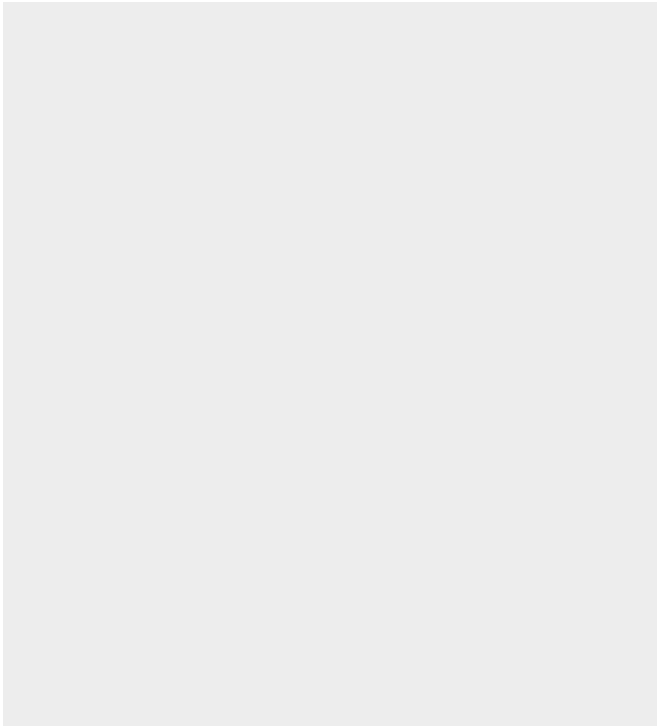
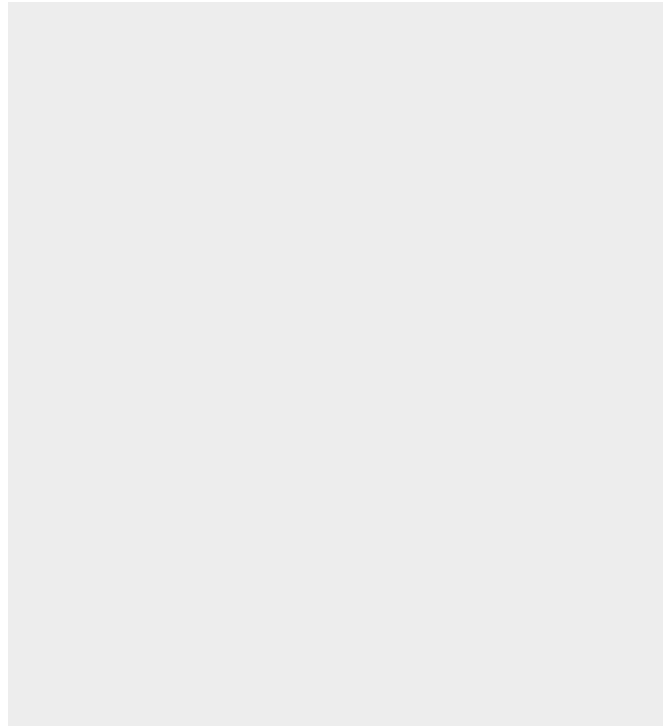


# Reflection & Action Sheet for Returnees

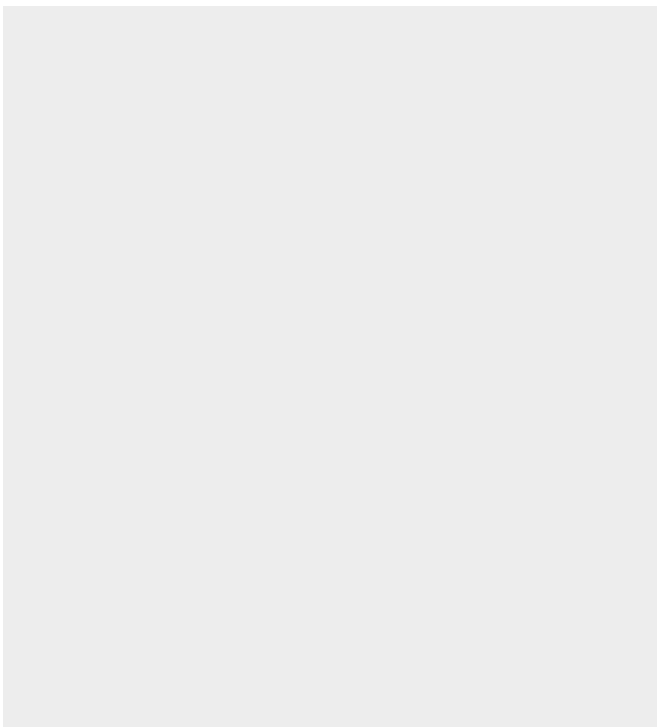
HOW I FEEL ABOUT  
RETURNING HOME EARLY:



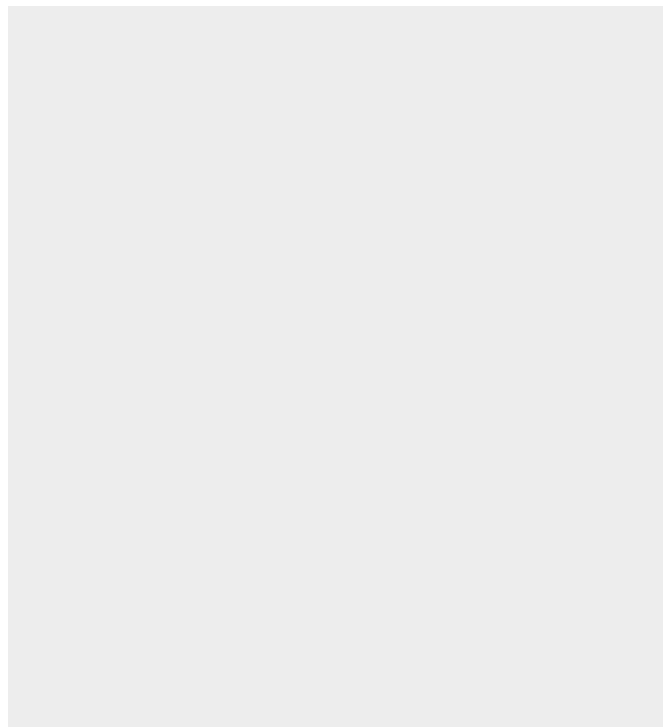
WHAT I WAS LOOKING FORWARD  
TO BUT AM NOW MISSING OUT  
ON BY RETURNING HOME EARLY:



WHAT I'M WORRIED ABOUT,  
NOW THAT I'M BACK HOME:



WHAT AND WHO I MISS MOST  
FROM MY LIFE ABROAD:



# Reflection & Action Sheet for Returnees

HOW I CAN FIND CALM  
WHEN I FEEL ANXIOUS:

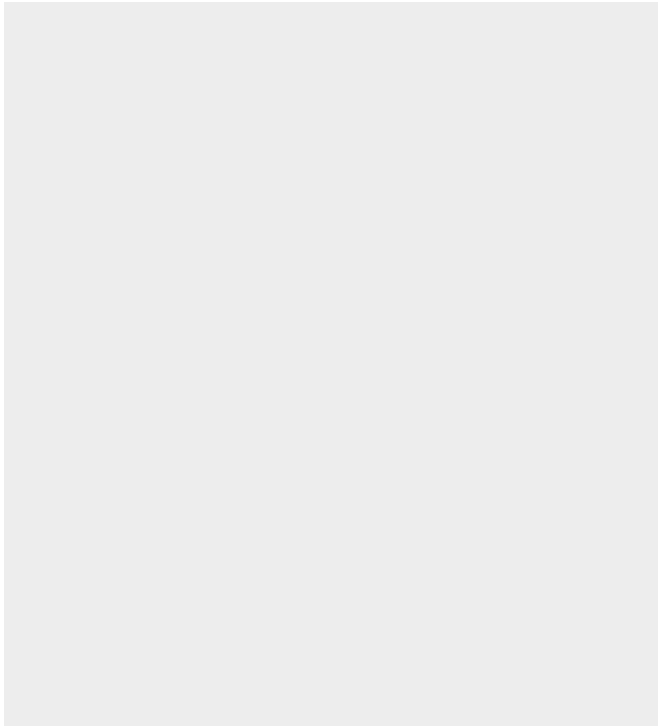
HOW I'D LIKE TO FEEL (MY IDEAL)  
AND WHAT HELPS ME  
FEEL THAT WAY:

HOW I COPEDED WITH ANXIETY AND  
UNCERTAINTY WHILE ABROAD &  
WHAT I CAN DO TO COPE NOW:

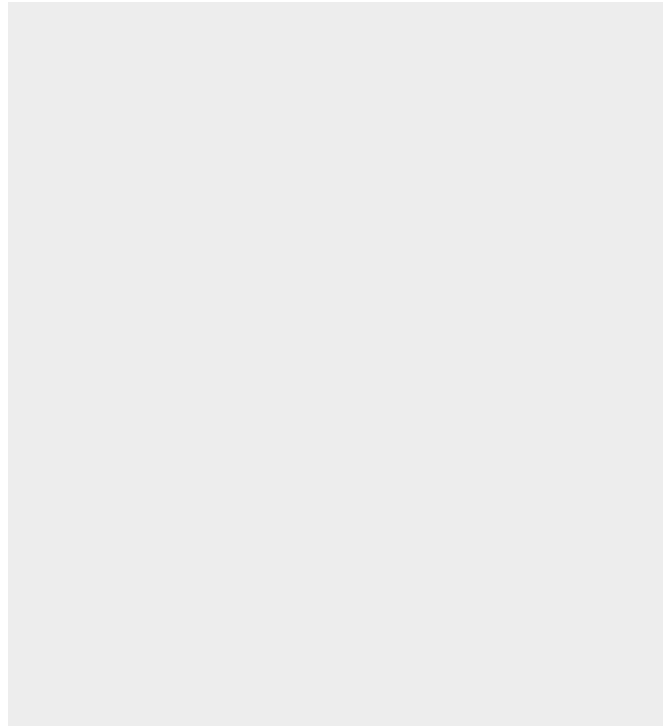
RESOURCES AVAILABLE  
TO ME NOW:

# Reflection & Action Sheet for Returnees

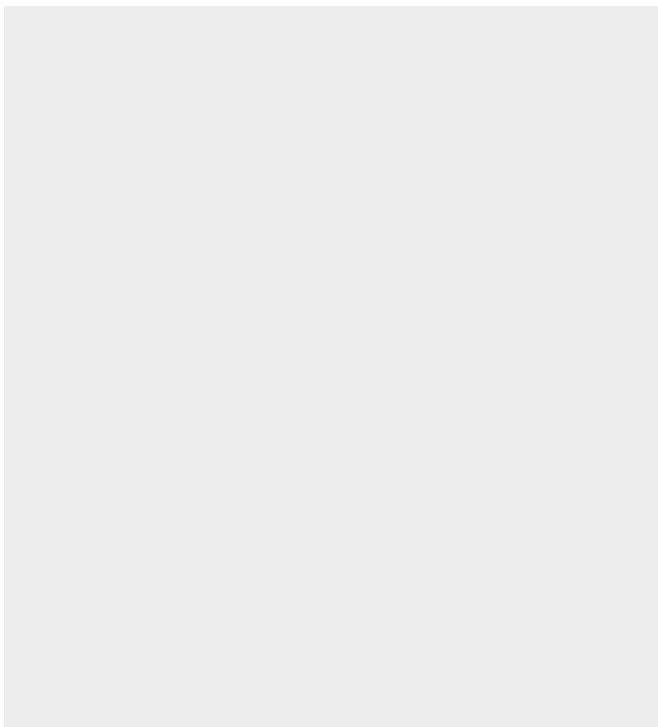
MY FAVORITE MOMENTS &  
MEMORIES FROM MY LIFE ABROAD:



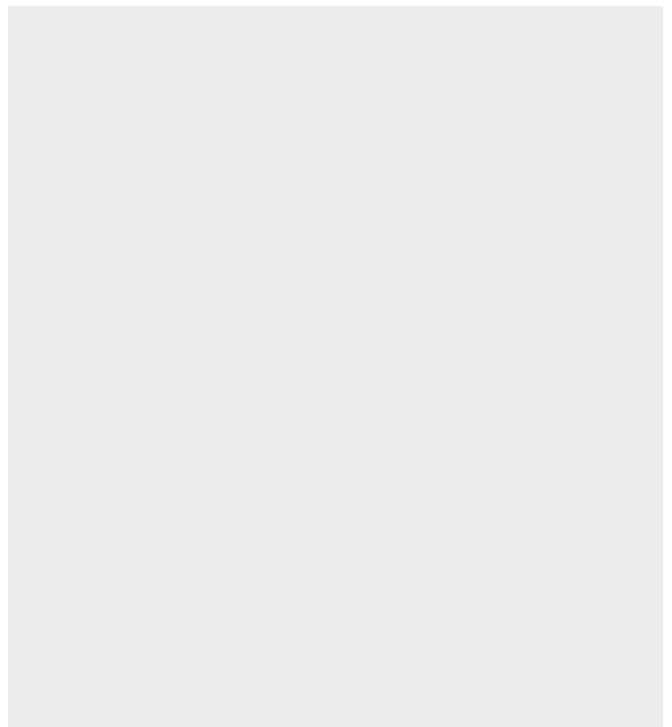
HOW MY TIME ABROAD  
MADE ME STRONGER:



HOW I CAN STAY CONNECTED  
TO WHERE I WAS ABROAD:

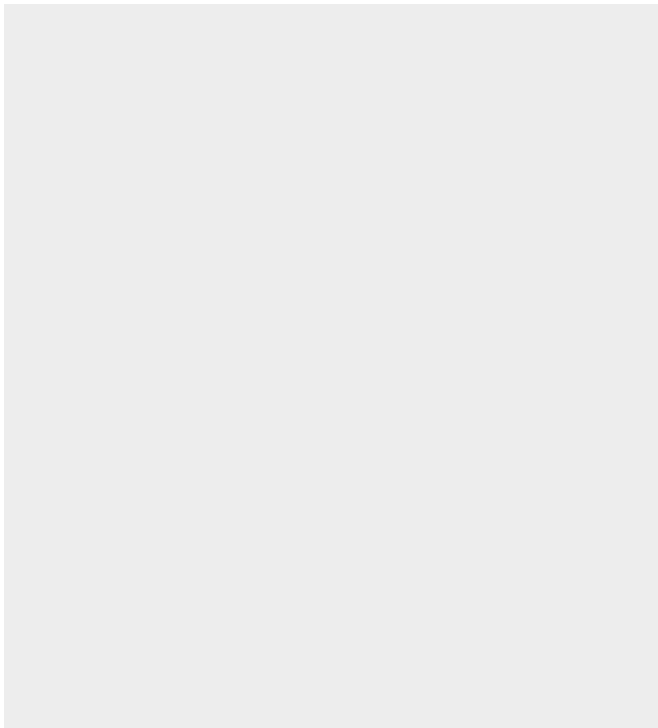


HOW I CAN STAY CONNECTED  
TO FRIENDS I MET ABROAD:

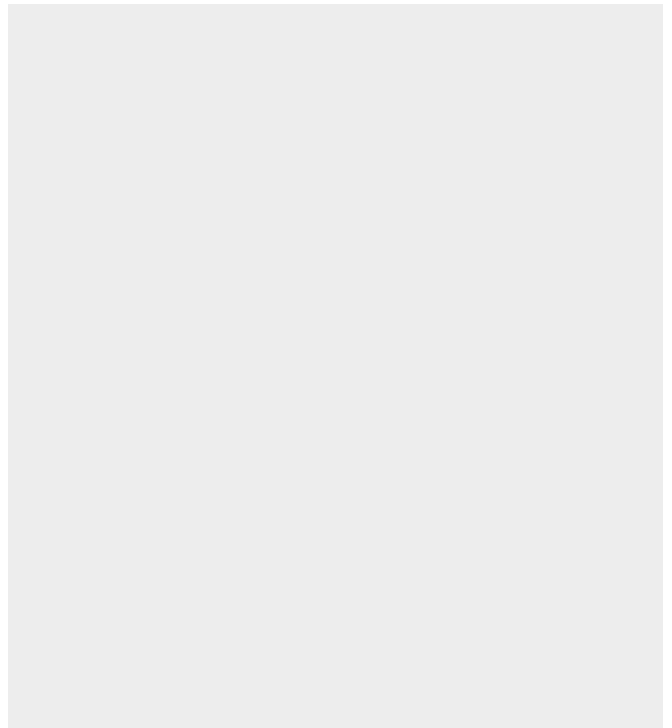


# Reflection & Action Sheet for Returnees

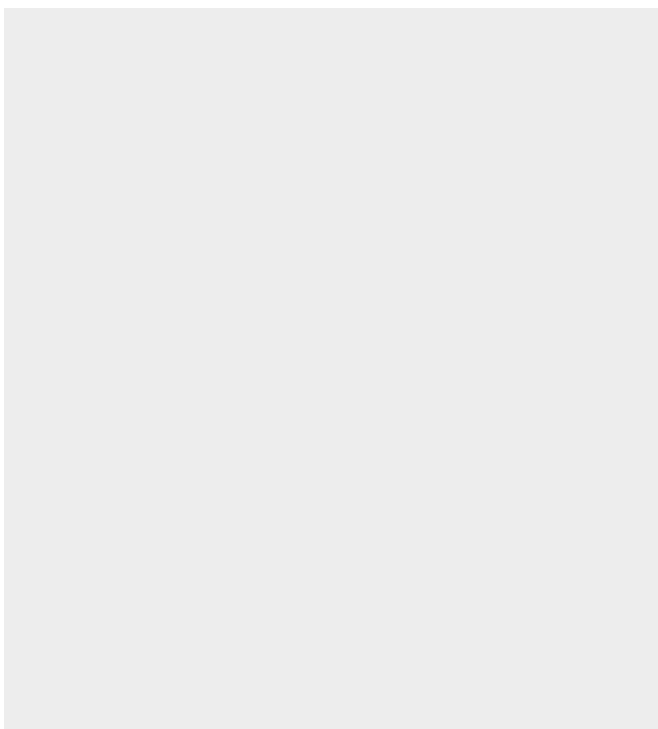
WHAT I STILL WANT TO DO, SEE,  
AND EXPERIENCE IN  
MY HOST COUNTRY(IES):



WHAT I WANT TO INCORPORATE  
FROM MY LIFE ABROAD INTO MY  
LIFE AT HOME:



HOW I'M GROWING AND  
GETTING STRONGER:



WHAT I'M LEARNING  
ABOUT MYSELF:

