



# LIVE YOUR WHY

## Afterschool Edition



Reflect on some goals you achieved or things you got better at this past year.



Why is it important to reflect on your accomplishments and progress?



What skills do you plan to continue to work on improving this coming year?



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