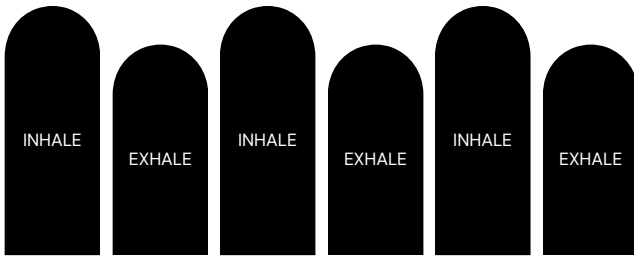


2e Adult Haystack Reflection Journal

MONTHLY THEME

Take a moment to breathe

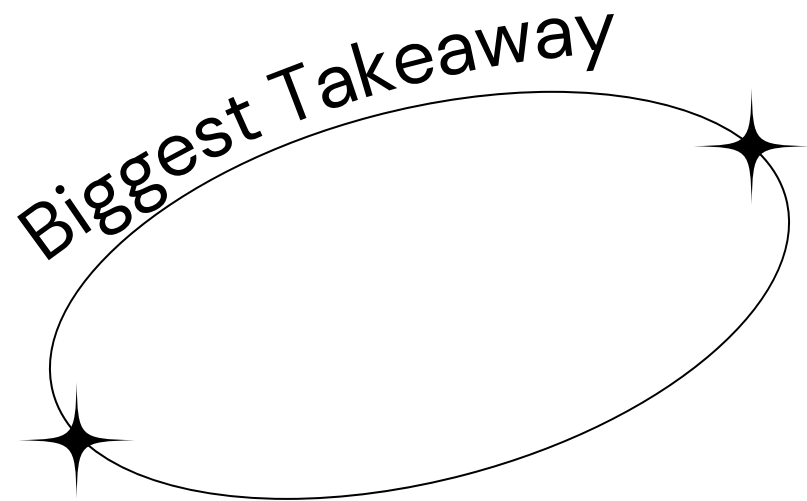


3 reflections

Three large, rounded rectangular boxes stacked vertically, intended for writing reflections.

What sparked your thoughts

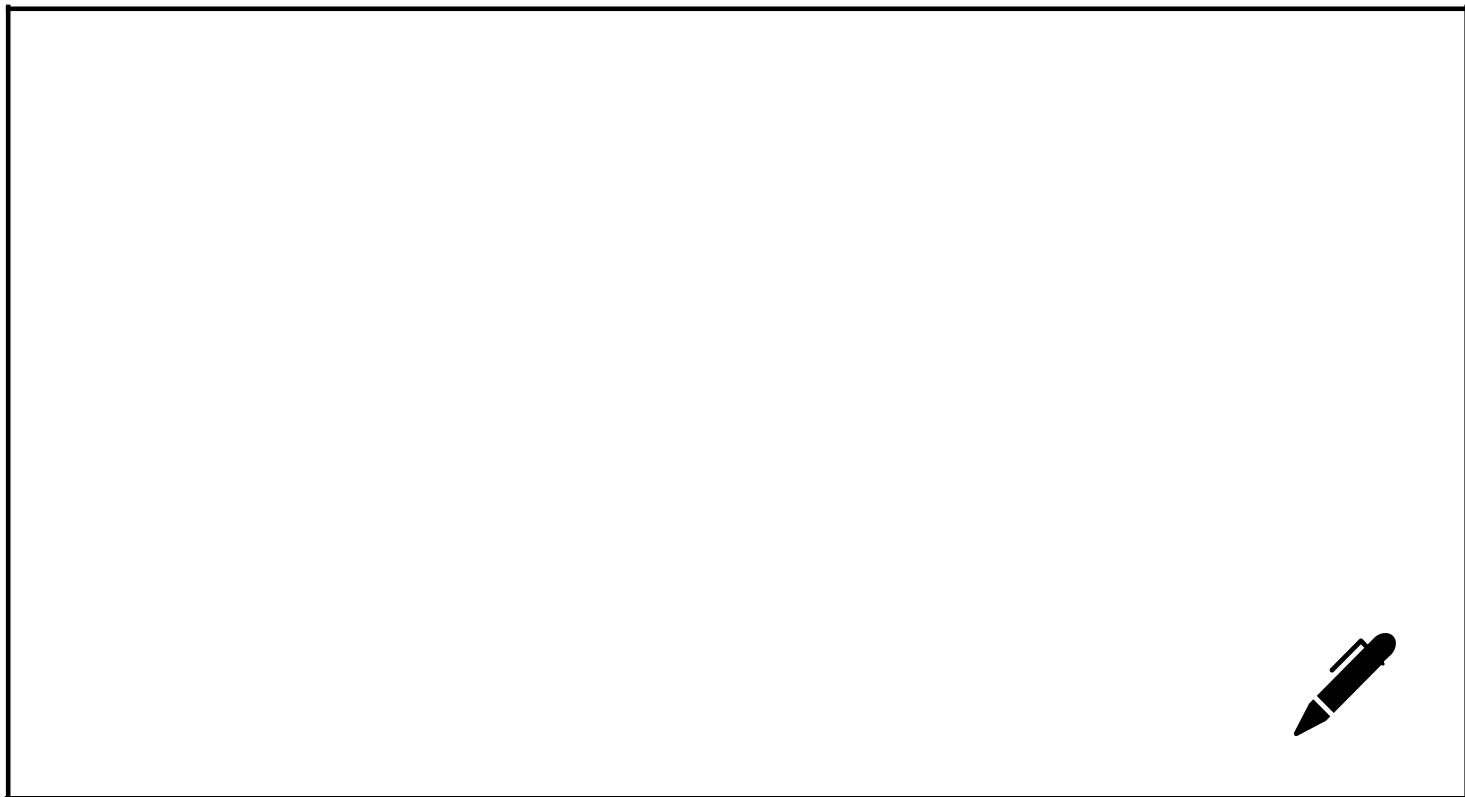
Eight horizontal lines stacked vertically, intended for writing what sparked thoughts.



Ideas for doing things differently

Four horizontal lines stacked vertically, intended for writing ideas for doing things differently.

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
