

How old were you one year ago today?



How old will you turn this year?

Did you already have your birthday this year?

WHEN were you the most sad last year?

Did you LEARN anything from your sad times?

List 3 things you did for the 1st time last year:

- 1.
- 2.
- 3.

When were you the MOST happy last year?



What can you do to be happy this year?

List 3 things you want to do this year:

- 1.
- 2.
- 3.

New Year
Reflection
January 23, 2022

What made you PROUD last year?

What do you want to do this year to be PROUD of?

ARE YOU NERVOUS RIGHT NOW?

WHAT ARE YOU LOOKING FORWARD TO RIGHT NOW?

