

Reflection

Give yourself a score out of ten for each of these areas and explain why.

Getting Outside

Getting Active

Getting Creative

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Mindfulness

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Kindness

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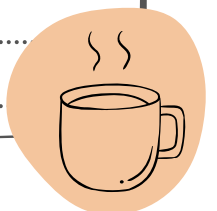
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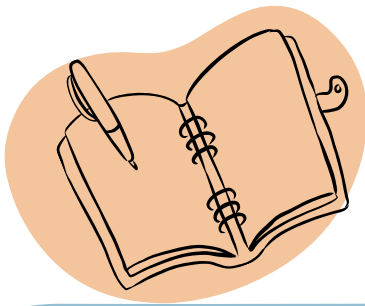
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Goals

Set a goal for each of these areas of your life for this month.

Getting Outside

Getting Creative

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Mindfulness

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Getting Active

Kindness

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