

# Reflections

Fill in the blank with moments when you have felt the describing word. These moments can be from today or from a couple weeks, months, years, etc. ago.

Ex. I felt brave when \_\_\_ I tried a new vegetable\_\_\_\_\_.



I felt strong when \_\_\_\_\_.

I felt proud of myself when \_\_\_\_\_.

I gave myself grace when \_\_\_\_\_.

I was present in the moment when \_\_\_\_\_.

I felt valued when \_\_\_\_\_.

I felt brave when \_\_\_\_\_.

It made me smile when \_\_\_\_\_.

