

GOODBYE 2023!

Imagine life is a TV show, and you're the main character. (Everyone is the main character of their own story.) You're writing the script. The plot may twist and turn, but as the writers of our show, we get to choose the main character's **actions**, **thoughts**, and **attitudes**.

2023 was another year of change, challenges, and opportunities. Sometimes, before we start a new act or scene in life, it's good to pause and reflect on some of the earlier episodes in our story. Use the table below to brainstorm all of the great moments you had and the tough obstacles you had to face in 2023!

	<i>GREAT MOMENTS!</i>	<i>TOUGH OBSTACLES...</i>
In class		
At school		
Outside of school		

HELLO 2024!

The New Year is a great time to set goals. We call these New Year's Resolutions! Google search defines a resolution as "a firm decision to do or not to do something."

Think about what happened in 2023. We can't always change what happens to us, but we can always change our attitudes and actions. Use the table below to brainstorm things you want to do more of and things you want to do less of in 2024.

	<i>I WILL DO...</i>	
	<i>... <u>MORE</u> OF THIS!</i>	<i>... <u>LESS</u> OF THAT!</i>
In class		
At school		
Outside of school		

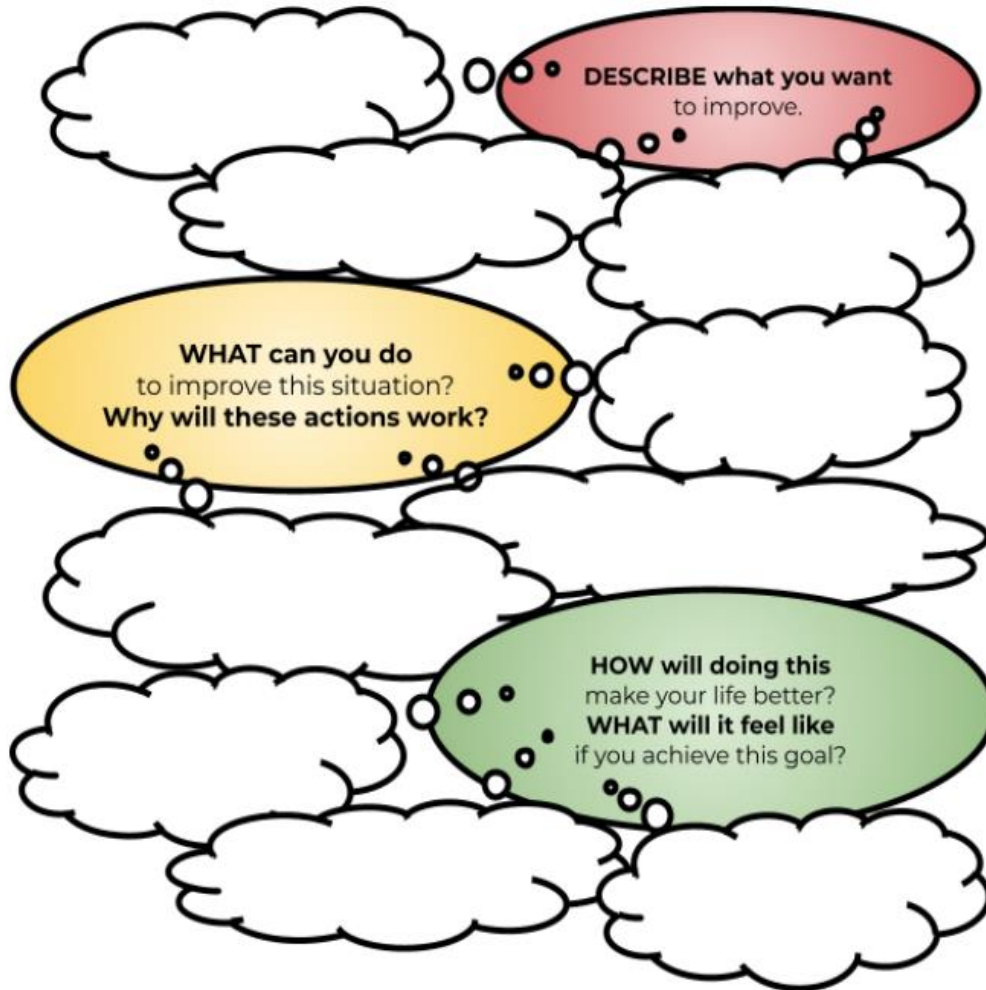
MY NEW YEAR'S RESOLUTION

Look back at your list of things you want to do more of and things you want to do less of.

Pretend you could only choose to do one of these goals. Which goal would improve your life the most? Write down that goal below.

This year, I will _____

Fill out the thought bubbles below to think more about this goal!



MY NEW YEAR'S RESOLUTION

Write a paragraph about your New Year's Resolution! Make sure to include the following:

- What is your goal?
- Describe what you want to improve.
- Describe what you can do to improve the situation and how this will help.
- Explain how doing this resolution will make your life better and explain what it will feel like if you achieve this goal.
- Summarize your goal.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.