



## My Insights

In every moment there are so many opportunities and perspectives to observe.  
Take the time to write down your main insights from everything that happened in the last session

**Session title:** .....

**Date:** .....

**What are my main insights from this session?**

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**How does this link to finding joy in my life?**

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**What do I want to remember for myself from today (in one sentence)?**

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