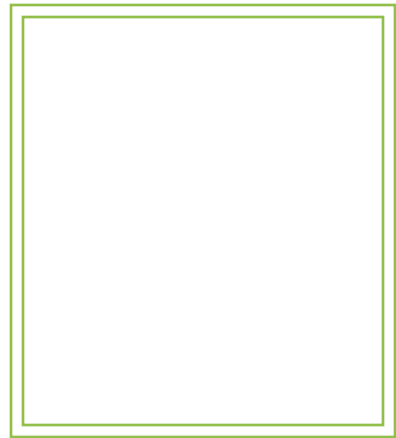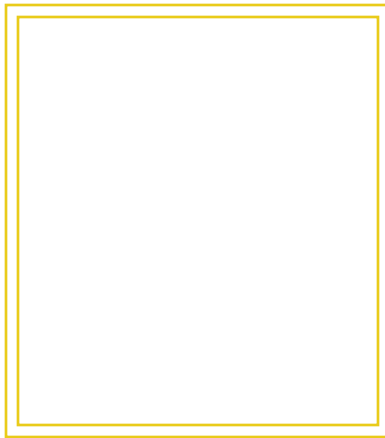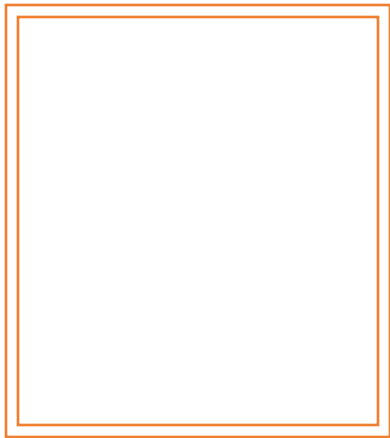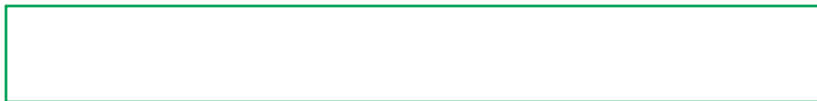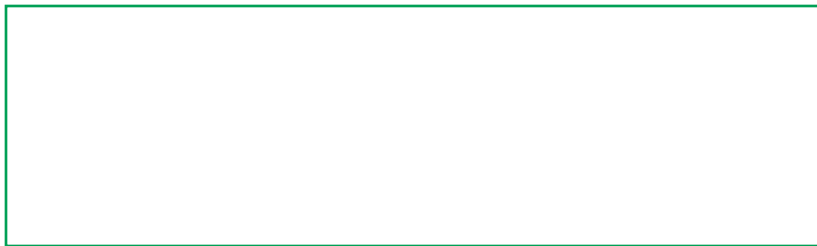# 10 MINUTES TO
REFLECT ON YOUR DAY

Date:

Three moments you'd like to remember:

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

Your initial thoughts:

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

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

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

One thing you learned from your triumph or challenge:

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