My New Year Goals

This activity is designed to help young women think about their goal, support network and self-care. By working through the 4 corners, young women are able to acknowledge changes and transitions. It is also easy to repeat, giving a tool for young women to do in their own time.

What 3 good things happened last year?
1. Making a new friend? Exam results? Joined a new group?
2. Went to an amazing gig? Got accepted on a new course?
3. Went on a protest?

What are my goals for this year?

Personal
- Study for exams? To feel more confident? Learn to ride a bike? Build your own website? Learn a new skill or instrument?

Helping others
- Volunteer in the community? Help around the house more? Be a better friend? Find a cause you care about?

When things are tough, these things help me to feel better.

Who is in my team?
(friends, family, youth workers, teachers etc. People who can help me)

Who really supports you? Who can you talk to? Who do you trust? It might not be the obvious people! Teachers, friends, social workers, faith leaders, family members, youth workers.

I am:

2. Personal
3. Helping others
4. When things are tough, these things help me to feel better.
5. Who is in my team?
6. Who really supports you?
My New Year Goals

What 3 good things happened last year?

1

2

3

What are my goals for this year?

Personal

Helping others

I feel...

1

2

3

Who is in my team?
(friends, family, youth workers, teachers etc. People who can help me)

When things are tough, these things help me to feel better.