



**Celebrate You & Your Journey to Today**  
Reflection Worksheet & Journal Pages

**Reflection Prompts**

1. What are three experiences in your life that have helped shape who you are today?

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2. What strengths have helped you move through challenges?

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3. What is something you once struggled with that feels different today?

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4. What are you most proud of about your journey so far?



“Pause and honour the strength it took to reach this moment.”

