

NAME

DATE



Finding Your Word



Reflect



What do I want more of in my life?



What do I want less of in my life?



How do I want to feel?



NAME

DATE



Finding Your Word



Visualise



Write about how I want to feel each day. How do I feel when I wake? How do I feel during the day? How do I feel when I get home from School? How do I feel going to bed?



What word do I want to focus on in 2021?

