End-of-September Reflection

A gentle look back before the next month begins

WHAT I ENJOYED

Which moments, routines, or small details did I enjoy?

WHAT FELT DIFFICULT

What felt challenging, and what support would help?

WHAT I LEARNED

What did I notice about myself or this month?

WHAT I WANT TO CARRY INTO OCTOBER

What would I like to continue, change, or leave behind?

ONE SMALL THING I WANT TO REMEMBER