

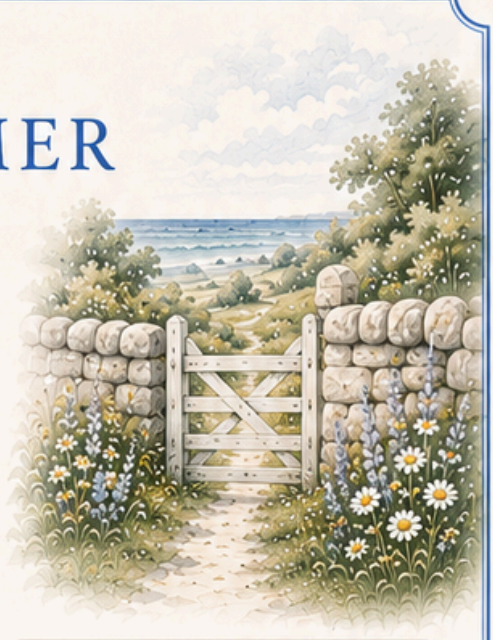


END OF SUMMER Reflection

A MOMENT TO PAUSE, LOOK BACK
AND CARRY FORWARD

*Summer is drawing to a close.
Take a moment to celebrate what this season has
brought and reflect on how it has shaped you.*

Date: _____



HIGHLIGHTS OF MY SUMMER

*What were the best moments,
experiences or memories?*



WHAT MADE ME HAPPY

*The people, places, activities
and little things that brought me joy.*



LESSONS LEARNED

*What insights, realisations
or growth did this season bring?*



I AM GRATEFUL FOR

*The people, moments and experiences
I am most thankful for.*



WHAT I LET GO OF

*What no longer serves me
that I'm ready to leave behind.*



WHAT I WANT TO CARRY FORWARD

*The habits, feelings and intentions
I want to bring into the next season.*



HOW THIS SUMMER HAS SHAPED ME

In what ways has this season changed, challenged or inspired me?



WHAT I NEED MORE OF

As I move into the next season.



A FAVOURITE SUMMER MEMORY

A moment I never want to forget.

LOOKING AHEAD

*How do I want the next season
to feel?*



A NOTE TO MY FUTURE SELF

*Something to remember
as I step into what's next.*



*Every ending is a new beginning.
Thank you, summer, for all that you've been.*

