

Inspirational Guidance



Resources that
build self-confidence
develop self-reliance
and help you
live with purpose
one step at a time.

www.inspirationalguidance.com




Living With Intention

Reflection Worksheet

To help you make this story more than just a feel-good read, I created a companion worksheet with journal prompts for each chapter. It's free to download and perfect for your next quiet moment, whether you've read the story once or many times.

READ THE STORY ON OUR BLOG: [The Gardener's Choice](#)

What's inside:

-  Chapter-by-chapter journaling questions
-  Space to reflect on your own life choices and habits
-  Prompts that help you notice your patterns, name your values, and recommit to what matters

Each prompt is designed to meet you where you are—with compassion, clarity, and gentle encouragement to take the next small step.

How to Use the Worksheet

You don't need to do this in one sitting. In fact, I'd encourage you not to.

Here's a simple approach:

1. Read or re-read one chapter of the story.
Let it sit with you for a moment before jumping into the questions.
2. Choose 1–2 prompts from that chapter.
Write freely. There are no rules, no right answers. Just honesty.
3. Return again tomorrow. Or next week.
This isn't homework—it's a quiet conversation with yourself.
4. Let your answers evolve.
As you grow, your perspective might shift. That's not failure. That's flourishing.

For more reflective tools & downloads visit:

<https://www.inspirationalguidance.com>

Chapter 1 – The Garden Awakening

- What parts of your daily routine feel like they're on autopilot?
- When was the last time you paused to ask, 'Is this what I really want?'
- If your life was a garden, what have you been planting without realising it?
- What might 'living with intention' mean to you right now?

Chapter 2 – The Quiet Work of Growth

- What small habit have you started but struggled to maintain? Why?
- Describe a moment where you showed up for yourself, even in a small way.
- What's one patch of your life that needs more tending right now?
- What would it look like to commit to just one small action, consistently?

Chapter 3 – The Seeds of Others

- Who in your life has been positively influenced by your growth?
- How does sharing your journey deepen your understanding of it?
- What's one piece of wisdom you would pass on to someone starting out?
- How do you feel when you're seen as a steady presence by others?

Chapter 4 – The Season of Letting Go

- What have you had to let go of recently—even if it was painful?
- How did that experience change the way you define what matters?
- How can you adapt your intentions to meet your current reality?
- What does it mean to live intentionally in seasons of disruption?

Chapter 5 – The Mirror in the Pond

- What inner voice have you been listening to lately—your critic or your guide?
- Where have you been holding yourself to impossible standards?
- What would it look like to live intentionally *without* needing to be perfect?
- What part of your current season needs more kindness than discipline?