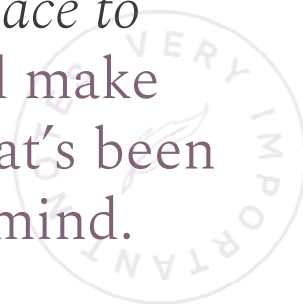


A PLACE *to* REFLECT

..... 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.*

THIS BOOK
BELONGS TO

NAME:

DATE STARTED:

SIGNATURE:

HOW TO USE YOUR NOTEBOOK

This is your space

What you write here is private unless you choose to share it. There's no right way to use this notebook, take what feels useful, skip what doesn't, and come back whenever you need.

Download and save your copy

Download your notebook and save it somewhere you'll easily find again. You might like to keep one blank copy and a second copy for writing in.

Write directly into it

Click or tap into the spaces and start typing. Write a little or a lot. Skip questions, return to them later, or leave them unanswered, it's completely up to you.

Save as you go

Remember to save your PDF regularly so you don't lose anything you've written.

Mac: Command + S
Windows: Ctrl + S

Come back anytime

This notebook doesn't need to be completed in one sitting. Reopen your saved copy whenever you want to keep writing, revisit an answer, or notice what's changed.

One important note

When saving your working copy, avoid using "Print to PDF." This can flatten the file and make your notebook no longer editable.

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...

*Keep your
words safe,
save as you go.*

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

Save as you go,
and come back
whenever you're
ready.

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

WE CAN
HELP HERE

