

iReflect

Abbas's Journal

By Sameera Baba – MCC

Play Think Learn

As some of you know, I love playing and creating fictional characters, and my favorite one is Abbas. He is a young teenager always searching for adventures; he loves music, motorbikes, and cars. Abbas's character represents every soul considered a misfit, but for me, he is a sweet little trouble. I got inspired by the stories the parents around me shared about their kids, so I imagined how it would be if I had a boy at that age, so here came Abbas.

Here are 20 lessons we can learn from Abbas, a reflective question for each lesson, and at the end of the journal, you will find reflective cards to accompany this journal.

Remember, these lessons can be applied metaphorically to life, using his character as a symbol. Take some time to reflect on these questions and consider how you can apply these lessons to your life journey.

Sameera Baba - MCC

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JOURNAL START DATE:

WHAT ARE YOUR VALUES?

WHAT ARE YOUR PRIORITIES?

WHAT ARE YOUR BOUNDARIES?

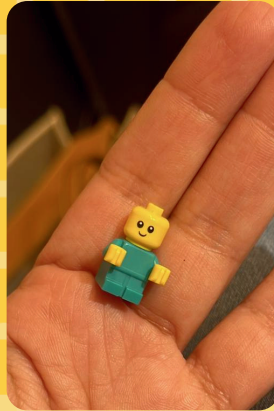
WHAT ARE YOUR TOP 3 GOALS?

iReflect

Lesson 1: Embrace Individuality

Reflective question:

In what ways can I celebrate and encourage individuality in myself and others?



Today's Mood



My Reflections

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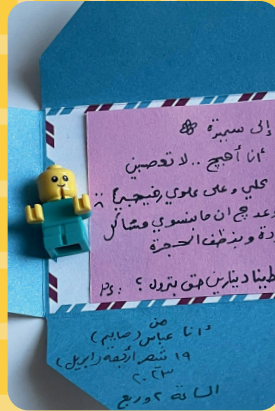
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Lesson 2: Embrace Failure

Reflective question:

How can I view failure as a learning opportunity and not be discouraged by setbacks?



Today's Mood



My Reflections

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Lesson 3: Challenge Authority

Reflective question:

When is it appropriate to
question authority and how
can I do so respectfully?



Today's Mood



My Reflections

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Lesson 4: Pursue Passion

Reflective question:
What are my true passions
and how can I actively
pursue them?



Today's Mood



My Reflections

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Lesson 5: Embrace Unconventional Paths

Reflective question:

How can I break away from societal norms and explore unconventional paths in my own life?



Today's Mood



My Reflections

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Lesson 6: Cultivate Resilience

Reflective question:
How can I develop resilience
and bounce back from
adversity?



Today's Mood



My Reflections

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Lesson 7: Seek Supportive Communities

Reflective question:
What kind of communities
can I find or create to
support and uplift me?



Today's Mood



My Reflections

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Lesson 9: Practice Empathy

Reflective question:
How can I better understand
and empathize with others,
even if they are different
from me?



Today's Mood



My Reflections

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Lesson 10: Embrace Failure as a Learning Opportunity

Reflective question:

How can I shift my mindset to see failure as a stepping stone to growth?



Today's Mood



My Reflections

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Lesson 11: Embrace Authenticity

Reflective question:

In what ways am I being true to myself, and where am I hiding behind a façade?



Today's Mood



My Reflections

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Lesson 12: Challenge the Status Quo

Reflective question:

How can I question and challenge existing norms and systems to bring about positive change?



Today's Mood



My Reflections

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Lesson 13: Embrace Creativity

Reflective question:

How can I nurture my creative side and explore new ways of expressing myself?



Today's Mood



My Reflections

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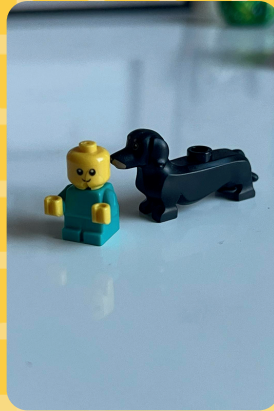
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Lesson 14: Foster Independence

Reflective question:
In what areas of my life can I become more independent and self-reliant?



Today's Mood



My Reflections

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Lesson 15: Embrace Diversity

Reflective question:

How can I actively seek out diverse perspectives and experiences to broaden my understanding?



Today's Mood



My Reflections

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Lesson 16: Learn from Mistakes

Reflective question:
What lessons can I learn
from my past mistakes, and
how can I avoid repeating
them?



Today's Mood



My Reflections

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Lesson 17: Develop Self-Confidence

Reflective question:

What steps can I take to build my self-confidence and belief in my abilities?



Today's Mood



My Reflections

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Lesson 18: Embrace Uniqueness

Reflective question:

How can I appreciate and celebrate the uniqueness of myself and others?



Today's Mood



My Reflections

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Lesson 19: Foster Open-Mindedness

Reflective question:
How can I cultivate an open mind and be receptive to new ideas and perspectives?



Today's Mood



My Reflections

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Lesson 20: Never Give Up

Reflective question:

How can I maintain perseverance and resilience in the face of challenges?



Today's Mood



My Reflections

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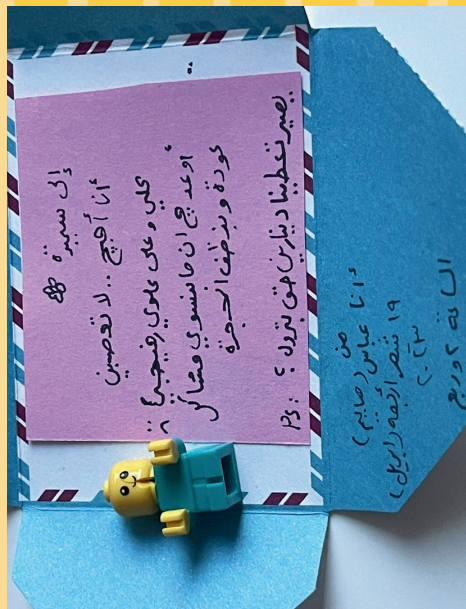
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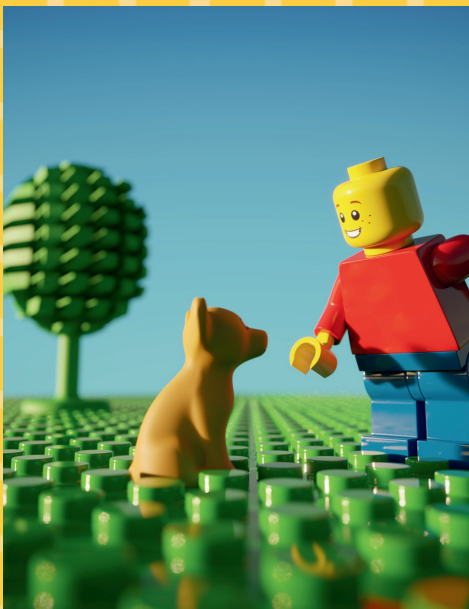
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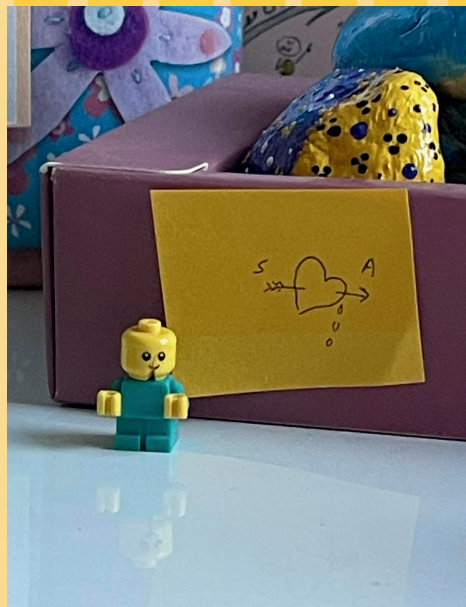
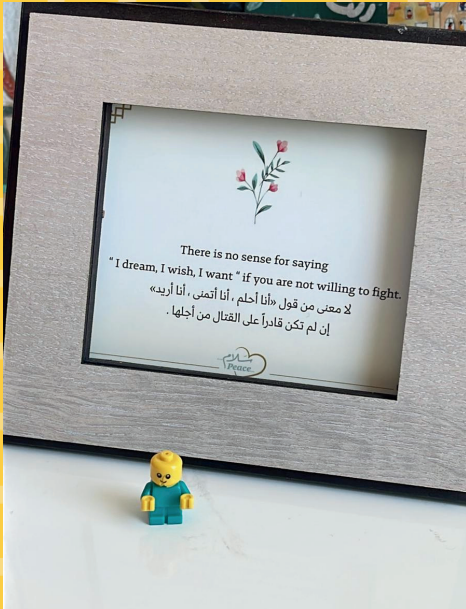
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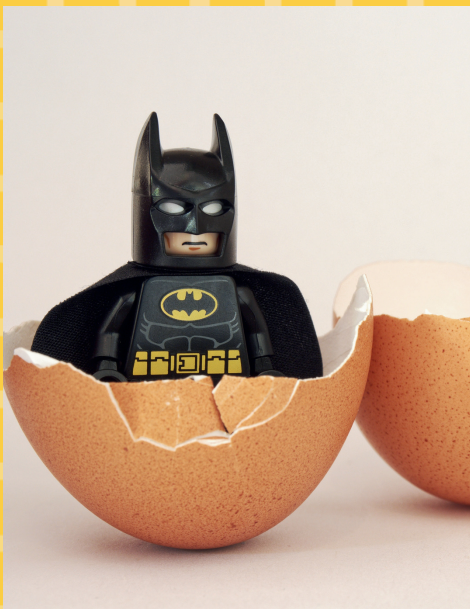
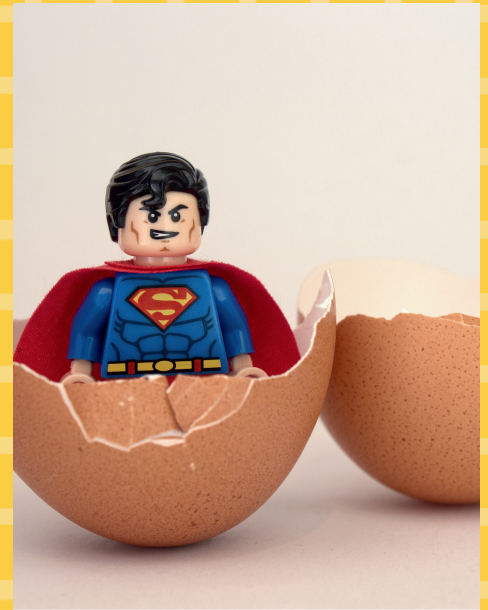
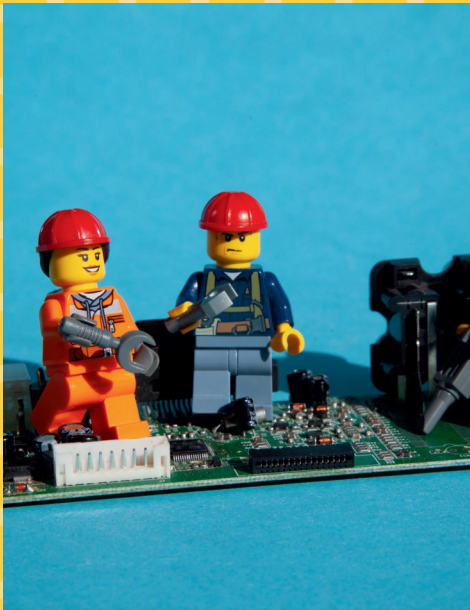
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