



Monthly Reflection

What have been your highlights this month?

Think about times that you've really enjoyed, no matter how big or small they might seem.

What have you been grateful for this month?

Again this could be big things or small things, and could be specific things or general things to be grateful for.

What has helped you feel good this month?

Maybe things you've done for yourself or others have shared.

What have you learnt this month?

This could be new learning or reminders of previous learning.