

Name \_\_\_\_\_ **Reflective Writing**



# Reflective Writing

Think about a time that you took an extended break from something that you care about. It could be a break from a person, a place, an object, a habit, or an activity. Was the break intentional, or was it due to circumstances outside of your control? What was the effect of the break? Afterwards, did you feel better or worse? Reflecting back on that period of time, what did you learn?

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