

Into the New Year:

Reflect, Connect & Move Forward



The start of a new year is a time for reflection and resolutions – a time to review your personal goals, take stock of your progress, and plan for the days and months ahead. It's a time to focus on both self-care (attending to your own well-being) and collective care (showing concern for the community and for others).

As we step into 2022, we encourage you to think about how your actions can promote health, support personal growth, and align with your values and purpose. Take some time to reflect using the prompts below.



A TIME TO REFLECT

Reflect on lessons learned.

One positive thing I learned about myself last year was ...

My biggest areas of growth were ...

Someone who had a positive impact on me was ...



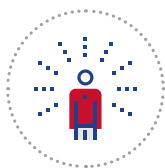
A TIME TO MOVE FORWARD

Move forward with hope and curiosity, understanding that your attitude and perspective influences how you respond to what comes next.

One of my goals for this year is to ...

One word that describes my primary focus for this year is ...

(Ex.: balance, confidence, connect, focus, discipline, intentional, grow)



A TIME TO BE PRESENT

Connect with feelings of gratitude for the present moment.

One thing I commit to doing for my mental health and wellness this year is ...

One thing I'm grateful for in this moment is ...

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