

## SOWING SEEDS OF JOY

Take a moment to reflect on the past week. How many positive moments have you experienced versus the negative ones? Use the following prompts to guide your reflection. Try to expand on each moment and explore the feelings they brought up for you.

- What was the most meaningful positive moment for you this week? What made it stand out?

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- Now, consider any negative moments or feelings. How do they compare to the positive ones?

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- Can you think of any patterns that show how you tend to focus on the negative?

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- How can you actively bring more awareness to positive moments in the future?

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## UNCOVERING THE QUIET BEAUTY

We all have moments when our ego tries to create doubt or fear, preventing us from fully embracing joy. Reflect on the last time your ego took charge. What story did it tell you, and how did it make you feel? Once you've identified the story, try to rewrite it in a more compassionate light.



- When was the last time your ego got in the way of your happiness? What was the situation?

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- What specific message did your ego tell you at that moment? Was it about not being good enough, not deserving happiness, or something else?

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- How did this story affect your mood, decisions, or relationships?

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- Now, reframe the story. What would a compassionate voice say to you instead?

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- How can you use this new perspective moving forward, especially when similar thoughts arise?

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