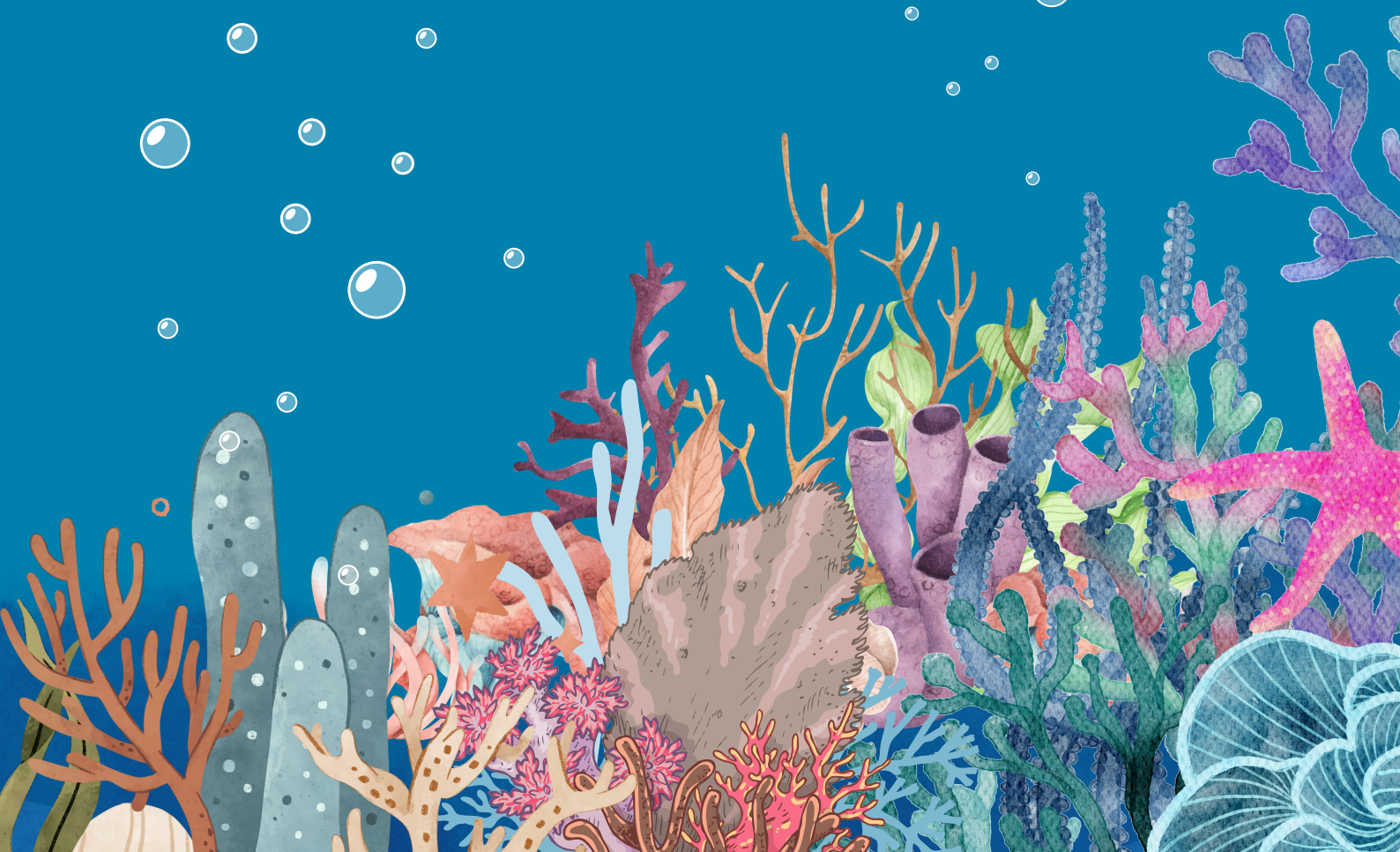
iReflect

ON MY INNER SEA CREATURE

By Sameera Baba - MCC



iReflect

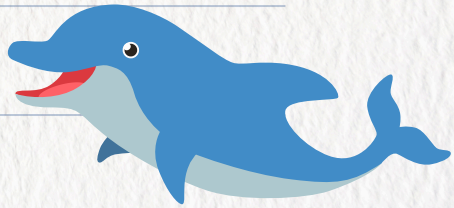
Here are 21 lessons we can learn from different sea creatures, a reflective question for each lesson, and at the end of the journal, you will find reflective cards to accompany this journal. Remember, these lessons can be applied metaphorically to life, using the creatures as a symbol. Take some time to reflect on these questions and consider how you can apply these lessons to your life journey.

Sameera Baba - MCC

iReflect

Lesson from dolphins: Foster strong social connections and cultivate a sense of community.

HOW CAN I NURTURE MY SOCIAL CONNECTIONS AND CONTRIBUTE TO A SENSE OF COMMUNITY IN MY OWN LIFE?



iReflect

Lesson from sea turtles: Embrace patience and trust the process of life's journey.

HOW CAN I CULTIVATE PATIENCE AND TRUST IN THE JOURNEY OF MY OWN LIFE?



iReflect

Lesson from jellyfish: Adapt to change gracefully and go with the flow.

HOW CAN I EMBRACE CHANGE AND ADAPT MORE GRACEFULLY IN THE FACE OF LIFE'S UNCERTAINTIES?



iReflect

Lesson from clownfish: Find strength in symbiotic relationships and support one another.

HOW CAN I CULTIVATE MUTUALLY BENEFICIAL RELATIONSHIPS AND PROVIDE SUPPORT TO THOSE AROUND ME?



iReflect

Lesson from octopuses: Embrace curiosity and explore new possibilities.

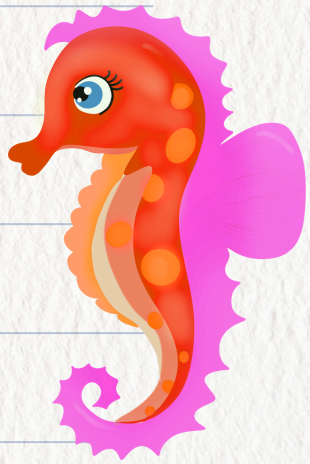
HOW CAN I CULTIVATE CURIOSITY AND EMBRACE A SENSE OF EXPLORATION IN MY OWN LIFE?



iReflect

Lesson from seahorses: Practice patience, dedication, and perseverance in nurturing relationships.

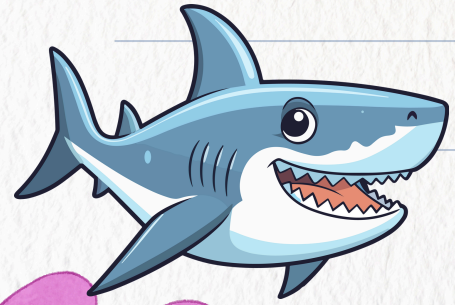
HOW CAN I DEMONSTRATE PATIENCE, DEDICATION, AND PERSEVERANCE IN NURTURING MY OWN RELATIONSHIPS?



iReflect

Lesson from sharks: Be confident and assertive in pursuing your goals.

HOW CAN I DEVELOP AND MAINTAIN A SENSE OF CONFIDENCE AND ASSERTIVENESS IN PURSUING MY OWN GOALS?



iReflect

Lesson from coral reefs: Cultivate diversity and appreciate the beauty in differences.

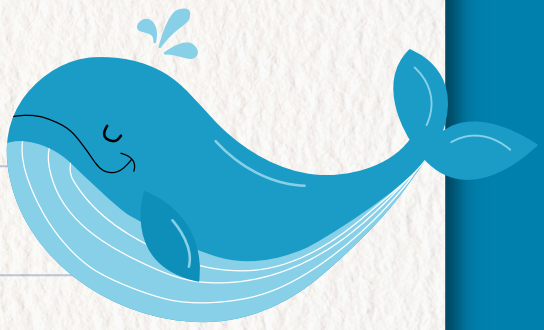
HOW CAN I EMBRACE DIVERSITY AND APPRECIATE THE UNIQUE QUALITIES AND PERSPECTIVES OF THOSE AROUND ME?



iReflect

Lesson from whales: Communicate effectively and listen attentively to others.

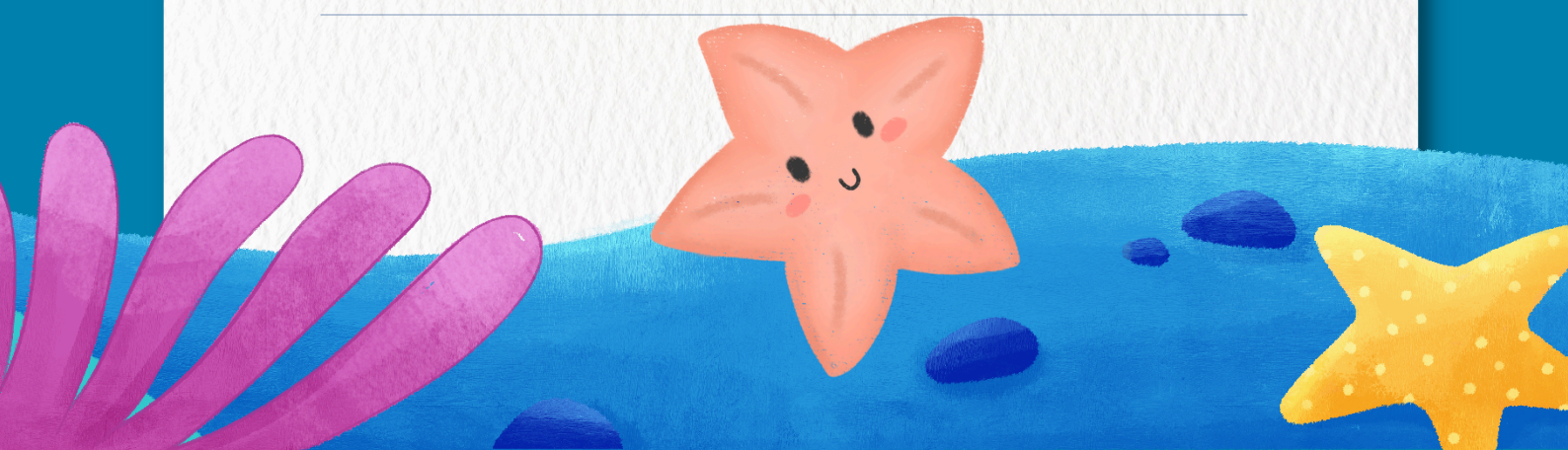
HOW CAN I IMPROVE MY COMMUNICATION SKILLS AND BECOME A MORE ATTENTIVE LISTENER?



iReflect

Lesson from starfish: Embrace regeneration and the ability to bounce back from adversity.

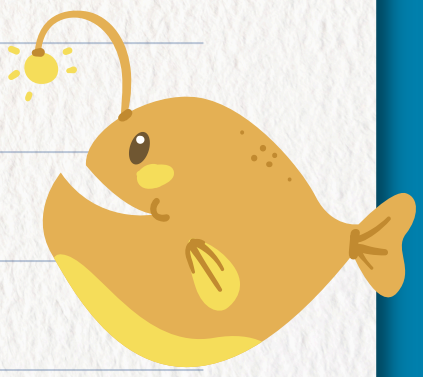
HOW CAN I CULTIVATE RESILIENCE AND BOUNCE BACK FROM CHALLENGES AND SETBACKS IN MY OWN LIFE?



iReflect

Lesson from anglerfish: Embrace adaptability and use creativity to navigate unfamiliar environments.

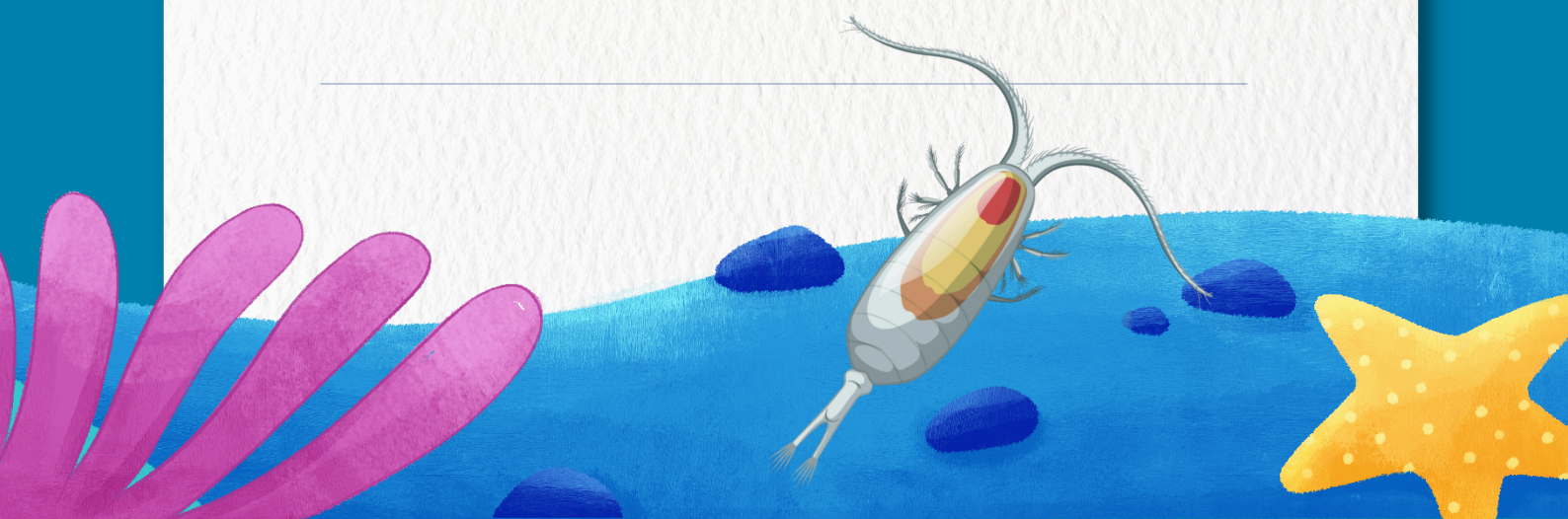
HOW CAN I EMBRACE ADAPTABILITY AND USE CREATIVITY TO NAVIGATE UNFAMILIAR SITUATIONS AND ENVIRONMENTS IN MY LIFE?



iReflect

Lesson from plankton: Recognize the importance of even the smallest contributions and actions.

HOW CAN I ACKNOWLEDGE AND APPRECIATE THE SIGNIFICANCE OF SMALL CONTRIBUTIONS AND ACTIONS IN MY OWN LIFE?



iReflect

Lesson from manta rays: Move gracefully through life, trusting your instincts and intuition.

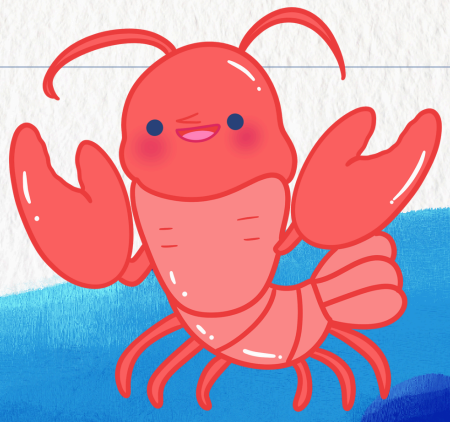
HOW CAN I EMBRACE VULNERABILITY AND BE WILLING TO SHED OUTDATED BELIEFS OR BEHAVIORS IN ORDER TO GROW AND EVOLVE?



iReflect

Lesson from lobsters: Embrace vulnerability and shed old shells to grow and evolve.

HOW CAN I CULTIVATE TRUST IN MY INSTINCTS AND MOVE GRACEFULLY THROUGH LIFE, GUIDED BY MY INTUITION?



iReflect

Lesson from crabs: Be adaptable and open to changing directions when necessary.

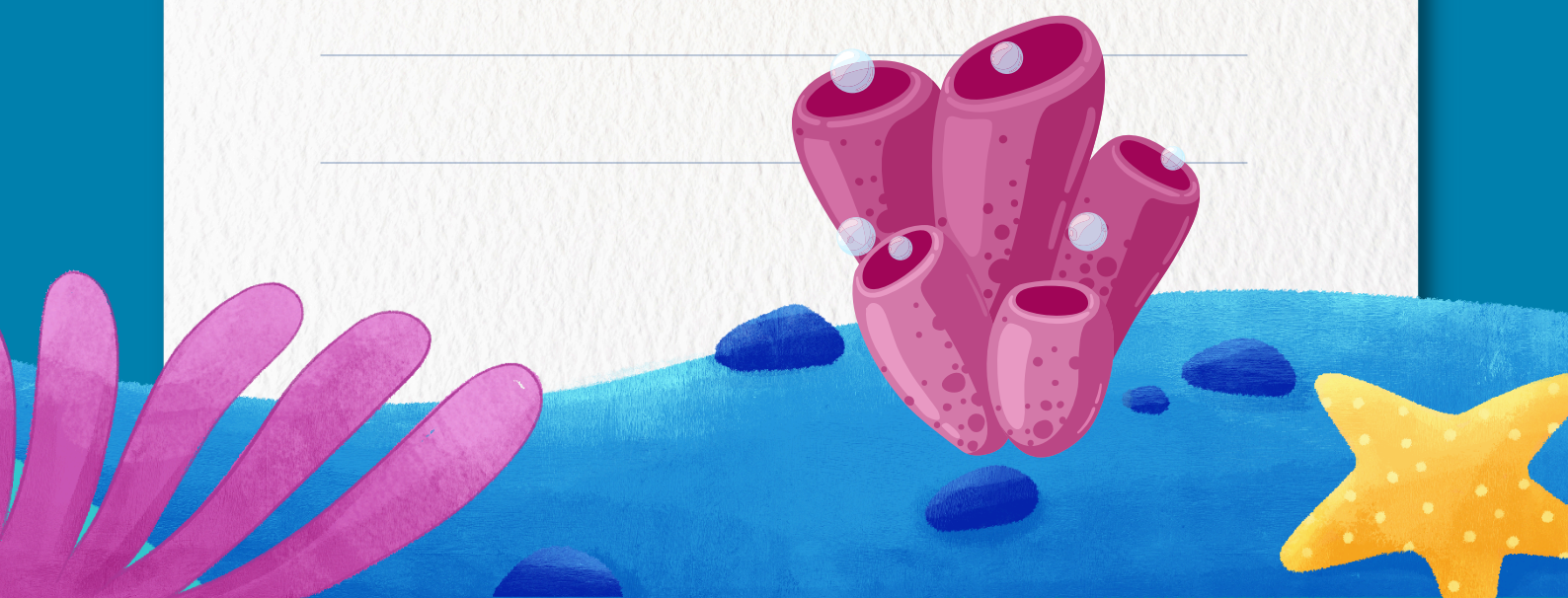
HOW CAN I INFUSE MORE JOY AND PLAYFULNESS INTO MY DAILY LIFE AND ACTIVITIES?



iReflect

Lesson from sea anemones: Establish healthy boundaries and protect your well-being.

HOW CAN I ESTABLISH AND MAINTAIN HEALTHY BOUNDARIES THAT PROTECT MY OWN WELL-BEI??



iReflect

Lesson from penguins: Embrace teamwork and collaboration to achieve common goals.

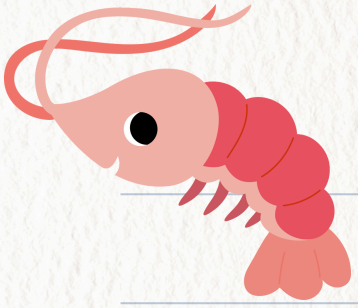
HOW CAN I FOSTER A SPIRIT OF TEAMWORK AND COLLABORATION IN MY PERSONAL AND PROFESSIONAL RELATIONSHIPS?



iReflect

Lesson from shrimps: Embrace adaptability and thrive in diverse environments.

HOW CAN I EMBRACE THE UNKNOWN AND EXPLORE THE DEPTHS OF MY OWN POTENTIAL?



iReflect

Lesson from Clam: Embrace inner stillness and patience in the face of challenges.

HOW CAN I CULTIVATE INNER STILLNESS AND PATIENCE TO NAVIGATE CHALLENGES WITH GRACE AND RESILIENCE?



iReflect

Lesson from Orca: Foster strong family bonds and prioritize the well-being of your community

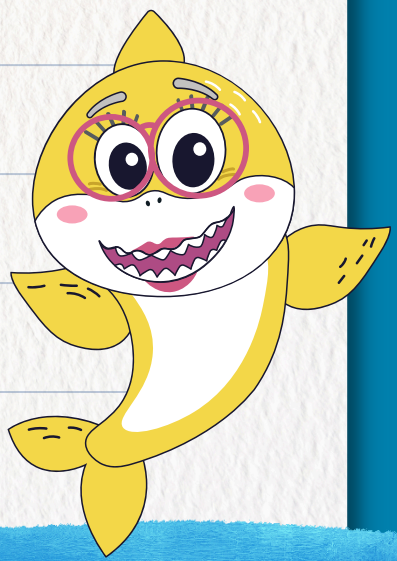
HOW CAN I PRIORITIZE AND NURTURE THE IMPORTANT RELATIONSHIPS AND COMMUNITIES IN MY OWN LIFE?



iReflect

Lesson from Lemon Shark: Nurture your instincts and trust your intuition in decision-making.

HOW CAN I CULTIVATE A DEEPER CONNECTION WITH MY INSTINCTS AND TRUST MY INTUITION IN MAKING IMPORTANT DECISIONS?













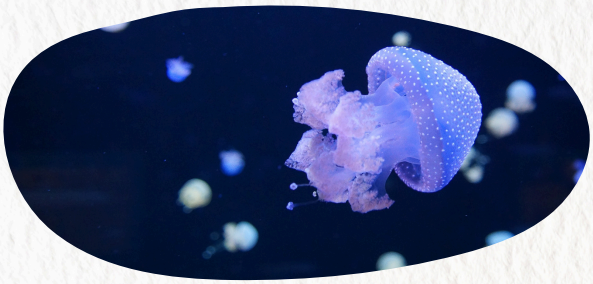










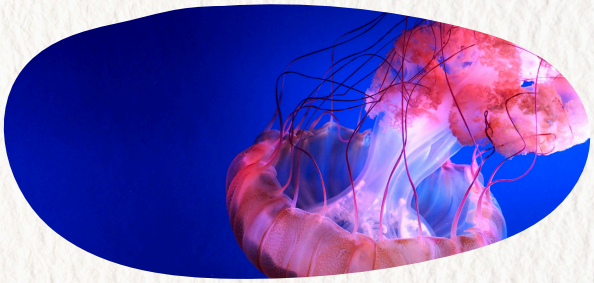
































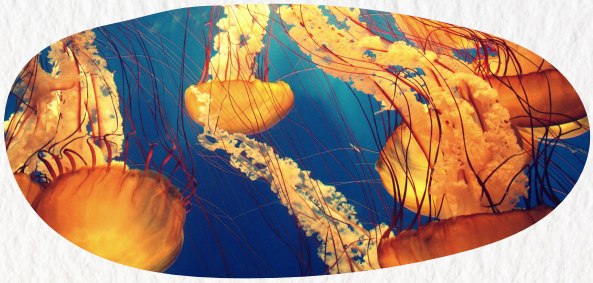










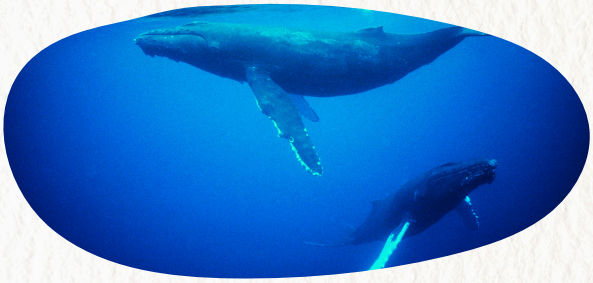


















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