

CELEBRATE INNER GROWTH

# Echoes of the Heart

This card is an invitation to your own reflection. Use these prompts to guide your thoughts during our time together. You may choose one, all, or none. This is your space.



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# A Moment of Stillness

Think of a time you felt perfectly calm and at peace.  
Where were you? What did you see?



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# An Unexpected Connection

Recall a brief, unexpected moment of connection with a stranger. What was unsaid between you?

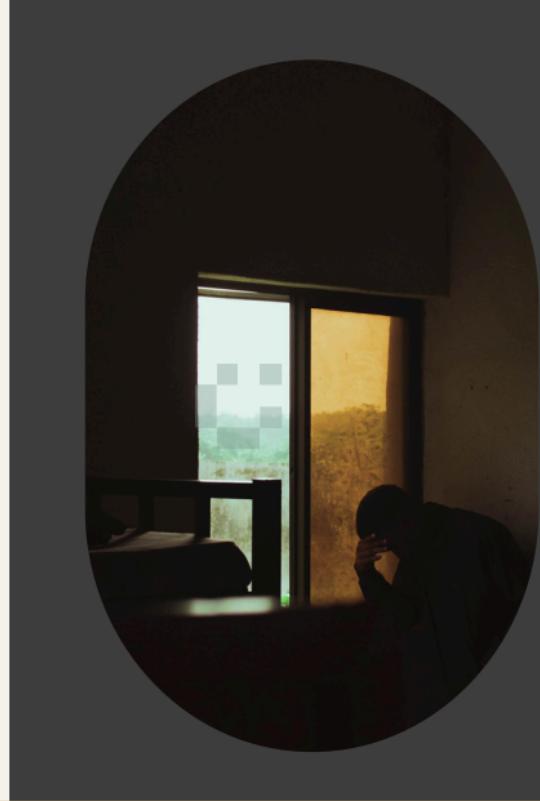


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# The Sound of Silence

What does silence sound like to you? Think of a silence that was comforting, and one that was challenging.



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# A Story in a Scar

We all have scars, visible or not. I wonder what story of resilience one of yours tells.



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# A Generous Act

Remember a small act of kindness you witnessed or received. How did it change the rest of your day?



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