



Marigold Harbor Reflection Pages

*A Gentle Journaling Companion
Inspired by The Calendula Kitchen*

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By Davilyn Atwood

These reflection pages are inspired by the quiet rhythms of Marigold Harbor, slow mornings, warm kitchens, and gentle beginnings. Use these pages to reflect, journal, and create your own moments of calm.

A Quiet Morning Reflection

Prompt:

What does a gentle morning look like for you?

Do you wake slowly?

Sit with tea or coffee?

Listen to the quiet before the day begins?

Journal Space

A Place That Feels Like Home

Prompt:

Where do you feel most at peace?

Is it a kitchen?

Near water?

A quiet room?

A place filled with light?

Journal Space

Gentle Beginnings

Prompt:

What is something in your life that you are beginning again?

What small step could you take today?

Journal Space

Quiet Courage

Prompt:

What does quiet courage look like in your life right now?

Where are you gently moving forward?

Journal Space

Warm Kitchen Reflection

Prompt:

What smells or foods bring you comfort?

What memories do you associate with them?

Journal Space

Sitting Near Water

Prompt:

When was the last time you slowed down enough to notice stillness?

What helped you find calm?

Journal Space

Marigold Harbor Closing Reflection

Life in Marigold Harbor is shaped by:

Warm bread

Quiet mornings

Golden flowers

Gentle conversations

Slow beginnings

Prompt:

Which of these would you like to bring into your life?

Journal Space

A Final Thought

Some reflections do not need answers.

Some moments simply need space.

May these pages offer you a quiet place to pause, reflect, and let something gentle grow. ?