

YOUR 7-DAY REFLECTION

Which moment stayed with you most?

What showed up more than once?

What do you want more of?

Want to keep going?

Continue the same simple rhythm with the full
12-week HIGHLIGHTS journal.

www.lifeinion.ch

HIGHLIGHTS · 12 weeks for what feels good

A ONE-WEEK PREVIEW

HIGHLIGHTS

7 days for what feels good

Three moments. That's all.

Three highlights every day.

Write down three moments each day that feel good.

DAY 1 DATE _____

- 1 _____
- 2 _____
- 3 _____

DAY 2 DATE _____

- 1 _____
- 2 _____
- 3 _____

DAY 3 DATE _____

- 1 _____
- 2 _____
- 3 _____

DAY 4 DATE _____

- 1 _____
- 2 _____
- 3 _____

DAY 5 DATE _____

- 1 _____
- 2 _____
- 3 _____

DAY 6 DATE _____

- 1 _____
- 2 _____
- 3 _____

DAY 7 DATE _____

- 1 _____
- 2 _____
- 3 _____