

Date: _____

A Quiet Moment for Reflection

A space for Thoughts, Insights, and Personal Growth



How am I feeling
right now?



What thoughts are
present for me today?



During today's
treatment, I noticed...



Something I want to let go of:



Something I want to welcome into my life:



A thought, insight, or realization I want to remember:



Today, I am grateful for:

1. _____
2. _____
3. _____



Notes, doodles, reflections, or anything else: