

JOURNAL

REFLECTIONS





Reflection

Reflection

THINGS I HAVE LEARNT

CHANGES I'VE EXPERIENCED

WORDS THAT HELPED ME

Reframe Negative Thoughts

DESCRIBE THE SITUATION	DATE
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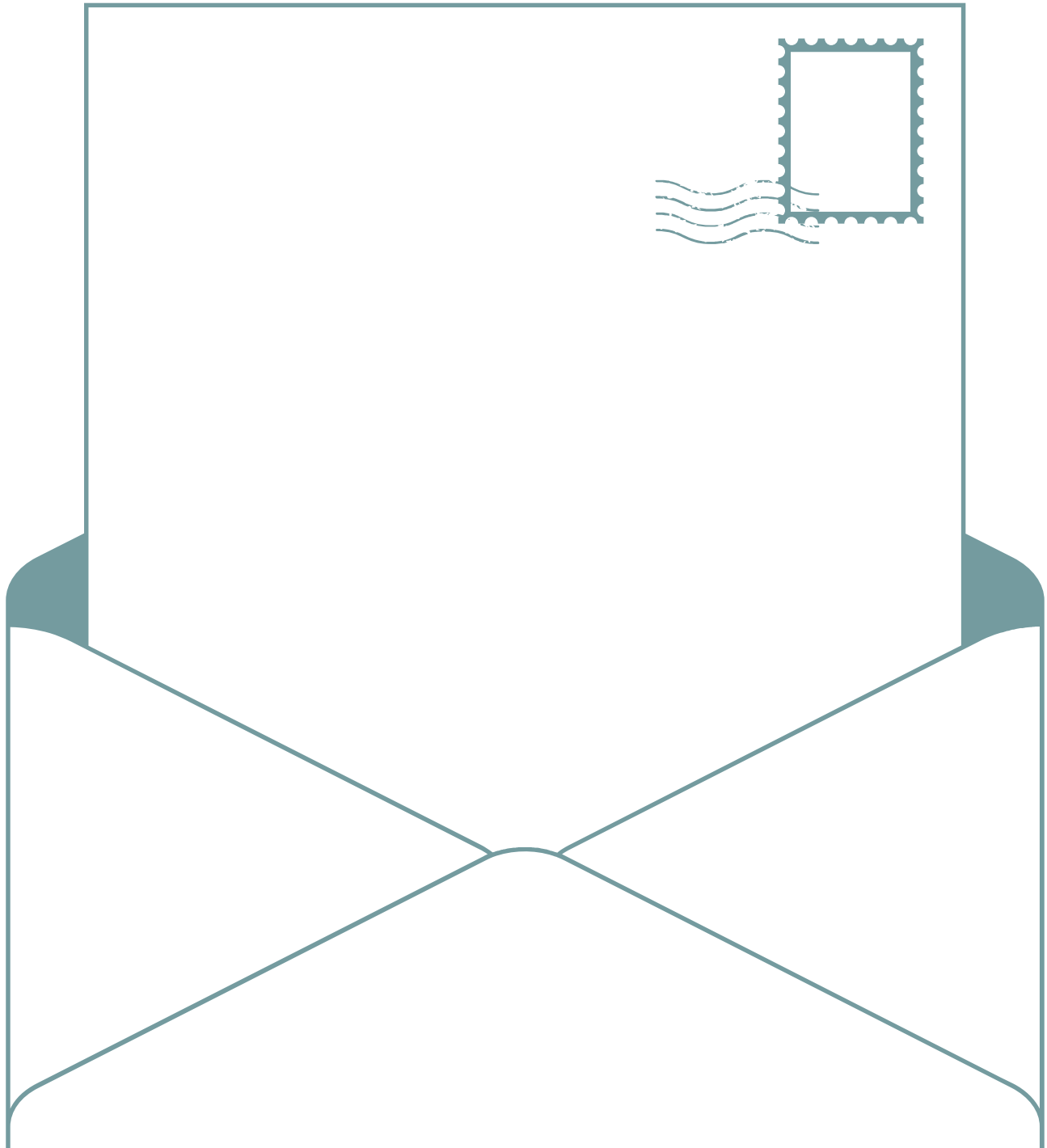
NEGATIVE THOUGHT	→	POSITIVE THOUGHT
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DESCRIBE THE SITUATION	DATE
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NEGATIVE THOUGHT	→	POSITIVE THOUGHT
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A Letter to Myself

DATE / /



Monthly Reflection

DATE _____

WRITE YOUR THOUGHTS AND FEELINGS