



# LIVE YOUR WHY

## Afterschool Edition



**Write about a favorite memory you have. Describe the event. What emotions did you experience?**



**What is something you want to do in the future that you think will make a good memory?**



Looking for other ideas to help plan your afternoon? Visit us at  
[www.healthylamoillevalley.org/liveyourwhy](http://www.healthylamoillevalley.org/liveyourwhy)