



Gentle Reflection

A COMPANION WORKBOOK FOR
THE JANUARY EPISODE WITH
NICOLE & JULIA



WHAT ARE A FEW OF THE MOST MEMORABLE
THINGS THAT HAPPENED IN JANUARY?



WHAT DID YOU LEARN ABOUT YOURSELF IN
JANUARY?



WORD OF THE YEAR: REFLECTIONS & UPDATES



WORK

ROSE:

THORN:

BUD:



WELLNESS

ROSE:

THORN:

BUD:



WHAT ARE YOU CRAVING FOR THE NEXT MONTH?



WHAT ARE YOUR TOP TWO MOST IMPORTANT LIFE
ADMIN TASKS FOR FEBRUARY?



WHAT ARE THREE JUST-FOR-FUN THINGS YOU'D
LOVE TO MAKE TIME FOR IN FEBRUARY?