

The diagram is a reflection template. It features a central light blue rounded rectangle with the word "reflection" in a large, black, serif font. This central box is connected by a blue line to a larger blue-outlined rounded rectangle that frames the entire page. This outer frame is divided into four equal quadrants by a horizontal and a vertical blue line. Each quadrant contains a prompt in a small, black, sans-serif font: "IDEAS I WANT TO REMEMBER..." in the top-left, "IN MY SETTING THIS WOULD..." in the top-right, "I NEED TO LEARN MORE ABOUT..." in the bottom-left, and "ACTIONS I COULD TAKE TO IMPLEMENT THESE IDEAS..." in the bottom-right.

IDEAS I WANT TO REMEMBER...

IN MY SETTING THIS WOULD...

reflection

I NEED TO LEARN MORE ABOUT...

ACTIONS I COULD TAKE TO IMPLEMENT THESE IDEAS...