



**A new year brings new beginnings!**

As 2022 begins, think about what you want to accomplish this year and how you plan to Take Care of Yourself, Take Care of Each Other, and Take Care of the Earth.

CARE FOR YOURSELF.

CARE FOR EACH OTHER.

CARE FOR THE EARTH.

Using the frame, write, draw, use stickers, or get creative in your own way to depict how you want to take care in 2022. Then cut out your vision board and hang it somewhere you look every day. Maybe a mirror, back of your bedroom door or on your bedroom wall!

Show your vision boards and your progress towards your goals on social media.

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# 2022 VISION BOARD



## TAKING CARE OF MYSELF :



## TAKING CARE OF OTHERS :



## TAKING CARE OF THE EARTH :

