

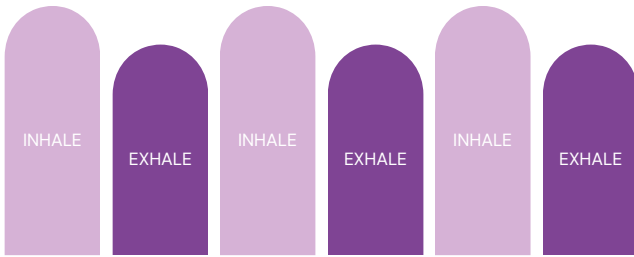


*The*  
**HAYSTACK**  
REFLECTION JOURNAL

MONTHLY THEME

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Take a moment to breathe



What sparked your thoughts

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Ideas for doing things differently

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3 reflections

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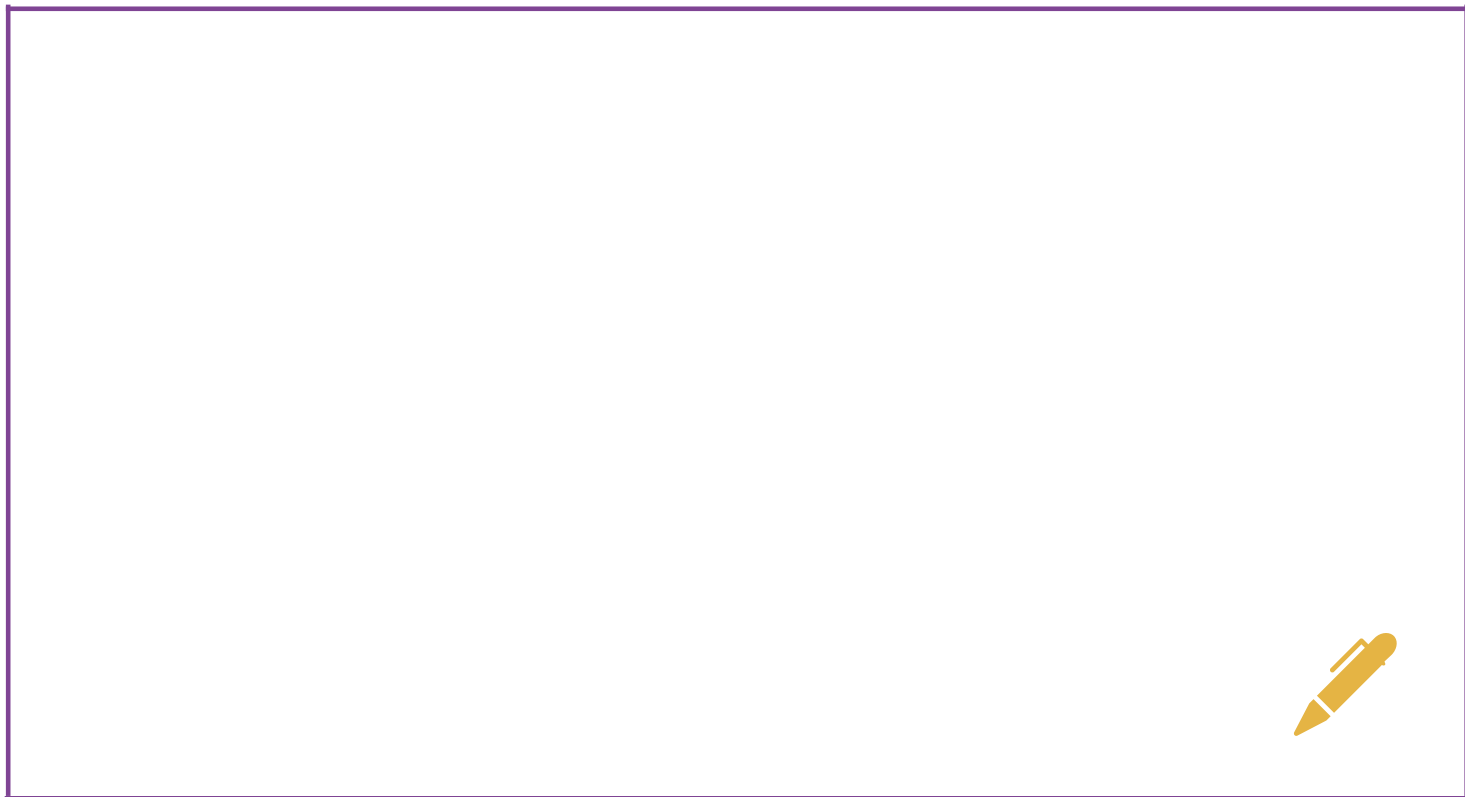
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**Biggest Takeaway**



Draw your thoughts



Suggested monthly affirmations:

- I am exactly who I am meant to be.*
- I am working really hard to meet my goals.*
- I am worthy of self-care.*

Your personal affirmations

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