

# 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 \_\_\_\_\_.

