



FINAL MONTHLY Reflection

A Companion to Lesson 13

Take time to honor your journey this month.
Celebrate your growth, acknowledge your insights,
and set your intentions for the path ahead.



MY FAVORITE LESSON

Which lesson
resonated with you
the most and why?



MY GREATEST INSIGHT

What insight or
realization stands out
most from this month?



THE PRACTICE I'LL CONTINUE

Which practice from this
month will you carry
with you into the future?



THE ELEMENT THAT SURPRISED ME MOST

Which element surprised you
the most this month?
How did that surprise
show up in your practice?



MY GOALS FOR NEXT MONTH

What are your intentions
or goals as you move
into your next module?



WORDS OF ENCOURAGEMENT

What would you like to
remind yourself of as
you continue your journey?



PERSONAL NOTES & REFLECTIONS



