

Name _____



Fresh Start Reflections

Directions: Think about your past year and what you've learned. Write a journal entry describing one lesson from the past and one goal for the new year. Be honest, creative, and specific about what you want to achieve and why it matters to you.

The start of a new year is like opening a blank page in a book-yours to write on! Take a moment to reflect: What is one thing you're proud of from last year? Maybe it was trying something new, helping someone, or learning a valuable lesson.

Next, think about something you want to do better or differently this year. How can that goal help you grow or bring happiness to others? Write your journal entry below, describing what you've learned, what you hope for, and how you'll make it happen.

Use sensory details, emotions, and examples to make your writing personal and powerful. End your entry with a short motto or quote that captures your vision for the new year.
