

Name:.....

Age/Grade:

Date:



MY SEPTEMBER RESET: A FRESH START FOR A NEW SEASON

1. This fall, I want to try:

.....

2. One thing I want to get better at is:

.....

3. This school year, I hope to feel more:

.....

4. A reminder I want to give myself when things feel hard:

.....

5. One thing from summer I want to carry with me into fall:

.....

6. If I had a theme word for this season, it would be:

.....

Draw a picture or paste a photo of how you feel about this new season below:

