

# Reflection

Things that made me happy  
last month

Things that made me  
sad/stressed last month:

Ways I was mindful last month:

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Ways I moved my body last month:

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Ways I got outside last month:

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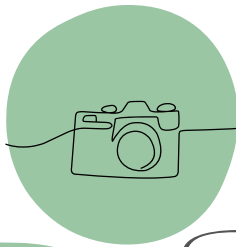
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# Goals

Ways I plan to look after my physical health this month:

Ways I plan to look after my mental health this month:

Ways I can be kind this month:

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Ways I can be creative this month:

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Self-care for this month:

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