Ways to Share Your Love: Reflection Journal [1]

This journal is your personal space for reflection during the 'Ways to Share Your Love' course. Each session offers prompts and space to capture your thoughts, feelings, and intentions. Feel free to write, draw, or express yourself however you choose.

Session 1: Radiate Love in Your Daily Actions

Reflection Prompt: ***What does radiating love look like in your everyday life?***

Notes, drawings, or insights:

[1] Created using writings by Dr. Michael Obsatz and David Tillman used ChatGPT to summarize – September 2025.

Session 2: Use Your Voice and Platform

Reflection Prompt:

How has sharing your voice brought more love into the world?

Notes, drawings, or insights:

Session 3: Build Loving Communities

Reflection Prompt:

What does community mean to you, and how do you help build it with love?

Notes, drawings, or insights:

Session 4: Transform Challenges with Love

Reflection Prompt:

What challenge are you facing, and how can love guide your response?

Notes, drawings, or insights:

Session 5: Inspire Inner Reflection & Self-Love

Reflection Prompt:

What do you love about yourself today? What helps you remember your worth?

Notes, drawings, or insights:

Session 6: Believe in the Ripple Effect

Reflection Prompt:

How do you hope your love will ripple out into the world?

Notes, drawings, or insights:

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