

WINTER READS 2021

REFLECT & RESTART

ACTIVITY PACKET

LOOKING BACK AT 2020

My biggest accomplishment:

My favorite experience:

My biggest challenge:

My favorite book:

My favorite movie:

My favorite meal:

LOOKING AHEAD TO 2021

I want to remind myself:

I want to continue to:

I want to stop:

I want to learn how to:

I want to focus on:

TOP GOALS FOR 2021

NEW YEAR RESOLUTIONS

1.

2.

3.

4.

5.

DAILY GRATITUDE JOURNAL

MORNING GRATITUDE

Before you begin your day, list 10 things you're grateful for.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

LEARNING FROM CHALLENGES

List 3 obstacles and what you're learning from them.

1.

WHAT I'M LEARNING:

2.

WHAT I'M LEARNING:

3.

WHAT I'M LEARNING:

PEOPLE I AM GRATEFUL FOR

List 5 people who made your life a little happier today. These could be friends, family, or strangers!

- 1.
- 2.
- 3.
- 4.
- 5.

THE BEST PART OF MY DAY

Choose one moment of your day that made you happy and focus on it for 5 minutes before you go to sleep.

This year I will do...

MORE

OF THIS

&

LESS

OF THIS