



MARCH 2026: REFLECTION COMPANION

(Printable Page for Readers)

Pause. Reflect. Notice what your awareness is showing you.

This Month's Insight

One idea from this month's newsletter that stayed with me:

A Moment of Awareness

Describe a recent moment when you noticed something others may have missed.

What I'm Beginning to Understand About Myself



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A Brave Step I'm Willing to Try

One small action I can take this week to trust my awareness more:

A Thought I Want to Remember

Quiet Reminder

Your awareness is not a weakness.

It is one of the ways you understand the world.