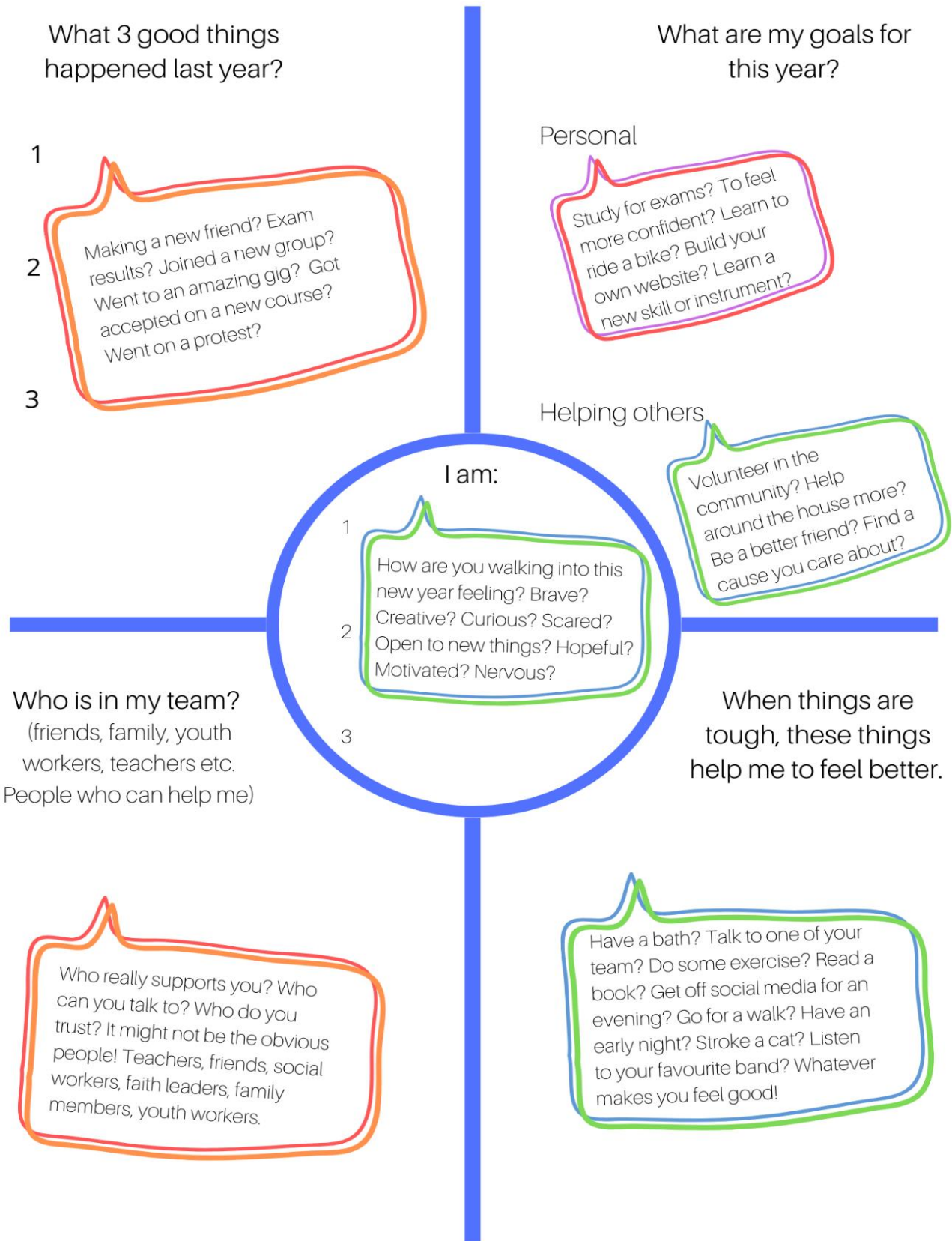


My New Year Goals

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.



My New Year Goals

What 3 good things happened last year?

1

2

3

Personal

What are my goals for this year?

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.