

# #THE100DAYPROJECT

## REFLECTION GUIDE

**My project is:**

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**I'm doing it because:**

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**My hopes and dreams for this project are:**

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**3 ways I can simplify my project:**

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**In order to do my project,  
I need:**

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**I'll make time and space to  
do my project by:**

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**I give myself permission to:**

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**If I miss any days, I'll get back on track by:**

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**For accountability and support I will:**

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**I will celebrate my 100 days by:**

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