

# 10 MINUTES TO

*Reflect on Your Day*

Date:

Three moments you'd like to remember:

One idea from today that you'd like to explore further:

Your initial thoughts:

One of the day's triumphs, big or small:

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One of the day's challenges, big or small:

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One thing you learned from your triumph or challenge:

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Two events or news stories out in the world that caught your attention:

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