

Change Reflection Journal Page

What's Ending

- What part of your life feels like it's coming to a close?
- What habits, roles, or patterns no longer feel aligned?
- What do you feel ready to release?
- What are you holding onto that feels heavy or outdated?
- What ending feels the most emotionally significant right now?

What's Emerging

- What new opportunities or ideas are showing up?
- What qualities are you growing into?
- What feels exciting, energizing, or quietly hopeful?
- What are you beginning to desire that you didn't before?
- What small signs of new growth do you notice?

What You're Learning

- What has this period of change taught you so far?
- What have you learned about your resilience?
- What patterns are becoming clearer?
- What needs or boundaries surfaced during this transition?
- What do you now understand about yourself that you didn't before?

What You Need Right Now

- What would help you feel more grounded today?
- Who or what can support you in this season?
- What do you need more of? What do you need less of?
- How can you create more internal safety while things shift?

Centering Reflection

- What reminder do you want to carry with you this week?
- What truth feels steady for you right now?
- What intention do you want to set as you move through this change?