```css
* {
    margin: 0;
    padding: 0;
    box-sizing: border-box;
}

body {
    font-family: Arial, sans-serif;
    background-color: #f4f4f9;
    color: #333;
    margin: 0;
    padding: 0;
}

.container {
    width: 80%;
    margin: 0 auto;
    padding: 20px;
}

header {
    text-align: center;
    margin-bottom: 40px;
}

h1 {
    font-size: 36px;
    color: #2c3e50;
}

p {
    font-size: 18px;
    color: #7f8c8d;
}

h2 {
    margin-top: 20px;
    font-size: 28px;
```

```css
    color: #34495e;
}

form {
    margin-top: 10px;
}

label {
    display: block;
    margin-top: 10px;
    font-size: 18px;
}

input[type="range"] {
    width: 100%;
    margin-top: 10px;
}

#reflection textarea {
    width: 100%;
    height: 150px;
    margin-top: 10px;
    padding: 10px;
    font-size: 16px;
    border: 1px solid #ccc;
    border-radius: 5px;
}

#goals {
    margin-top: 30px;
}

#goal {
    width: 80%;
    padding: 10px;
    font-size: 16px;
    margin-right: 10px;
}
```

```css
button {
    padding: 10px 20px;
    background-color: #3498db;
    color: white;
    border: none;
    border-radius: 5px;
    cursor: pointer;
}

button:hover {
    background-color: #2980b9;
}

ul {
    margin-top: 10px;
}

li {
    background-color: #ecf0f1;
    padding: 10px;
    margin-top: 5px;
    border-radius: 5px;
}
```