

Challenge 4: Six-Seven Sentence Reflection



Write 6–7 sentences reflecting on:

- What you want to do differently this year

Challenge 5: Write six or seven things you are grateful for as you head into the new year, and explain why each one matters to you.

Example: I am grateful for my friends because they make school fun and they support me.

Challenge 6: Now that you've written about resolution-themed topics, craft a New Year's resolution that is specific and meaningful to you. Then read your resolution aloud six or seven times to energize yourself and commit to it.

Example: I will read for at least 20 minutes a day, even when I don't feel like it.



Challenge 7 (Optional): Share your resolution with six or seven classmates.

