



# Reflection

Things that brought me joy  
last month:

Things I did to nourish my physical  
health last month:

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Things I did to nourish my mental  
health last month:

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Things that sapped my joy  
last month:

Something I learnt last month:

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# Goals

Goal One:

How I will achieve it:

Goal Two:

How I will achieve it:

Things I want to learn this month:

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Things I want to do more of this month:

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Things I want to do less of this month:

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