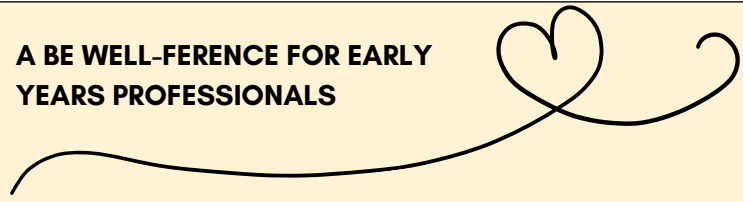


ONLY ONE YOU

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 !



ONLY ONE YOU

A BE WELL-FERENCE FOR EARLY
YEARS PROFESSIONALS



REFLECTION GUIDE

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?

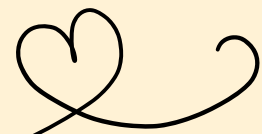
What aspects of this activity did you enjoy and what challenged you?

NOTES:

*Know
your
worth*

ONLY ONE YOU

A WELL-BEING FOR EARLY YEARS PROFESSIONALS



reflection guide

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:

Own your
POWER

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?

#ONLYONEYOU



Share your journey! Be kind to yourself and others!
Keep the conversation going! Know your worth!

MONDAY OCTOBER

24

9:30 AM - 3:00 PM

ONLY ONE YOU

A BE WELL-FERENCE FOR EARLY
YEARS PROFESSIONALS



reflection guide

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

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?

#ONLYONEYOU



Share your journey! Be kind to yourself and others!
Keep the conversation going! Know your worth!

MONDAY OCTOBER

24

9:30 AM - 3:00 PM

minna b. reflection guide

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

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

What key points stood out to you most and why?

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



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:



#ONLYONEYOU

