

Being a Door

By Sameera Ali Baba – MCCICF



Hello

Here are 30 lessons we can learn from Doors, a reflective question for each lesson, and at the end of the journal, you will find reflective cards to go along with this journal.

Remember, these lessons can be applied metaphorically to life, using the door as a symbol.

Take some time to reflect on these questions and consider how you can apply these lessons to your life journey.

Sameera Baba - MCC



My Reflection

"Doors are portals to new beginnings."
Reflective question:
What new beginnings are you ready to embrace through the doors in your life?



My Answers

Make connections
between your thoughts

Actions

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My Reflection

"Behind every closed door, there is a lesson waiting to be learned."

Reflective question:
What lessons have you
gained from the closed
doors you've
encountered?



My Answers

Make connections
between your thoughts

Actions

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My Reflection

"A door holds the power to transform your path."

Reflective question:
How can you harness
the transformative
power of doors to
shape your journey?



My Answers

Make connections
between your thoughts

Actions

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My Reflection

"Doors are silent storytellers of the spaces they guard."
Reflective question:
What stories do you
imagine the doors you
encounter might tell?



My Answers

Make connections
between your thoughts

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My Reflection

"Knock on doors fearlessly;
opportunities await those
who seek."

Reflective question: What
steps can you take to
fearlessly pursue the
opportunities that lie
behind doors?



My Answers

Make connections
between your thoughts

Actions

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My Reflection

"Doors can reveal the unexpected; embrace the element of surprise."

Reflective question: How can you cultivate a sense of openness to the unexpected when approaching doors?



My Answers

Make connections
between your thoughts

Actions

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My Reflection

"Step through the door and into the realm of possibilities."

Reflective question: What possibilities do you envision for yourself beyond the doors that stand before you?



My Answers

Make connections
between your thoughts

Actions

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My Reflection

"Doors can be bridges to connection and understanding."

Reflective question: How can you use doors as bridges to foster deeper connections with others?



My Answers

Make connections
between your thoughts

Actions

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My Reflection

"Behind every door, there is a chance for growth."

Reflective question: How can you approach each door as an opportunity for personal and professional growth?



My Answers

Make connections between your thoughts

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My Reflection

"Doors are invitations to explore the unknown."
Reflective question: What steps can you take to embrace the unknown when faced with new doors?



My Answers

Make connections
between your thoughts

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My Reflection

"Doors can be the key to unlocking your passions."
Reflective question: What passions or interests do you hope to unlock by stepping through certain doors?



My Answers

Make connections
between your thoughts

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My Reflection

"Doors remind us that change is always possible."
Reflective question: How can you embrace change and adaptability when confronted with doors?



My Answers

Make connections
between your thoughts

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My Reflection

"Behind every door, there is a world waiting to be discovered."

Reflective question: What steps can you take to approach each door with a sense of curiosity and discovery?



My Answers

Make connections
between your thoughts

Actions

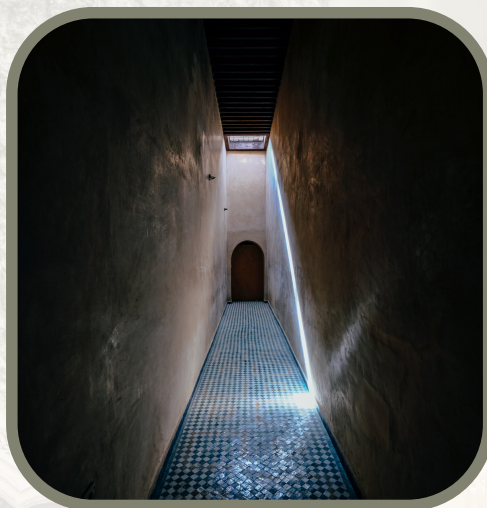
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My Reflection

"Doors offer opportunities for reinvention and self-discovery."

Reflective question: How can you use doors as catalysts for self-reflection and personal growth?



My Answers

Make connections between your thoughts

Actions

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My Reflection

"Doors can serve as gateways to new perspectives."

Reflective question: How can you open yourself up to new perspectives and experiences through the doors you encounter?



My Answers

Make connections between your thoughts

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My Reflection

"The key to unlocking doors lies within yourself."

Reflective question: What inner strengths or qualities can you tap into to unlock the doors on your path?



My Answers

Make connections
between your thoughts

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My Reflection

"Doors can lead you toward the fulfillment of your dreams."
Reflective question: What dreams or aspirations do you hope to pursue by stepping through certain doors?



My Answers

Make connections between your thoughts

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My Reflection

"Doors remind us that opportunities can present themselves at any moment."
Reflective question: How can you maintain a sense of awareness and readiness for opportunities that may arise behind doors?



My Answers

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between your thoughts

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My Reflection

"Doors can guide you to the places where you belong."

Reflective question: What steps can you take to find a sense of belonging through the doors you encounter?



My Answers

Make connections
between your thoughts

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My Reflection

"Doors can be gateways to empowerment and success."
Reflective question: How can you approach doors with a mindset of empowerment and a belief in your own success?



My Answers

Make connections
between your thoughts

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My Reflection

"Behind every door, there may be challenges, but also hidden strengths."

Reflective question: How can you tap into your hidden strengths to overcome the challenges that lie behind certain doors?



My Answers

Make connections
between your thoughts

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My Reflection

"Doors can carry echoes of the past and whispers of the future."

Reflective question: How can you honor the lessons of the past and embrace the possibilities of the future as you approach doors?



My Answers

Make connections
between your thoughts

Actions

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My Reflection

"Doors can reveal the resilience and determination within you."

Reflective question: In what ways can you draw upon your resilience and determination when faced with closed doors?



My Answers

Make connections between your thoughts

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My Reflection

"Doors remind us that the journey is as important as the destination."

Reflective question: How can you embrace the process of opening doors and appreciate the experiences along the way?



My Answers

Make connections
between your thoughts

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My Reflection

"Behind every door, there is an opportunity to leave a positive impact."

Reflective question: How can you approach doors with a mindset of creating positive change and leaving a lasting impact?



My Answers

Make connections
between your thoughts

Actions

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My Reflection

"Doors can connect you with mentors and allies who can shape your path."

Reflective question: How can you seek guidance and support from mentors and allies you encounter behind doors?



My Answers

Make connections
between your thoughts

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My Reflection

"Doors can serve as reminders that growth requires stepping outside your comfort zone."

Reflective question: In what ways can you challenge yourself to step outside your comfort zone when faced with new doors?



My Answers

Make connections
between your thoughts

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My Reflection

"Behind every door, there is a chance to redefine yourself."
Reflective question: How can you embrace the opportunity for self-reinvention as you encounter new doors?



My Answers

Make connections
between your thoughts

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My Reflection

"Doors can remind you of the power of perseverance and resilience." Reflective question: How can you cultivate perseverance and resilience in the face of closed doors, knowing that they are often stepping stones to future success?



My Answers

Make connections
between your thoughts

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My Reflection

"Doors hold the key to expanding your horizons and embracing new possibilities." Reflective question: How can you approach doors with a sense of openness and a willingness to explore new horizons?



My Answers

Make connections
between your thoughts

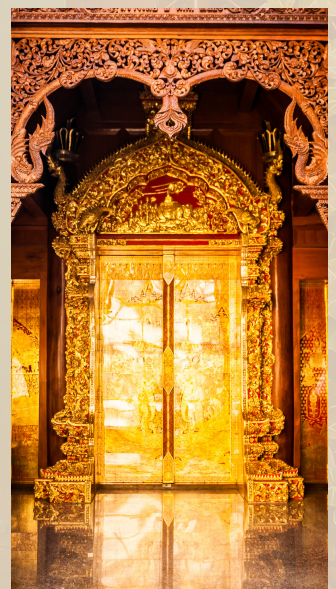
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