

Name \_\_\_\_\_

## New Year Reflections

**Directions:** Write a thoughtful journal entry that explores what **new beginnings** mean to you in connection with the **Lunar New Year**. Reflect on how this holiday's themes of renewal, growth, and good fortune relate to your own life. Be honest and creative-let your thoughts flow like the lanterns that rise into the night sky.



The Lunar New Year celebrates more than just a change in the calendar-it symbolizes a **fresh start**, the **sweeping away of the old**, and **welcoming luck, harmony, and renewal**. In your journal entry, consider the following:

- What does the idea of *new beginnings* mean to you personally?
- How do you "sweep away" old habits or thoughts to make room for growth?
- What goals, hopes, or changes would you like to carry into your own new year?
- How can you bring good fortune, balance, or positivity into your daily life?

Write at least one well-developed paragraph (5-8 sentences) that reflects your thoughts, feelings, and aspirations.

---

---

---

---

---

---

---

---

---

---

---

---