

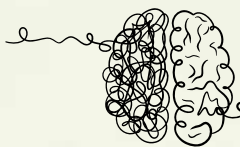
RESOURCE HIGHLIGHT:   
REFLECTION JOURNALS

BENEFITS: 



SELF-DISCOVERY

GOAL TRACKING



MINDFULNESS PRACTICE

STEPS TO GET STARTED:

1 SET ASIDE TIME

2 CHOOSE A PROMPT

3 BE HONEST



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