Apologies, I was writing on Google Docs and it froze when I tried to open it again to download it or copy and paste the content. For some reason I can't edit it anymore but I think you're able to view it, below is the link to my reflection.

https://docs.google.com/document/d/11sbPHeRz89IJTVGs6A9yNjBF7Irkfg4nOQwwwvCXbgo/edit?usp=sharing