

2021 MEMORIES

DATE:

Name something you learned or something new you tried this year.

Describe something that made you really happy this year.

Write or draw something you're proud of from 2021.

What's one thing that happened this year that you never want to forget?

Overall, my year was:



2021 REFLECTION

DATE: _____

Write or draw something you were grateful for this year.

If you could travel back to the beginning of 2021, what piece of advice would you give yourself for the year ahead?

What was a challenge you faced this year? How did you overcome it?

If you could change one thing about the past year, what would it be?

Three words that describe this year are: _____

2022 PLANS

DATE:

What's something new you'd like to try in the new year? What about something new you want to learn?

Write or draw 3 things you can commit to doing to take care of yourself in 2022.

Name 3 acts of kindness you'd like to do in the coming year.

What's something you're really looking forward to in the new year?

Something I want to be better at by the end of 2022 is: _____