



## Live Your Why – Afterschool Edition

Think about one or more goals you have for 2021.

Draw or write them down if you'd like.



How will you accomplish your goals?

What obstacles might get in the way of achieving those goals?



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