

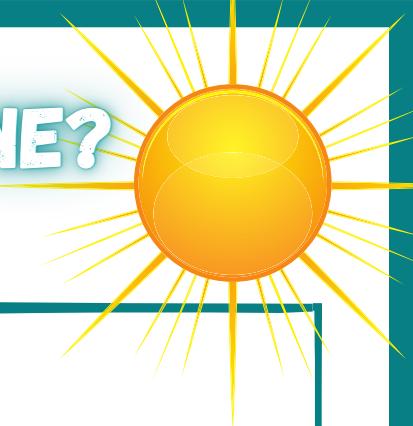
# End of July Reflections



## WHY IS IT ESSENTIAL TO REFLECT?

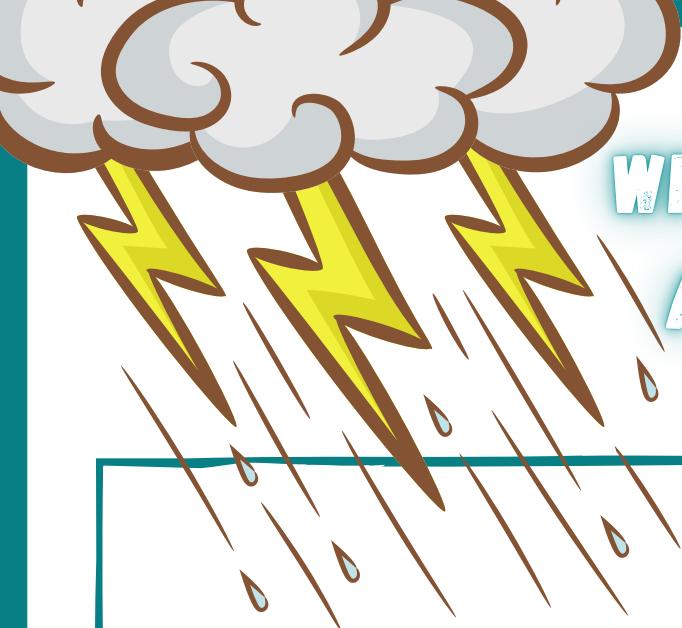
It's crucial to reflect because it allows us the chance to pause and assess how things are going and if we've accomplished our goals. In addition, reflection helps us to work through areas in our lives that we feel are stagnant or personal trauma that may have been holding us back.

# WHAT WENT WELL IN JUNE?

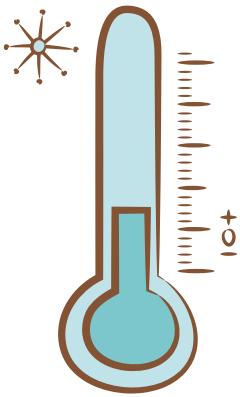


# WHAT LESSONS DID I LEARN?

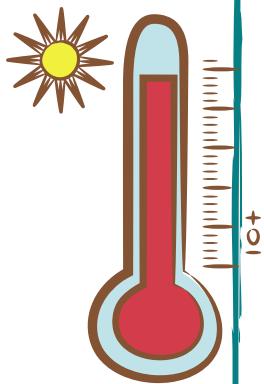




## WHICH TASKS WERE NOT ACHIEVED AND WHY?



# HOW DO I FEEL ABOUT MY PROGRESS THIS MONTH?





## HOW WILL I IMPROVE IN AUGUST?

Large, empty rectangular box for writing responses to the question above.

# FOLLOW MY PLANT-BASED LIFE



@UniqueFatso

