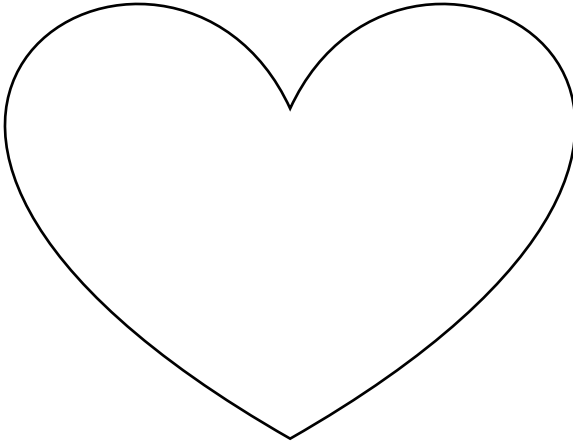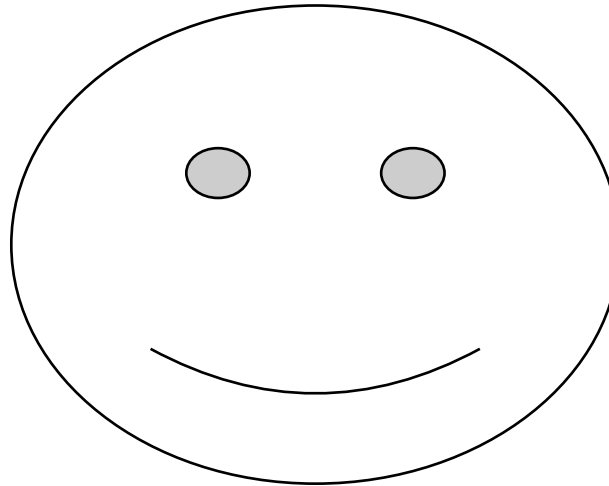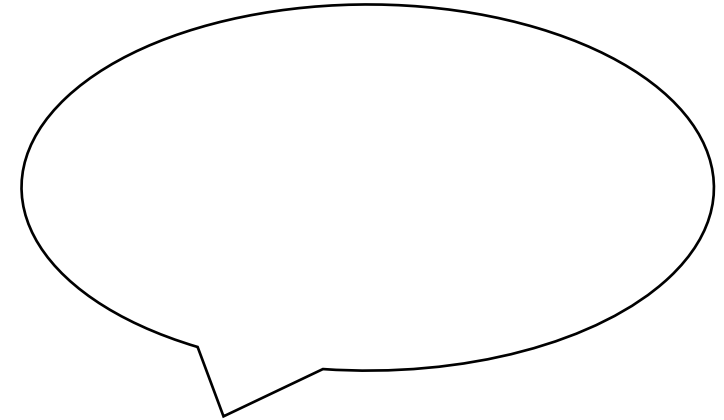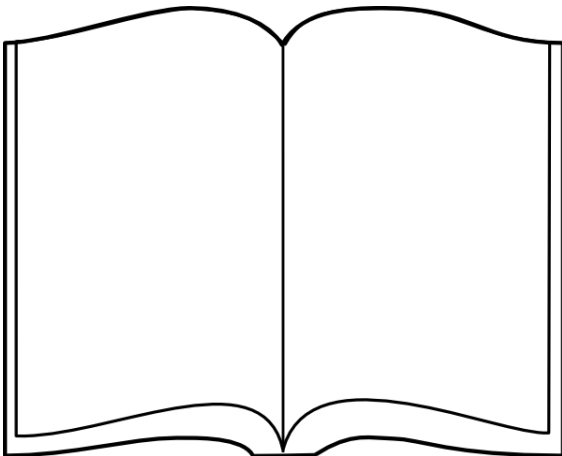# Reflection Journal

Something you have enjoyed.

Something that has made you smile.

Something nice someone has said to you.

Something new you have learned.

Someone you have missed.

Something you hope for or want to change.