

THAWTS 2 PAPER STUDIO



Thawts Mini Reflection Guide

Pause. Process. Move forward with clarity.

Thawts bring clarity. Clarity brings change.



Welcome

Sometimes the mind just needs space.

This mini reflection guide is a place to slow down, release your thawts, and reconnect with what matters most.

Use these pages to write honestly and reflect without pressure.



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One Step Forward

One action I can take today...

A mindset I want to carry forward...

.....
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Take Away

Reflection helps us notice what was already waiting beneath the surface.

Take a moment to think about what stood out most during this reflection.

One thing I'm taking away from this reflection...

Thawts bring clarity. Clarity brings change.

Closing Thawt

Thank you for taking time to reflect.

Your thawts matter.
Your clarity matters.
Your growth matters.

Clarity doesn't always come from having all the
answers.

Sometimes it comes from giving your thawts a
place to land.

Return to these pages whenever your mind feels
full.

Explore more reflection tools, wellness ideas,
and mindful resources at t2pstudio.com

— Thawts 2 Paper Studio

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