

The background of the cover is a vibrant, artistic illustration of a landscape at sunset or sunrise. The sky is a mix of deep blues, purples, and oranges, with large, billowing clouds that are illuminated from below, creating a golden glow. Below the sky, there are dark, silhouetted mountains. In the foreground, a dense forest of trees with autumn-colored foliage (yellows, oranges, and reds) covers a hillside. The overall mood is inspirational and serene.

YOUR
Yes
REFLECTION
JOURNAL

JULIA D. STEGE
THE MAGICAL MARKETER



A COMPANION JOURNAL

YOUR

Yes

REFLECTION JOURNAL

Discover what happens when you follow your yes.



JULIA D. STEGE
THE MAGICAL MARKETER

Inspired by the book anthology

The Moment I Said Yes:
Stories of Soul-Led Trailblazers Turning Purpose into a Way of Life



A NOTE FROM JULIA

Dear Friend,

This journal was inspired by the remarkable women who shared their stories in *The Moment I Said Yes*.

Each of them had a moment when they chose to follow a yes, sometimes with certainty, sometimes with fear, sometimes without knowing where it would lead. And those yesses changed the course of their lives.

As I read their stories, I began thinking about how many yesses each of us has already lived through, and how many more may still be ahead of us.

Some yesses are big and obvious. Others begin as an idea, an invitation, a decision, a chance encounter, a creative urge, or a possibility we can't stop thinking about.

This journal is here to help you reflect on the yesses that have shaped your life, explore the ones you're considering now, and imagine the ones you may want to say yes to in the future.

And you can come back to it again and again. Every new yes can open a whole new chapter.

As you work through these pages, you may discover a yes, or a story behind one of your yesses, that you want to share more fully.

If you'd like help uncovering and sharing those stories through a future anthology, a book of your own, or through your business, I'd love to hear from you.

Use my contact form at magical-marketing.com/contact and tell me a little about the yes you're ready to explore.

Sometimes one yes leads to another. I can't wait to see where yours takes you.

With love,

Julia Stege

*The Magical Marketer ·
Curator, The Moment I Said Yes*



SECTION ONE

Looking Back at Your Yeses



Times in the past when you bucked the odds to say yes!



When you think of a moment you said yes, what comes to mind first?

What preceded your yes that made it possible?

Did you get any pushback from friends, family, or colleagues when you told them about your yes?



What did that yes require of you?

Was there a moment when you almost changed your mind? What happened?

What changed in your life because you followed that yes?

What happened that you could never have predicted?



Who did you meet, or what opportunities appeared, because of that yes?

Did that yes lead to another yes?

What else do you remember about this yes?

You can return to Section 1 for every past yes you want to explore.



SECTION TWO

A Yes You're Considering Now



For a decision or possibility that's right in front of you.



LOOKING BACK · CONSIDERING · AHEAD

A Yes You're Considering Now

What are you considering saying yes to right now?

What excites you about it?

What makes you hesitate?



LOOKING BACK · CONSIDERING · AHEAD

A Yes You're Considering Now

What might hold you back?

What might change if you say yes?

What might happen if you don't?

What would help you make the decision?

What is one step you could take toward this yes?



SECTION THREE

Yeses for Your Future



For dreams and possibilities you may not be ready to act on yet.



LOOKING BACK · CONSIDERING · AHEAD

Yeses for Your Future

What are some things you'd love to say yes to someday?

Which of these matters most to you?

Why do you want this?



LOOKING BACK · CONSIDERING · AHEAD

Yeses for Your Future

What would need to happen before this yes could become possible?

Is there anything you could begin doing now to make room for it?

What might your life look like if this future yes became part of it?

Return to this section whenever you find yourself considering a new yes for your future.



One yes can change everything.

And sometimes one yes leads to another.



Want help uncovering and sharing your yeses?
Explore opportunities for participation in book anthologies,
solo book writing and publishing,
website design and online platforms,
clear messaging from the soul.

Connect with Julia at
<https://magical-marketing.com/contact>

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