



2b On Purpose LLC

## Purpose in the Pause

Reflection Journal — Fillable Edition

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This 6-week journal accompanies the 'Purpose in the Pause' video series. Use these pages to reflect, realign, and reconnect with what truly matters. Each week includes the theme, quote, reflection prompts, and space for prayer and insights.

# Week 1: The Gift of Slowing Down

*"The pause isn't wasted time; it's where clarity begins."*

## Reflection Prompts

1. Where is life asking me to slow down and pay attention?

2. What helps me feel most present and peaceful?

3. What rhythms bring me back to center?

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## Prayer / Affirmation

## Notes / Insights

## Week 2: Gratitude in the Present

*“Gratitude doesn’t change your circumstances — it changes you.”*

### Reflection Prompts

1. What three blessings have I overlooked lately?

2. How does gratitude shift the way I view my current season?

3. What is one area where I can practice thankfulness this week?

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### Prayer / Affirmation

### Notes / Insights

# Week 3: Releasing What No Longer Serves You

*"Letting go isn't weakness — it's wisdom."*

## Reflection Prompts

1. What am I still holding onto that no longer serves me?

2. What fear or mindset do I need to release before the new year?

3. How can I make space for growth and peace in this next season?

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## Prayer / Affirmation

## Notes / Insights

## Week 4: Rediscovering What Matters Most

*"Clarity doesn't come from doing more — it comes from returning to what matters."*

### Reflection Prompts

1. Who or what deserves my best attention right now?

2. Where have I drifted from my values this year?

3. How can I realign my focus with what truly matters most?

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### Prayer / Affirmation

### Notes / Insights

# Week 5: Refilling the Tanks

*"Refueling isn't selfish — it's stewardship."*

## Reflection Prompts

1. Which of my tanks (physical, emotional, mental, spiritual) feels low right now?

2. What restores my energy and brings me joy?

3. What one step can I take this week to refill and refocus?

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## Prayer / Affirmation

## Notes / Insights

## Week 6: Peace in the Pause

*"Peace isn't the absence of movement — it's the presence of alignment."*

### Reflection Prompts

1. What am I thankful for from this year?

2. What have I learned about myself during this pause?

3. What peace do I want to carry into the new year?

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### Prayer / Affirmation

### Notes / Insights