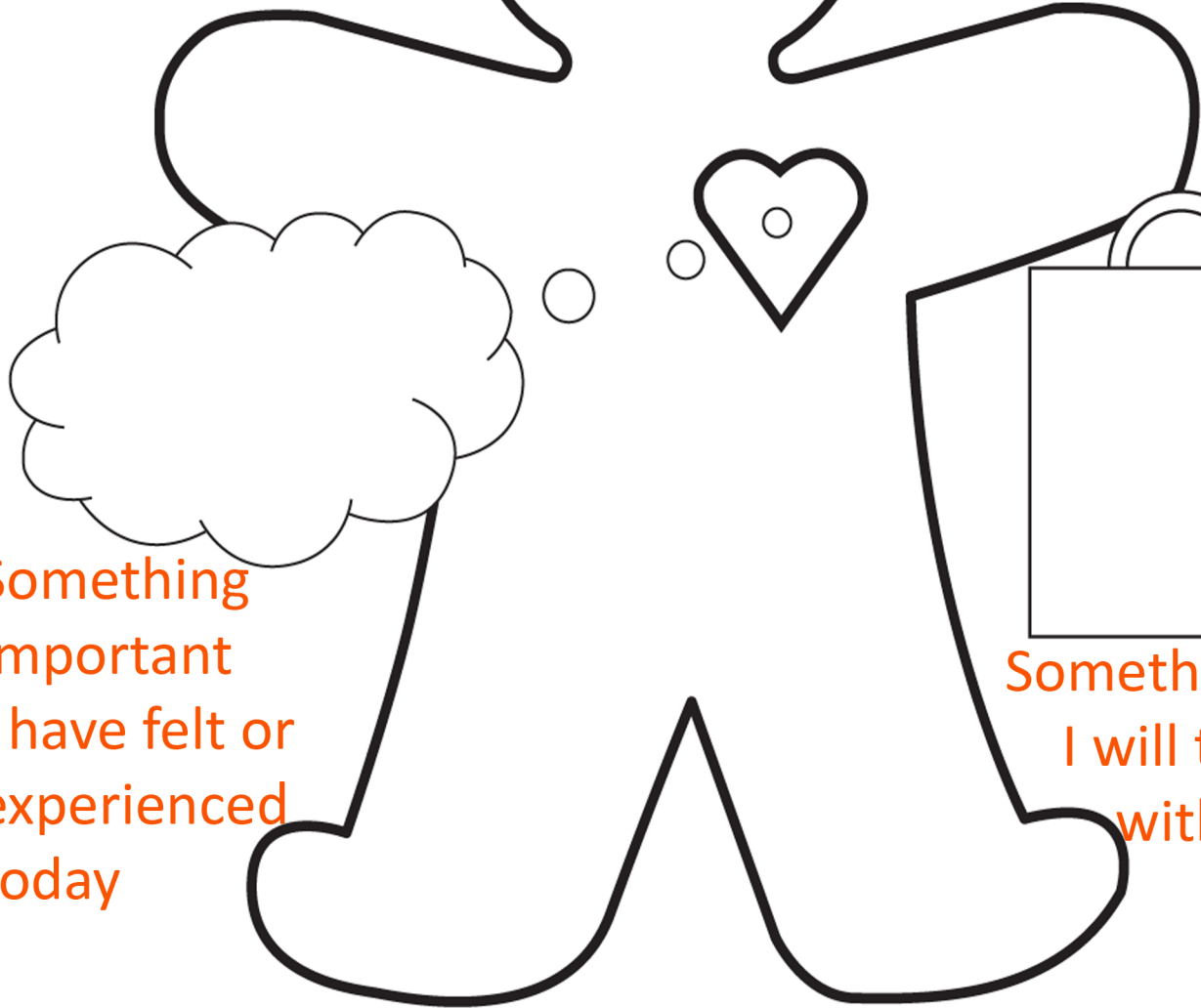
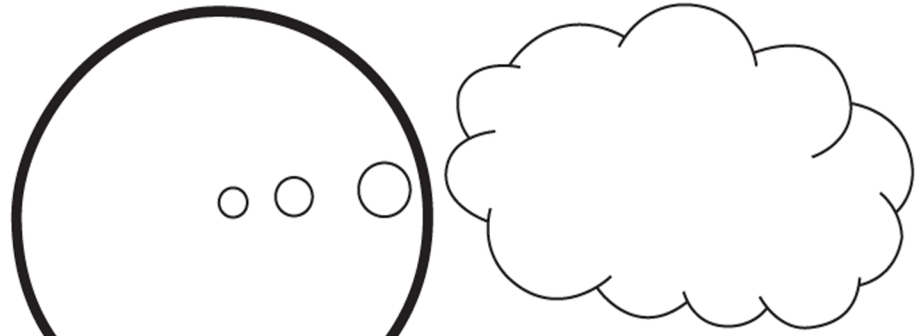
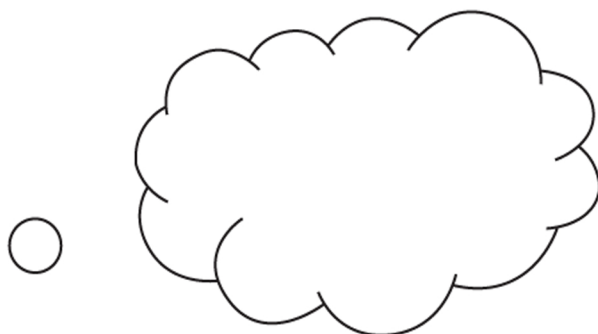
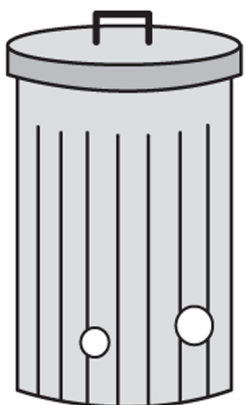


Something I have learnt from today



Something important I have felt or experienced today

Something useful I will take away with me from today



Something I didn't like about today or that I plan to stop doing in future