

# 2022 MEMORIES

DATE:

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

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Describe something that made you really happy this year.

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Write or draw something you're proud of from 2022.

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

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Overall, my year was:



# 2022 REFLECTION

DATE:

**Write or draw something you were grateful for this year.**

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**If you could travel back to the beginning of 2022, what piece of advice would you give yourself for the year ahead?**

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

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

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**Three words that describe this year are:** \_\_\_\_\_

# 2023 PLANS

DATE:

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

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**Write or draw 3 things you can commit to doing to take care of yourself in 2023.**

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

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

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**Something I want to be better at by the end of 2023 is:**

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