Reflection Journal	Name:	Date:	
What?			
What just happened? What o	lid you notice? What stands	out?	
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So what?			
Why is that important? Did y	ou notice any patterns, or h	nave any theories? What else could've hap	opened?
Now what?			
Would you do anything diffe	rent next time? What can yo	ou do to prepare yourself moving forward	∤?