

★ Reminder

I don't need to be perfect to be proud of myself.
Trying counts. Rest counts. Growth isn't linear. 💛

☀️ Grumpy Sunshine New Year Intentions ☀️

Real goals for real teens.

Name: _____

Year: _____

🌈 My word(s) for this year: _____

📖 Growth, not grades:

- One thing I want to improve:
- One thing I'm already proud of:

💬 Mental health check-in:

This year, I'm learning to _____ instead of _____.

🎵 Joy list (no guilt allowed):

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🧑🏻 Friendships & boundaries:

I deserve friends who _____.

✨ Affirmation for the year:

"I am allowed to grow at my own pace."