you can choose any prompt that feels relevant to your current situation.
- 3. Mindfulness Exercise:** Before you begin journaling, engage in the 1-2-minute guided mindfulness exercise associated with the chosen prompt. This exercise will help you center your thoughts and emotions, preparing you for introspection.
- 4. Reflect and Write:** Once you've completed the mindfulness exercise, open your journal to the appropriate journal prompt and start writing your response. Allow yourself to be honest and vulnerable as you explore your thoughts and emotions.
- 5. Keep an Open Mind:** Embrace the process of self-discovery and personal growth. Be open to new insights and perspectives that may arise during your journaling sessions.
- 6. Be Compassionate:** If you encounter challenging emotions or memories while journaling, practice self-compassion. Remember that it's okay to take breaks and return to journaling when you feel ready.
- 7. Consistency:** Aim to journal regularly. The more you engage in the process, the deeper your understanding of resilience and strength will become.
- 8. Review and Reflect:** From time to time, read through your past journal entries. Reflect on your growth, progress, and any patterns you may notice. This will provide you with a sense of accomplishment and motivation.
- 9. Customize as Needed:** Feel free to modify the mindfulness exercises or prompts to suit your preferences and circumstances. Personalizing the process will make it more meaningful and impactful.
- 10. Celebrate Progress:** Acknowledge your efforts in embracing resilience and finding strength. Celebrate your achievements, no matter how small they may seem.

Click the button for a guided meditation  
to reflecting on challenges.



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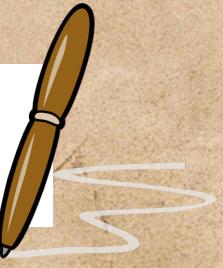


I would like for you to give  
yourself the permission to

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# Give Yourself Permission to Reflect on Your Challenges!



Reflect on a significant setback or challenge you have experienced. How did it impact your life and goals? How can you leverage these lessons to create new opportunities moving forward?

## Share Your Gratitude

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## Remember

*In the midst of adversity, we discover our true strength and resilience.*

Click the button for a guided meditation  
for **navigating difficult situations**.



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and bring your attention to your breath

# Release Your Thoughts Here!



Identify three key strengths or qualities that have helped you overcome challenges in the past. How can you use these strengths to navigate future setbacks and turn them into opportunities for growth and success?

## Share Your Gratitude

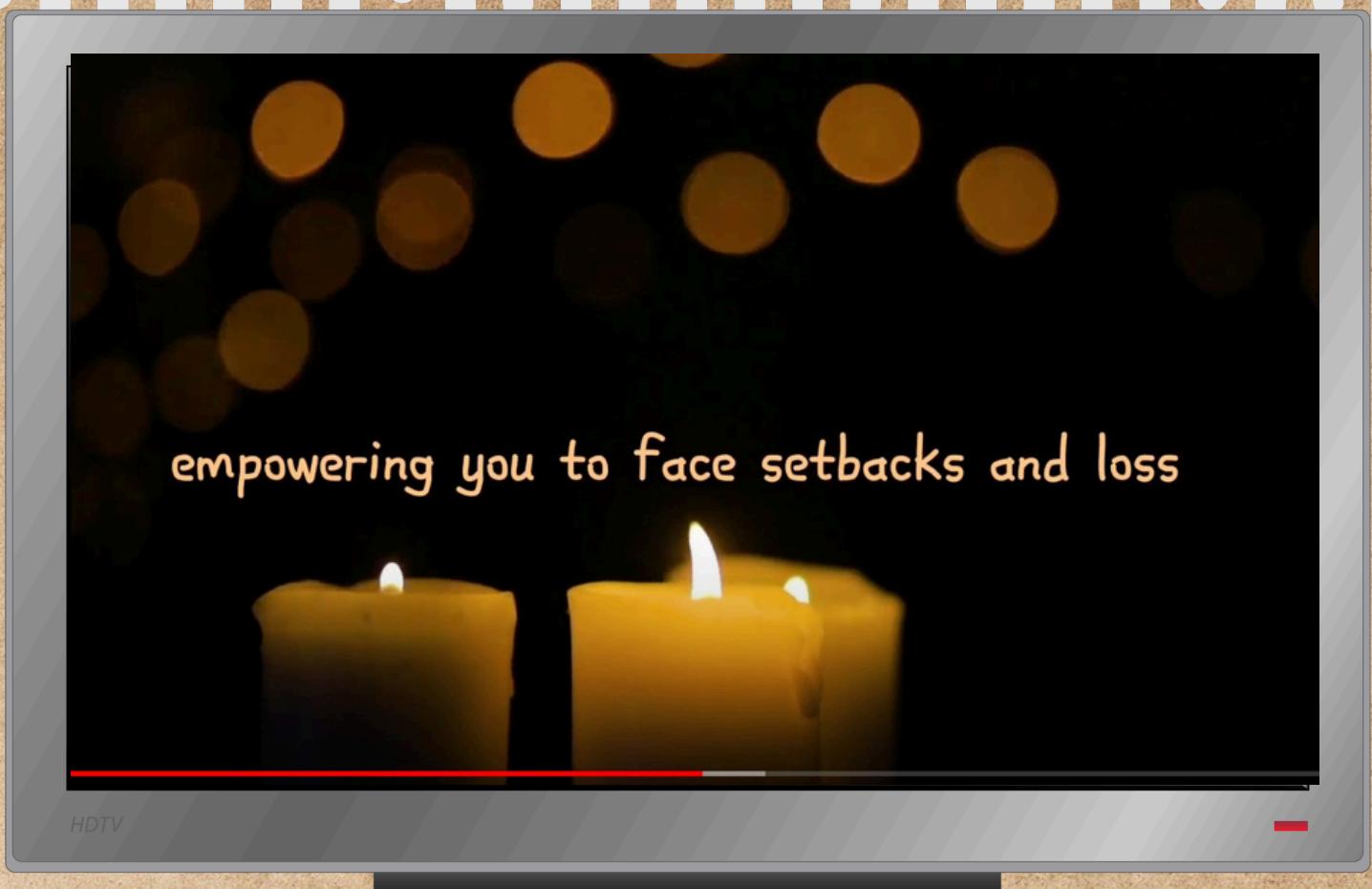
## Remember

*In the midst of adversity, we discover our true strength and resilience.*

Click the button for a guided meditation  
to **recognize your strengths.**



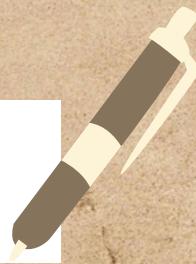
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empowering you to face setbacks and loss

HDTV

# Embrace Your Strengths!



Think about what strengths means to you and how it has been important in your life. How would you describe strengths? Can you remember times when you showed strength when things were tough? Think about what helped you keep going during those times. What qualities or beliefs did you have that made you strong and helped you not give up?

## Share Your Gratitude

## Remember

*In the midst of adversity, we discover our true strength and resilience.*

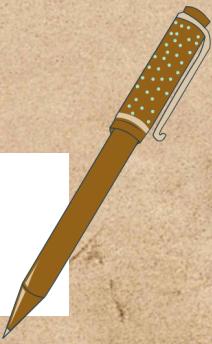
Click the button for a guided meditation  
to **practice gratitude.**



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# Time To Take Action!



Imagine how you want to be really strong and bounce back when things don't go well or when you lose something important. How would you like to handle those situations in a way that makes you feel confident and powerful? What can you do to develop that kind of thinking and behavior? Write down specific things you can do in your life to become even stronger and better at dealing with tough times.

## Share Your Gratitude

## Remember

*In the midst of adversity, we discover our true strength and resilience.*

Click the button for a guided meditation  
to acknowledge yo ur support system.



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# Now Time to Write it Out!



Think about the people who can help you when things go wrong or when you feel sad. They can give you encouragement, advice, or just listen to you. How can you make these relationships stronger and ask for help when you need it? Also, think about why it's important to have people who support you, and how they help you stay strong when things are tough.

## Share Your Gratitude

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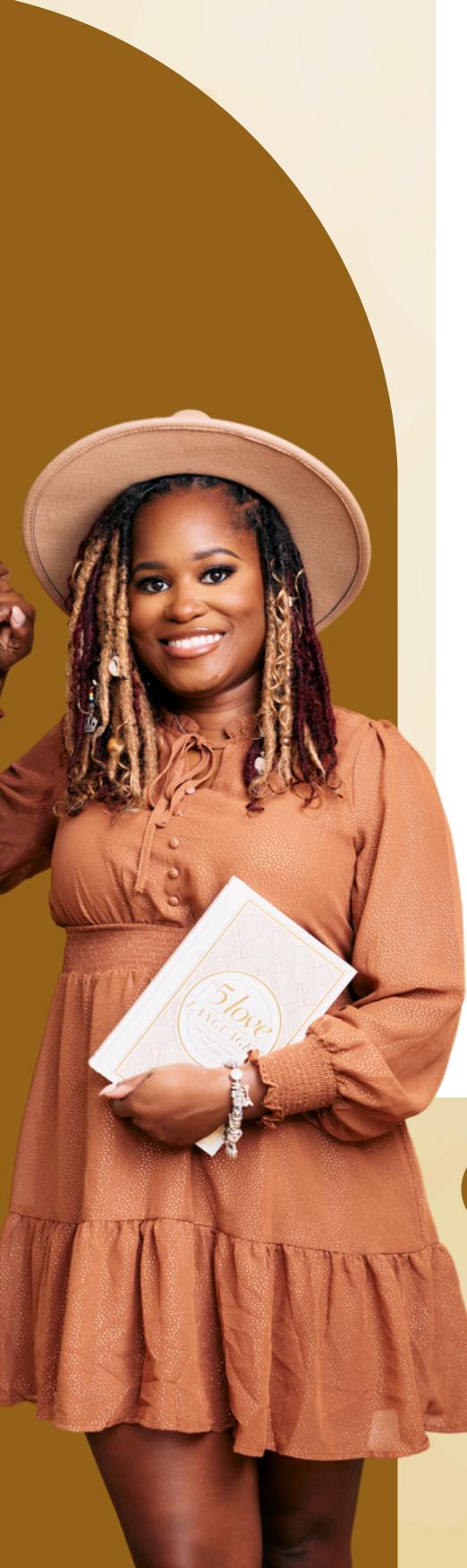
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## Remember

*In the midst of adversity, we discover our true strength and resilience.*

# GET INSPIRED



As you conclude this guided meditation journal, remember that the journey of embracing resilience and finding strength in setbacks and loss is an ongoing and empowering one. Commit to nurturing your inner resilience regularly through mindful reflection and journaling. Embrace challenges as opportunities for growth and cultivate gratitude for the strength you uncover within yourself. Continue to prioritize self-care, seek support from your social network, and honor the progress you make along the way. With each mindful breath, you unleash the power of resilience within you. Embrace this transformative journey with an open heart, and let your journaling practice be a constant companion in your pursuit of resilience and personal growth.

May your journey of resilience be filled with strength, courage, and self-discovery. Keep embracing the challenges and celebrating the triumphs!

Join the movement and develop a growth mindset today. Unleash your potential, overcome limitations, and achieve greatness! The journey starts now. Are you ready?

[Book Now](#)



**Click the “Book Now” button**

Call for your free consultation and schedule your session with a therapist who will best fit your needs