

Reflection

Reflect on each of these areas of your life in the last month.

| Reflect of | Treatment the last mon |
|-----------------|------------------------|
| Family | Study |
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| Friends | Exercise |
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| Screens/Devices | Healthy eating |
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Set a goal for each of these areas of your life for this

| month. | |
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| Study | |
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| Exercise | |
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| | |
| Healthy eating | |
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| | 5) |
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Family

Friends

Screens/Devices