



# SHIFT!

*A Reflection & Journaling Worksheet*

*September is a month of change—light shifts, seasons shift, and so can you. In this episode, we talk about the power of small, intentional shifts: shifting your perspective, your energy, and your focus.*

*As you shift these things, ask yourself these reflection questions and journal your thoughts!*

## Shifting Your Perspective

- Where in my life am I stuck in an old story that no longer serves me?
- If I looked at this challenge through the eyes of compassion (for myself or others), what would shift?
- What's one situation I could reframe this week so it feels lighter, more hopeful, or more empowering?

## Shifting Your Energy

- When do I feel my energy drop most often? (time of day, situation, environment)
- What simple movement, practice, or ritual helps me shift back into flow?
- If my body could speak right now, what would it ask me to release?

## Shifting Your Focus

- What have I been focusing on that drains me or makes me feel small?
- What three things—big or small—brought me joy or gratitude today?
- Where could I place more focus this month to expand possibility and delight?

*Remember: Small shifts create big transformations. You don't need to overhaul everything—you just need to shift.*



*This is the shell I mention in my SHIFT podcast from September 2. Not a pretty shell, but beautiful and strong, in that it has endured a lot of chips and more, and still is whole.*