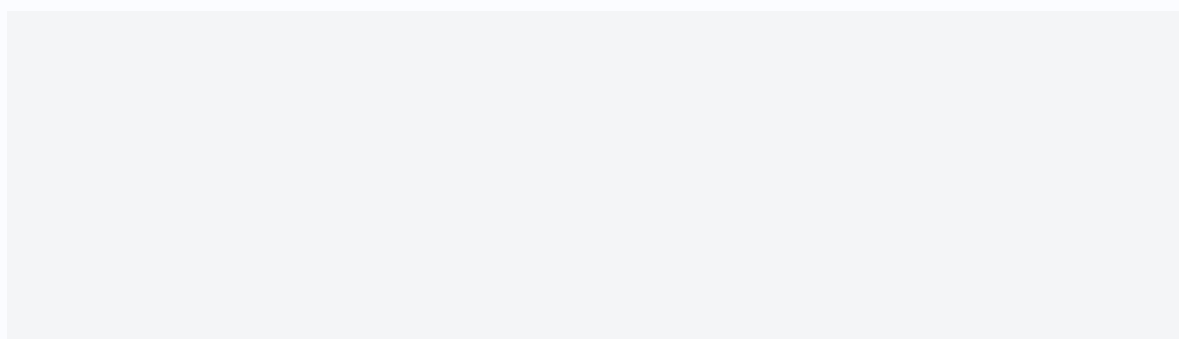


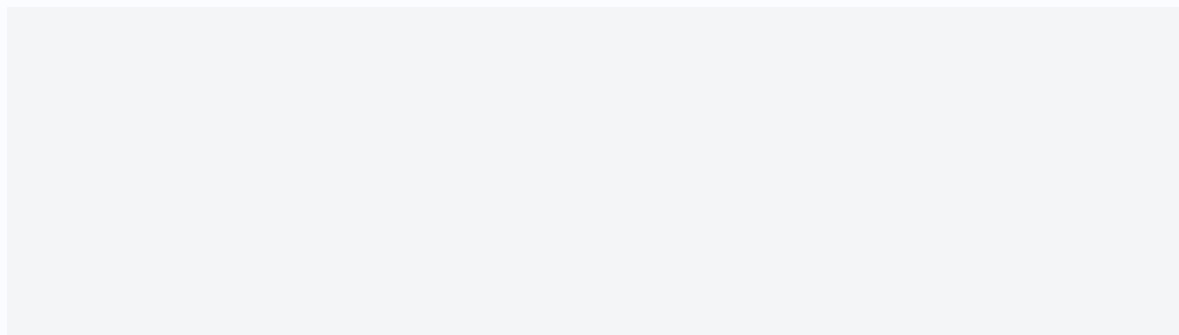
Part 1 Reflection: *Lettuce*

Reflection questions to process and review what you read in Part 1

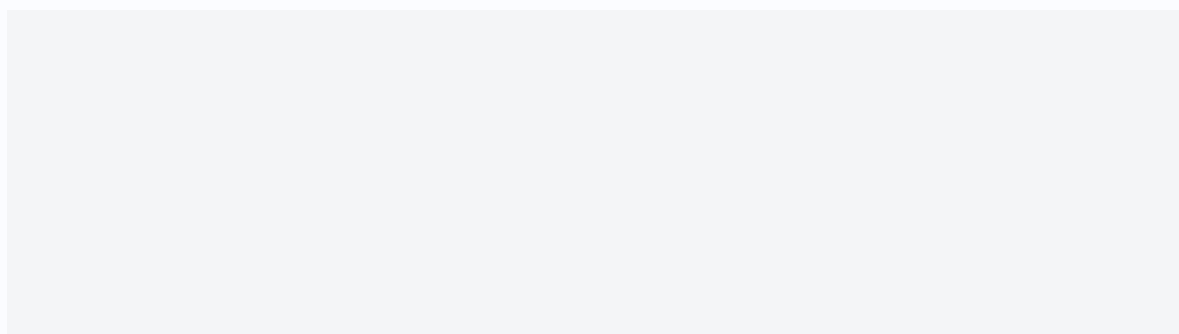
What story in Part 1 resonated with you most? Why?



What action step(s) from Part 1 can you practice to embrace your voice?



Write any quote(s) that stand out to you.



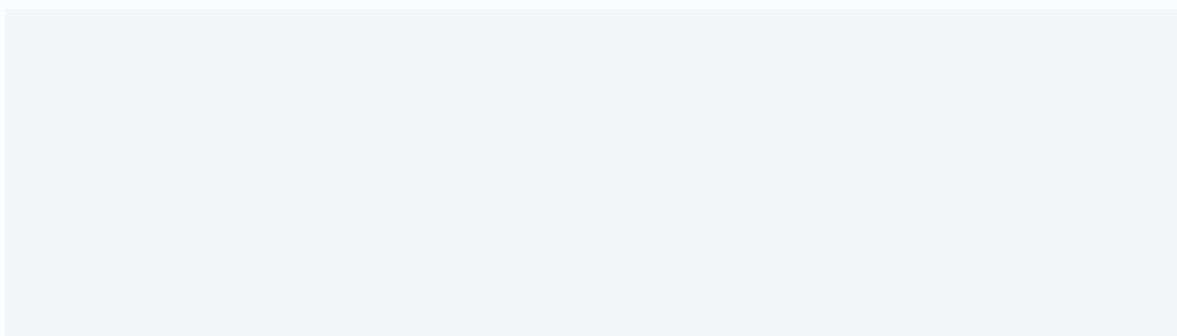
NOTES:



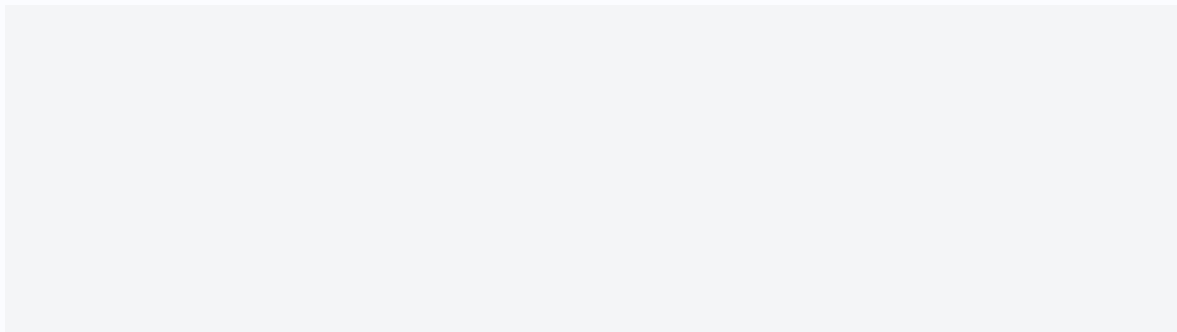
Part 2 Reflection: *Laundry*

Reflection questions to process and review what you read in Part 2

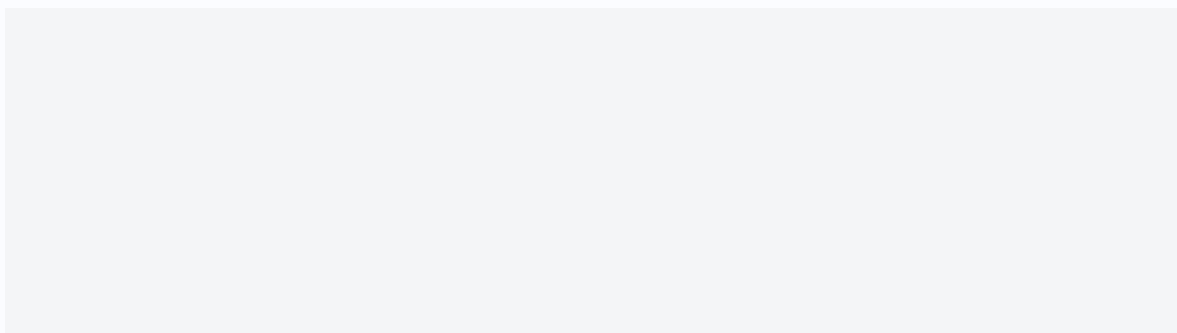
What story in Part 2 resonated with you most? Why?



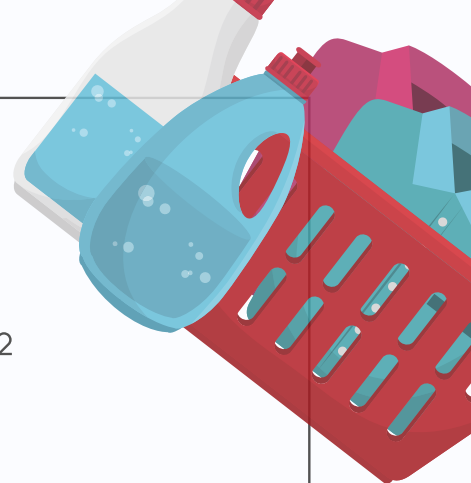
What action step(s) from Part 2 can you practice to embrace your voice?



Write any quote(s) that stand out to you.



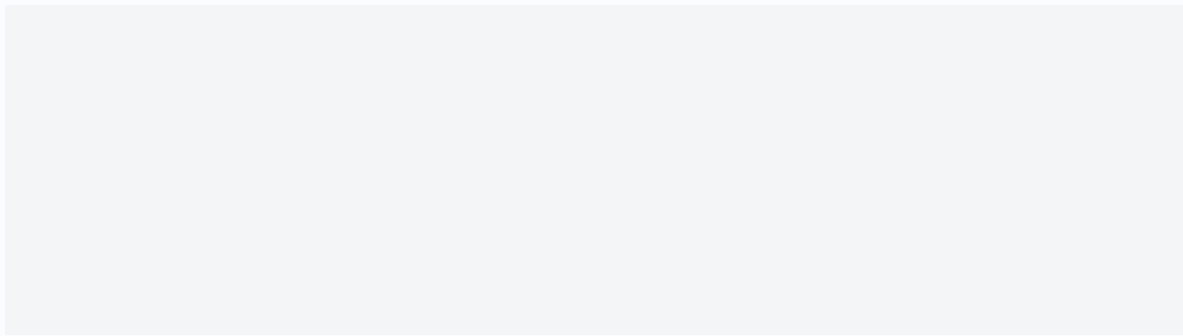
NOTES:



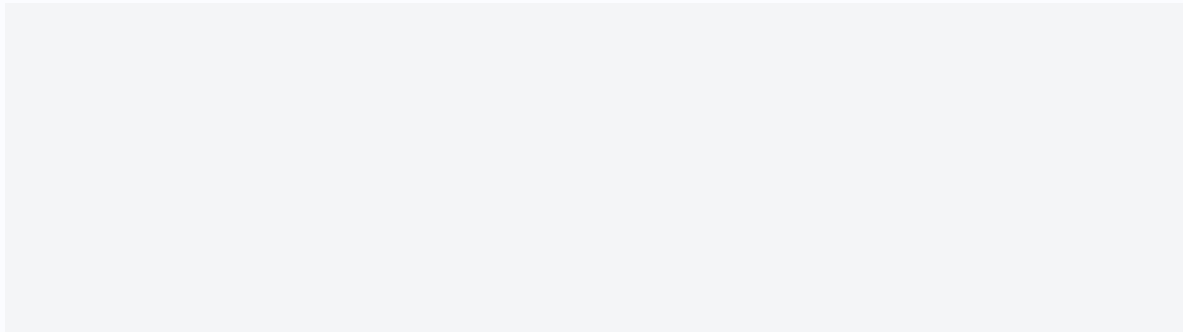
Part 3 Reflection: *love*

Reflection questions to process and review what you read in Part 3

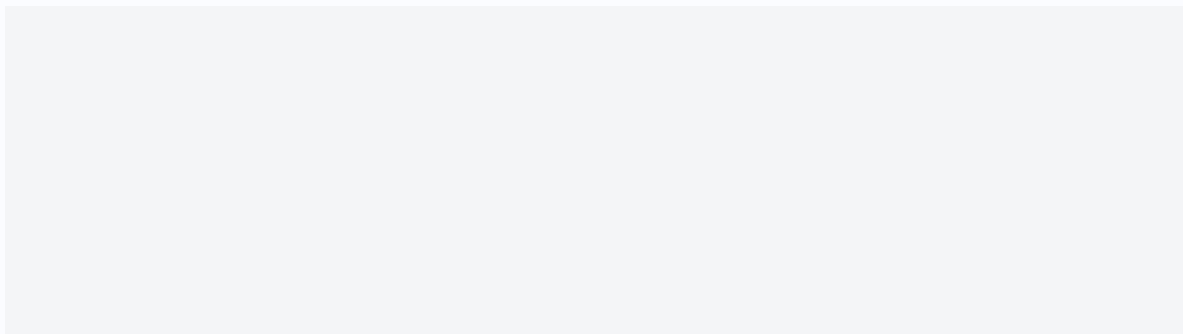
What story in Part 3 resonated with you most? Why?



What action step(s) from Part 3 can you practice to embrace your voice?



Write any quote(s) that stand out to you.



NOTES:

