



New Years Reflections

Name:

Age / Grade:

My Favorite Things / Experiences / Memories from last year:
(activities, subjects, toys, books, food, games)

New Things I'd Like to Do or Try in 2015:
(experiences, activities, goals)

People I Loved Spending Time With in 2014:

People or Things I missed in 2014:

Ways I Grew / Challenges I Faced in 2014:

Some of the Gifts I Now Have to Share Are:

New Year's Intentions:
(things I'd like to try - or try to do better, old habits to break, dreams to grow)

New Year's Day. A fresh start. A new chapter in life waiting to be written. New questions to be asked, embraced, and loved. Answers to be discovered and then lived in this transformative year of delight and self-discovery. Today carve out a quiet interlude for yourself in which to dream, pen in hand. Only dreams give birth to change. ~ Sarah Ban Breathnach

~ Wishing you the best in 2015 with love, Kate via ❁ shineyoga.com ❁