Monthly Reflection:

| Significant Events: | Good Memories: |
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| This Month Was: | |
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| What Did I Accomplish?•••• | What Would I Like To Improve? |
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| • What Activity Or Hobby Did I | |
| Enjoy Most? What Upset Me? | How Can I Create That Change? What Did I Do For Others? |
| How Did I Practice Self-Care? | What Am I Looking Forward To Next Month? |
| • | |
| Is There Anything I Regret? | |
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