

TEACH YOUR KIDS TO SELF-REFLECT WITH THIS SIMPLE EXERCISE THAT YOU CAN DO TOGETHER.

it's time to think about the past year!

MY REFLECTIONS OF 2022

MY FAVORITE PARTS OF 2022 WERE:

IN 2022, I LEARNED:

HOW I FEEL ABOUT THE NEW YEAR:

we learn things every day of the year! What did you learn?

setting goals is important so we can keep learning and growing.

MY GOALS FOR 2023 ARE:

