



7-DAY SELF REFLECTION JOURNAL



**A sacred invitation to discover your authentic self
through spiritual reflection and Divine connection.**

Your soul holds your deepest truths, your purpose, and all the wisdom from your life experiences. This journal is your companion on a seven-day journey of self-discovery, designed to help you connect with the Divine truth within you and step more fully into who you were created to be.

**Are you ready to drop your ego and pride and
see yourself through God's eyes of unconditional love?**

DrVivianMondo.com

Day 1 | 7-Day Self Reflection Journal

PRAYER

God, help me see myself through Your eyes and honor the truth You placed within me.

DAY 1 PROMPT:

Write about a moment when you felt most like yourself. What were you doing, who were you with, and how did it feel?

REFLECTION:

Reflect on what this says about your authentic self.

Day 2 | 7-Day Self Reflection Journal

PRAYER

God, help me see myself through Your eyes and honor the truth You placed within me.

DAY 2 PROMPT:

Write about a moment when you felt most like yourself. What were you doing, who were you with, and how did it feel?

REFLECTION:

Reflect on what this says about your authentic self.

Day 3 | 7-Day Self Reflection Journal

PRAYER

God, help me see myself through Your eyes and honor the truth You placed within me.

DAY 3 PROMPT:

Write about a moment when you felt most like yourself. What were you doing, who were you with, and how did it feel?

REFLECTION:

Reflect on what this says about your authentic self.

Day 4 | 7-Day Self Reflection Journal

PRAYER

God, help me see myself through Your eyes and honor the truth You placed within me.

DAY 4 PROMPT:

Write about a moment when you felt most like yourself. What were you doing, who were you with, and how did it feel?

REFLECTION:

Reflect on what this says about your authentic self.

Day 5 | 7-Day Self Reflection Journal

PRAYER

God, help me see myself through Your eyes and honor the truth You placed within me.

DAY 5 PROMPT:

Write about a moment when you felt most like yourself. What were you doing, who were you with, and how did it feel?

REFLECTION:

Reflect on what this says about your authentic self.

Day 6 | 7-Day Self Reflection Journal

PRAYER

God, help me see myself through Your eyes and honor the truth You placed within me.

DAY 6 PROMPT:

Write about a moment when you felt most like yourself. What were you doing, who were you with, and how did it feel?

REFLECTION:

Reflect on what this says about your authentic self.

Day 7 | 7-Day Self Reflection Journal

PRAYER

God, help me see myself through Your eyes and honor the truth You placed within me.

DAY 7 PROMPT:

Write about a moment when you felt most like yourself. What were you doing, who were you with, and how did it feel?

REFLECTION:

Reflect on what this says about your authentic self.
