



THE WILD WITHIN REFLECTION JOURNAL

A GENTLE PAUSE TO MEET ALL PARTS OF YOURSELF WITH CARE AND CURIOSITY



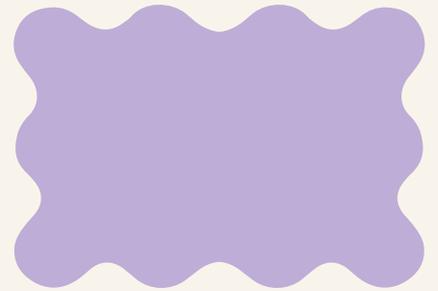
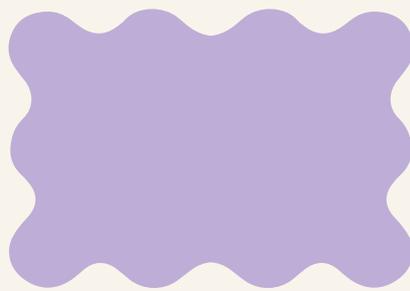
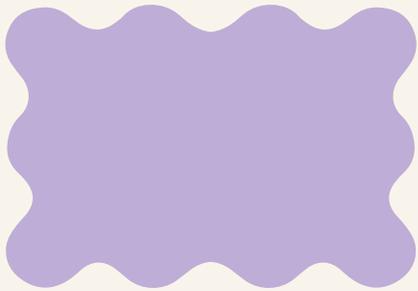
My inner world has value, meaning, and wisdom and I meet it with gentleness and curiosity



WILD WITHIN DAILY CHECK IN

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Take a moment to check in with your inner world. Which parts of you are present right now? What sensations are you noticing in your body? What thoughts are moving through your mind? What emotions are stirring? Jot down whatever arises, or draw something in the boxes that captures your experience. Remember to meet yourself with gentleness and curiosity.



After exploring your inner world, what have you learnt about yourself today? What do you need? Which part of you is asking for care or nourishment? Write down how you plan to support that part. Keep it simple and kind — there's no need to overcomplicate it.

What small piece of inner wisdom surfaced today? Make a note of it here.

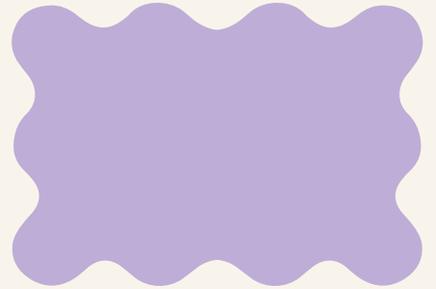
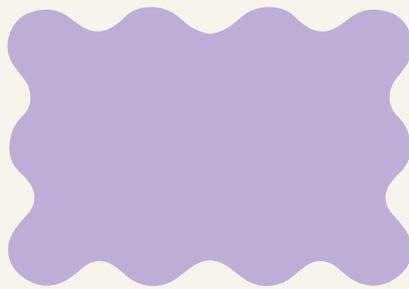
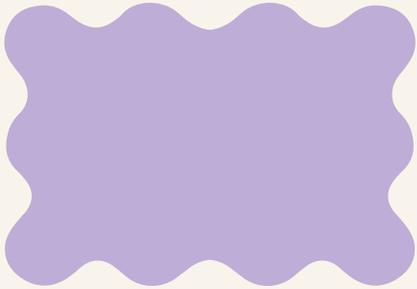
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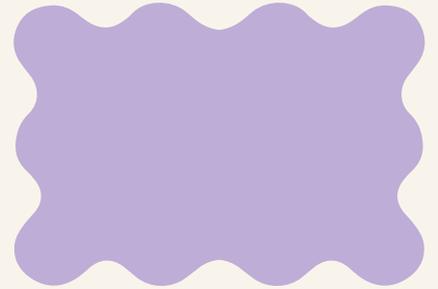
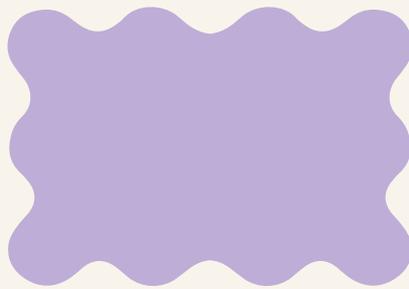
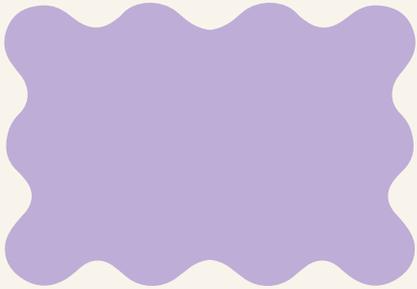
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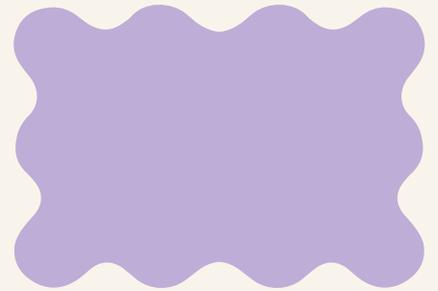
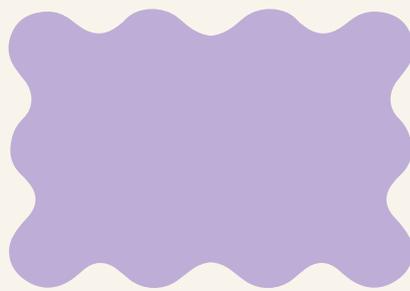
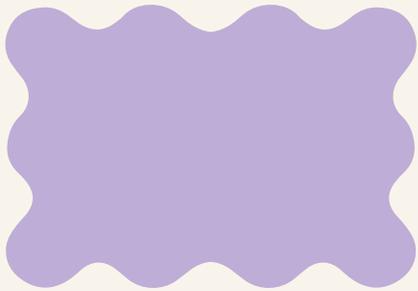
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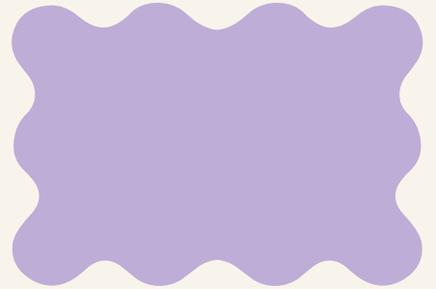
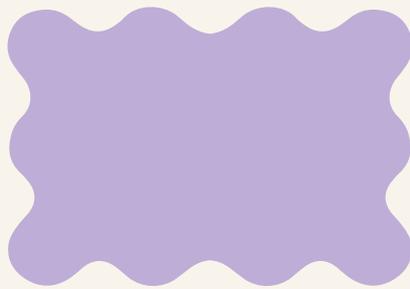
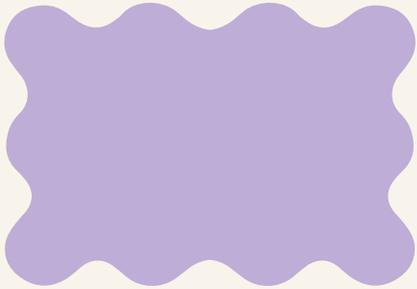
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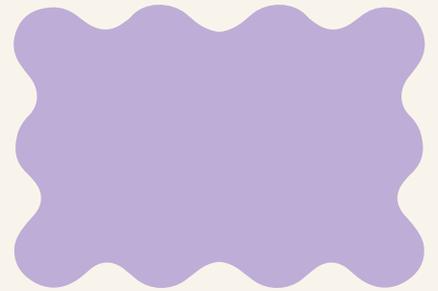
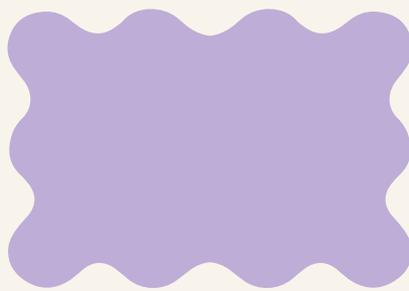
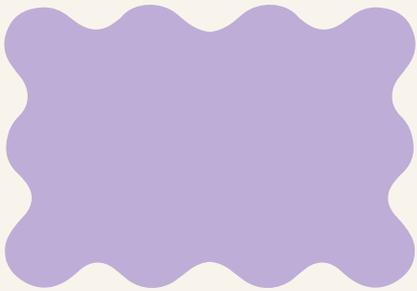
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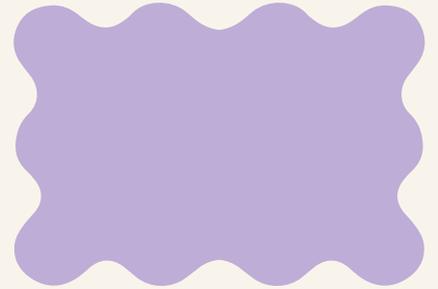
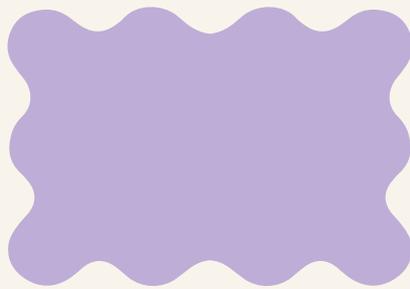
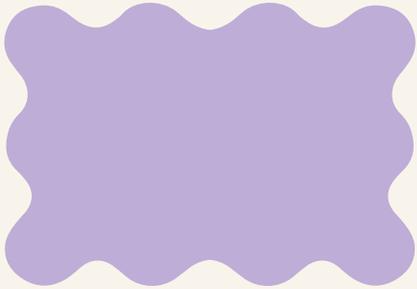
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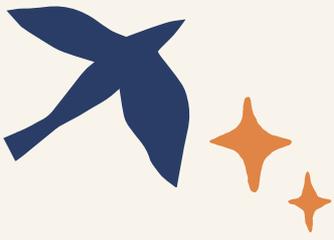
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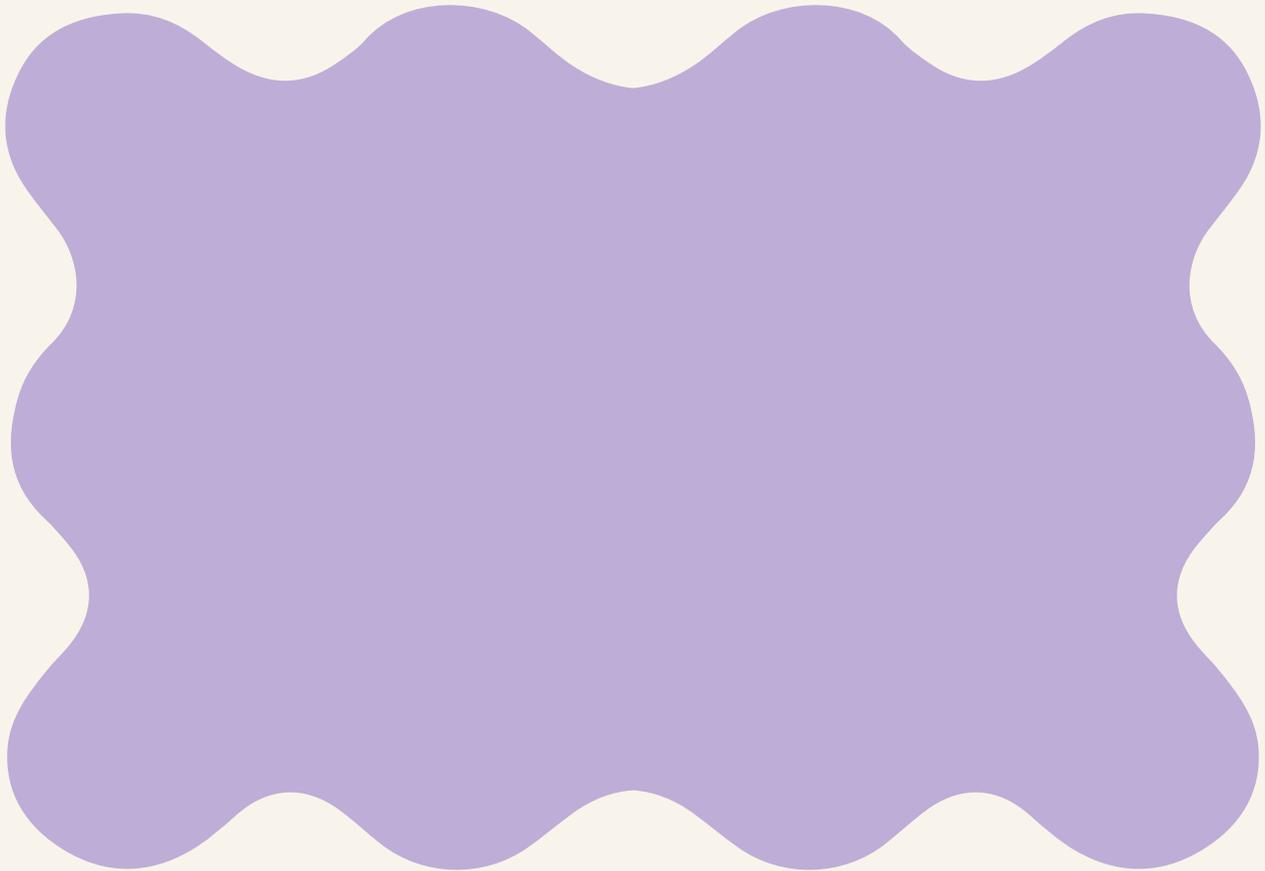
MY WILD WITHIN WEEK

A SACRED PAUSE TO MEET YOURSELF WITH CARE AND LISTEN TO YOUR INNER WISDOM.

This week, I paused to notice the parts of me that spoke, the parts that held, and the parts that simply needed presence. I honour the feelings I experienced, the challenges I navigated, and the gentle moments where I connected with myself. I meet all of me – tender, protective, curious, and resilient – with compassion. I trust the quiet guidance within, the small whispers and insights that emerge when I slow down and listen. I gather what nourishes, release what no longer serves, and carry forward the wisdom that lives inside me.

Reflection Space:

Here, I meet, honour, and care for all my inner parts:



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