



REFLECTIVE

Journal



Anne-Marie Bond

www.theportraitofspirit.com

REFLECTION JOURNAL - SPIRIT TALKS

The Voucher of Life

Created by Anne-Marie Bond



Your Name:

Welcome to Your Reflection Journey

This journal is a companion to the audio “The Voucher of Life” by Anne-Marie Bond.

Use these pages as a sacred space to contemplate how you are honouring the divine gift of time in your life. There are no right or wrong answers; instead, focus on nurturing deeper awareness, truth, and a gentle spiritual awakening. Let your Spirit guide your writing. While listening to the recording, allow the words to uplift your soul and jot down anything that resonates with your inner being.





Reflection Prompts

- 1.How have I been spending my time lately? Is it soul-fulfilling or soul-draining?
- 2.What small changes could I make today to spend my time more meaningfully?
- 3.What do I avoid doing, even though I know it aligns with my purpose?
- 4.What makes me feel most alive, connected, and guided by Spirit?
- 5.If my voucher of life expired tomorrow, what would I regret not doing or saying?

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Free Writing Space

Use this page to let your thoughts, drawings, or impressions flow naturally.

Let Spirit inspire you. Whether you choose to jot down a vivid dream, sketch a fleeting image from your mind's eye, or let your pen dance across the paper, embrace the freedom of this creative playground. Perhaps you'll capture the essence of a moment, or explore the depths of a feeling, allowing your imagination to take flight without boundaries as you listen to the audio.

Remember, there's no right or wrong here, only the beauty of expression in its purest form. Let every stroke, word, or doodle be a testament to your unique journey, a celebration of the boundless creativity within you.

Free Writing Space

Continue.....



Free Writing Space

Continue.....





Complete the Sentence

The voucher of my life allows me to enjoy the physical expression provided to me by the creator of all life. As I look within at what I would like to do with my life:

I embrace each moment with gratitude and seek joy in the simplicity of everyday experiences. I wish to cultivate kindness and compassion, not only for others but also for myself. I aspire to nurture my passions, whether they be creating art, exploring nature, or learning new skills, and use them to positively impact the world around me. My heart desires to build meaningful connections with those I encounter, sharing laughter, wisdom, and support.

Ultimately, I hope to live a life that reflects authenticity and purpose, guided by the values and dreams that resonate deeply within my soul.....

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Optional: Please type out your thoughts above and send them to Anne-Marie at spiritualstars@gmail.com. They may be partially featured in a collage that could be shared online.

Stay Connected & Thank you for downloading this reflection journal.

May your learning journey through listening lead you to greater awareness, purpose, and tranquility. For additional spiritual resources, mentorship, and artistic inspiration, please visit www.theportraitofspirit.com or reach out at spiritualstars@gmail.com.

To listen to the rest of the audio from October 2025: Go to my YouTube channel: Anne-Marie Bond

Remember, each step you take on this journey brings you closer to understanding and harmony.

****Embrace moments of stillness and reflection****, as they will guide you toward a deeper connection with yourself and the world around you. Keep your heart open to the wisdom that unfolds, and let your spirit be nourished by the insights you gather. Your journey is unique and invaluable, and I feel privileged to be a part of it. ✨

Blessings,
Anne-Marie X

Use the space below to jot down the workshops, courses or mentorships you intend to join. Remember visit: www.theportraitofspirit.com navigate to PRIVATE Tutoring: MENTORSHIPS, OR ONLINE EVENTS/WORKSHOPS

