



## Assessment

### Reflective Essay

Write a 1-2 page reflective essay based on your experience in the session.  
Use the questions below to guide your reflection:

- What was it like to engage in gratitude journaling?
- What emotions, thoughts or insights arose for you?
- How did it affect the way you relate to yourself, others or the world?
- Do you see value in continuing this practice? Why or why not?
- What might help you integrate this into your daily or weekly life?

Try to move beyond description and explore what the experience meant to you.  
Use specific examples where possible.