

LOOKING IN THE MIRROR

Read every reflection again.

Slowly.

Carefully.

Notice any patterns?

What strengths appeared most often?

What qualities did multiple people mention?

What surprised me most?

What reflection impacted me the most?

Why?

LOOKING IN THE MIRROR

What do others seem to see in me that I do not always see in myself?

How do I see myself differently now?

What strength do I want to continue developing?

What compliment or reflection do I want to remember forever?

Because of what I learned in this section, I will:



Growth is not about becoming someone else.

It's about becoming more of yourself.

MY MIRROR NOTES

This space is for anything I want to remember from this section.

Words people used to describe me:

Reflections that stayed with me:

Things I am still learning to believe:

What I want to carry forward:

 *Sometimes the mirror reflects what was already there.*

WHAT'S NEXT?

You have completed 31 days of reflection.

You looked inward.

You noticed your feelings.

You explored your relationships.

You thought about trust, courage, friendship, boundaries, habits, mistakes, and growth.

You invited others to reflect on what they see in you.

Now it is time to ask:

What do I want to carry forward?

This journal may be ending.

Your growth is not.