

# Keep what stayed with you.

Reflect in your own words. Use chapter or page references when you want to return to a detail.

**Title / author / date**

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**The main idea or story, in my own words**

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**A detail or moment that stayed with me**

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**Something that challenged my thinking**

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**A question I am still considering**

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**One idea, conversation, or next read to follow**

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