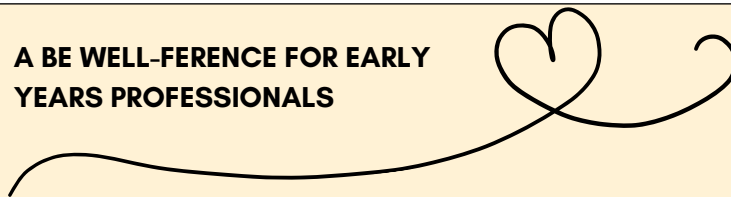


ONLY ONE YOU

A WELL-BEING FOR EARLY
YEARS PROFESSIONALS



REFLECTION GUIDE

morning keynote:

**THE POWER OF SMALL: BUILDING MICRO-HABITS TO COMBAT STRESS AND ENHANCE PERSONAL WELL-BEING
FACILITATED BY MINAA B., LMSW**

What key points stood out to you most and why?

What do you need in order to be your best self?

What micro-habit would you consider implementing into your life?

What steps could you take in order to implement your chosen micro-habit?

NOTES:

*Know
your
worth*

SHARE YOUR JOURNEY!

Capture the day and keep the conversation going using
#OnlyOneYou
Don't forget to tag us @striveswo !



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afternoon activities:

Have you ever done an activity like this before? Would you ever do something like this again?

How did you feel coming into this session? How do you feel afterwards?

What aspects of this activity did you enjoy and what challenged you?

NOTES:

*Know
your
worth*