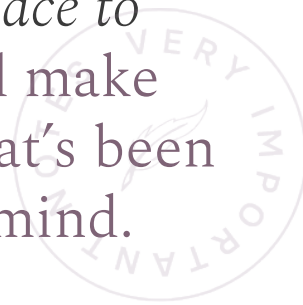


A PLACE  
*to* REFLECT

..... VERY IMPORTANT NOTES .....

*A quiet place to  
pause and make  
sense of what's been  
on your mind.*



This is a place to pause.  
To notice what's been on your mind.  
To look back, gently, without judgement.

There's no right way to use it.  
No need to find perfect words.

You can write a little or a lot.

*Or simply sit with a thought  
and see where it goes.*



# WHERE I AM RIGHT NOW

*Today I feel...*

*What's been on my mind lately...*

*Something I keep coming back to...*

*One word for this moment...*

# LOOKING BACK

*Something that stayed with me recently...*

*A moment I keep replaying...*

*Something I handled well...*

*Something I wish I'd done differently...*

*I think I've been feeling...*

*This might be because...*

*What I might need right now is...*

# LETTING THINGS SETTLE

*Something I can let go of...*

*Something that matters less than I thought...*

*Something I'm ready to move on from...*

# NOTICING WHAT FELT GOOD

*A small moment that felt good...*

*Something I'm quietly grateful for...*

*Someone who made a difference...*

*If I step back, what do I see?*

*What actually matters in all of this?*

*What would I say to a friend in my position?*

WRITE ANYTHING

WRITE ANYTHING

# THOUGHTS

# THOUGHTS

You don't have to have answers.

Sometimes noticing is enough.

*You can come back to this  
whenever you need.*

Need a hand drafting your thoughts?  
Let's start shaping your Very Important Note

