



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 n ever 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.**



MEDITATE

I would like for you to give
yourself the permission to

0:17 / 1:51



[illegible]

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

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



MEDITATE

and bring your attention to your breath

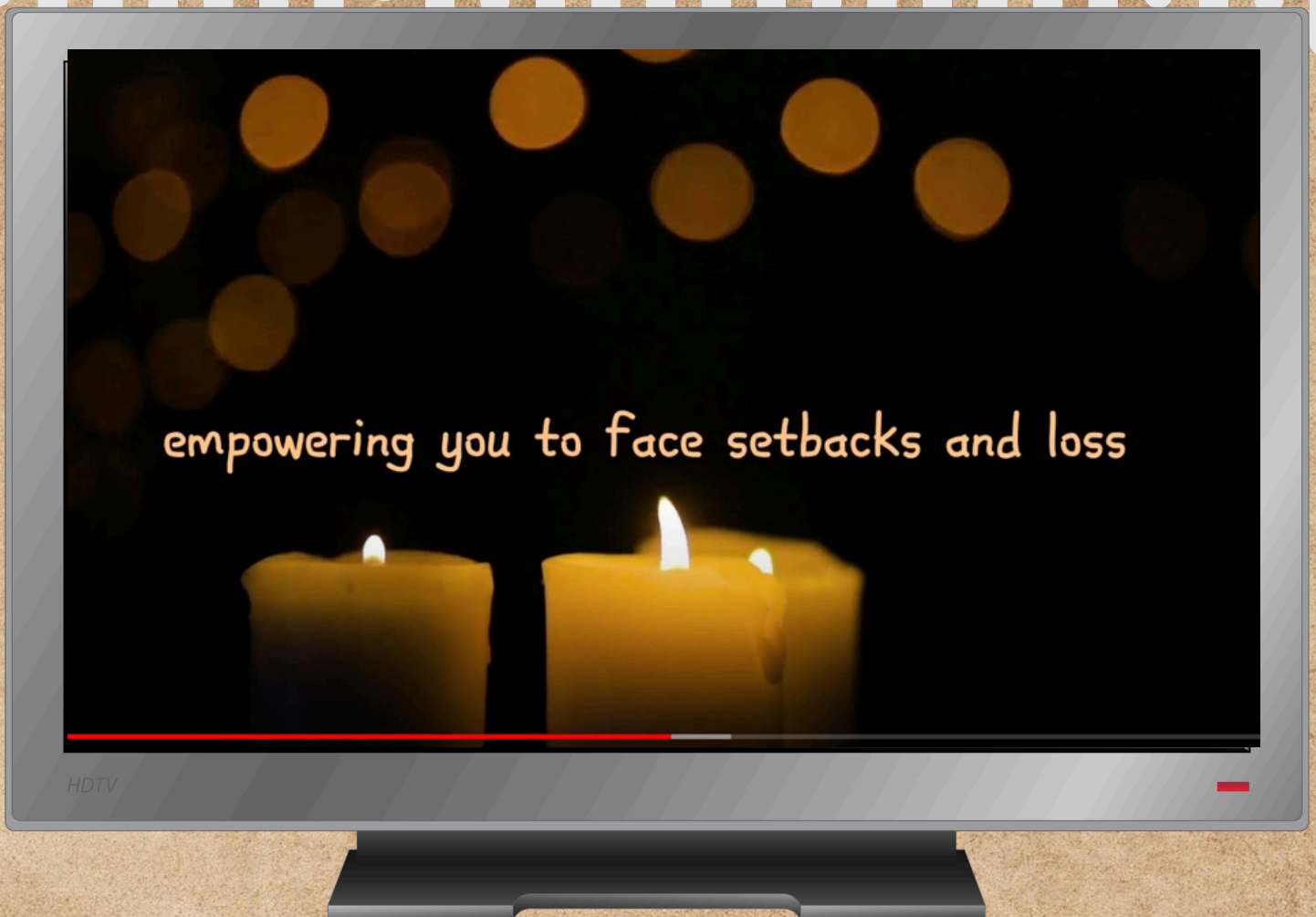
[illegible]

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

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



MEDITATE



[illegible]

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

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



MEDITATE

release any self doubt



[illegible]

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.**



MEDITATE



Feel gratitude for their presence in your life

[illegible]

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

