



Reflection

What was great about the last month?

Something I learnt last month:

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What I binged last month:

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What was not so great about it?

Things I'm grateful for last month:

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Goals

Ways I want to be creative this month:

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Ways I want to be mindful this month:

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Ways I want to help others this month:

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Ways I want to get outside this month:

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Ways I want to move my body this month:

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Things I want to learn this month:

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