

Self-reflection

Directions: This is a simple reflection activity. You can answer these questions however you'd like. There is no right or wrong answer so take your time, there is no rush!

How have you changed or grown in the past year?

What is one thing you would like to do differently next year?

What are you looking forward to in the next year?

What are some long-term goals that you would like to set for yourself? Where do you see yourself in 2 years? 5 years?

Letter to your future self: In this portion of the activity you can write whatever ever you'd like. In one year's time, you will look back at this activity and see what has changed.

If you need assistance with your letter, see the next page for a letter template.

If you had the chance, what would you tell your future self?

Dear _____

Feel free to write whatever you'd like but if you need assistance with writing this letter here is a template you can follow.

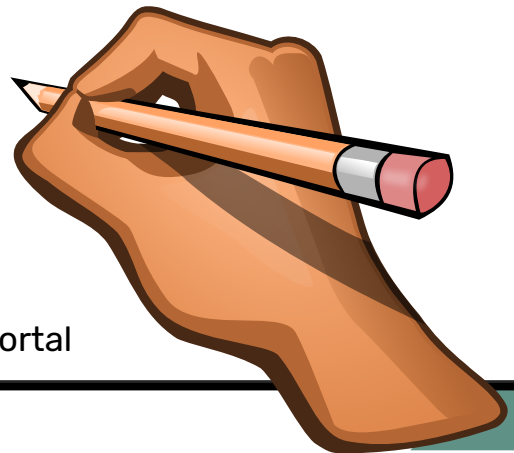
Dear *(your name)*,

Hey! Today I am *(number)* years old and I am in *(number)* grade. Today is *(today's date)*. My favorite thing to do right now is *(blank)*. My favorite color at the moment is *(color)*. In the next year, I want to learn to *(activity/hobby)*. One thing I want to do next year would be *(what would you do)*. I would like to do this because *(why would you do this)*. One thing I want to accomplish would be *(one thing)*. Something that I am proud of this year is *(blank)*. My goals for next year are *(goals for next year)*. Good luck *(your name)*! Some advice for you, *(give your future self some advice)*.

-Yours truly, *(your name)*.

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-Fill in the blanks with your own responses-

Dear _____,

Hey! Today I am _____ years old and I am in _____ grade.

Today is _____. My favorite thing to do right now is

_____.

My favorite color at the moment is _____.

In the next year, I want to learn to _____.

One thing I want to do next year would be _____

_____. I would like to do this because _____

_____. One thing I want to accomplish would be _____

_____. Something that I am proud of this year would be _____

_____. My goals for next year are _____

_____, Good luck _____! Some advice for you, _____.

-Yours truly, _____

