

Reflection Questions & Inner Garden Journal

Reflection Questions

Chapter 1: Roots and Beginnings

- • What moments in your life have felt like a fresh planting or a new beginning?
- • Are there any “roots” in your life that need tending or deeper reflection?

Chapter 2: Watering the Soul

- • What kind of spiritual or emotional “water” do you need most right now?
- • How can you build rhythms that refresh your soul?

Chapter 3: The Quiet of Growth

- • In what moments have you grown silently, without immediate results?
- • What are you nurturing in your life that may be growing beneath the surface?

Chapter 4: Sun-Kissed Optimism

- • What “light” do you turn toward in hard times?
- • How can you stay focused on that light when shadows grow?

Chapter 5: The Elixir of Life—Water

- • How do you know when you need rest or renewal?
- • Who or what is your steady source of nourishment?

Chapter 6: Seasons of Care

- • What season are you currently in—spring, summer, fall, or winter?
- • How can you better honor the rhythm of this season?

Chapter 7: Community in the Garden of Life

- • What does community mean to you right now?
- • How can you intentionally support and connect with others?

Chapter 8: The Art of Patience

- • In what areas of life are you being asked to wait?
- • How can you reframe waiting as preparation instead of delay?

Chapter 9: Weeding Out Negativity


- • What thoughts, habits, or relationships are choking your growth?
- • What are some “good seeds” you want to plant and nurture?


Chapter 10: Harvesting Gratitude

- • What are you grateful for that has come from a long process?
- • What are the fruits of your life's garden that you may have overlooked?

Journaling Section: Naming Your Seed

Thoughts are seeds. Left unchecked, they still grow. Just like remembering to label your seeds when you plant them is a good idea, labeling your thoughts can help you know what is growing in your mind.


 What thought are you planting today?

 What do you hope it will grow into?


 Does this need sunlight, pruning, or patience?

Garden Planning


Draw, list, or imagine the garden of your life. What do you want to grow?

 Seeds I'm planting:

- * _____
- * _____
- * _____

 Conditions I need for growth:

- * _____
- * _____

 Things I need to prune or remove:

- * _____
- * _____