



Ready to embrace the new year?

Take time to reflect on the past year and envision the year ahead with this worksheet. It's designed to help you celebrate your achievements, recognise your growth and set optimistic intentions for the coming year.

A positive look back

Words that describe my year

Accomplishments/goals I achieved

Favourite memories

I'm grateful for

An optimistic look ahead

I'm looking forward to

Small wins I can and will achieve this year

I want to spend more time

I want to get better at

Why I believe in myself