

June

Reflection

Bets bits of June

every
moment
matters

Worst bits of June

good
things
take
time

Something I did well in June

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Something I learnt in June

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What I watched/listened to
this month

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july

Things I can do to be mindful

focus
on the
good

Self care I can do this month

never
stop
trying

Goals

Things I can do to get outside

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Things I can do to move my body

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Things I can do to help others

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