

21 DAY YOGA CHALLENGE

BY ELIZABETH YOUNG

November 2021

Reflective Journaling

You will be given extra journaling prompts each day inside the lesson so take a pen and print one of these off for each day to capture your unique insights, progress and reflections!

1. Today is Day ____ of the challenge and I feel

2 What I loved about today's practice was

3. The most challenging part was

4.. After my practice, I feel

Reflective Questions/ Special Insights & Memories From The Lesson Today: