

# End of July Reflections

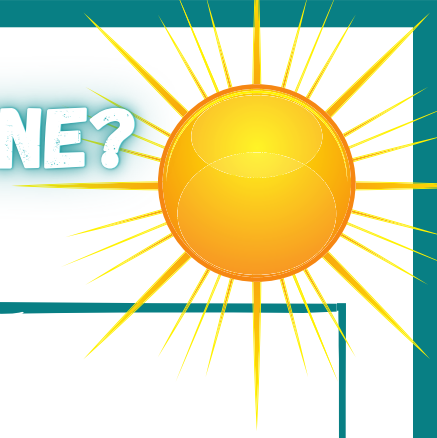




## WHY IS IT ESSENTIAL TO REFLECT?

*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?**

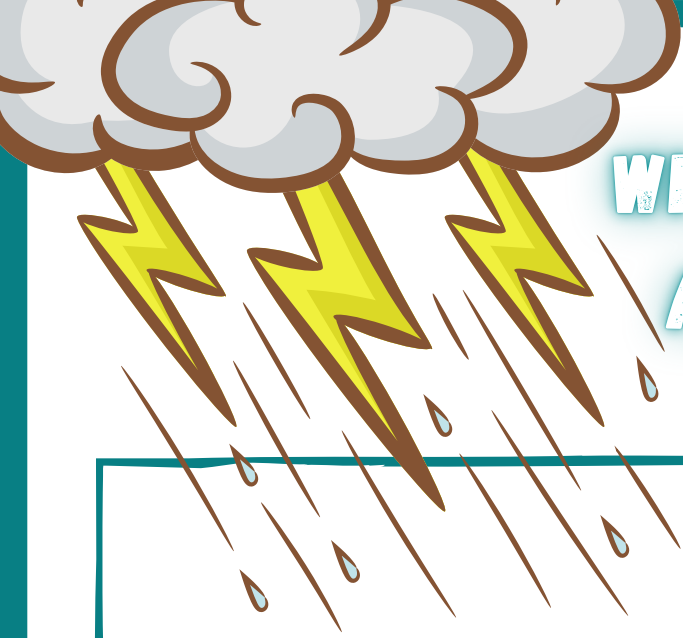


A large, empty rectangular box with a dark teal border, intended for writing about what went well in June.

**WHAT LESSONS DID I LEARN?**

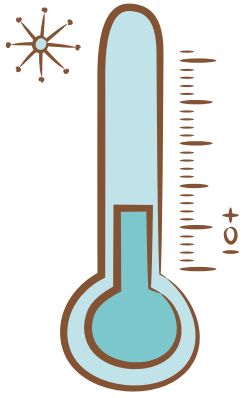
A large, empty rectangular box with a dark teal border, intended for writing about lessons learned.



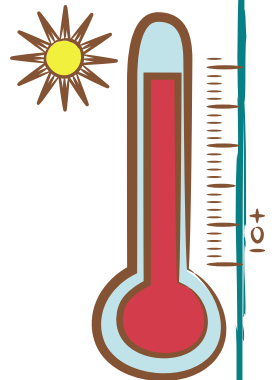


**WHICH TASKS WERE NOT  
ACHIEVED AND WHY?**

A large, empty rectangular box with a dark teal border, intended for writing the answer to the question above.



**HOW DO I FEEL ABOUT MY  
PROGRESS THIS MONTH?**





**HOW WILL I IMPROVE IN AUGUST?**

A large, empty rectangular box with a black border, intended for writing or drawing.

# FOLLOW MY PLANT-BASED LIFE



@UniqueFatso

