

# PEANUTS®

# TAKE CARE OF YOURSELF

## SET YOUR OWN GOALS



January is the perfect time to reflect and set goals for the new year. When doing this, it is important to listen to yourself, be intentional with your aspirations, and practice patience as you continue to learn and grow.

Use the activity below as an opportunity to think about your year, brainstorm ways to make the most of 2023, and set your own goals!

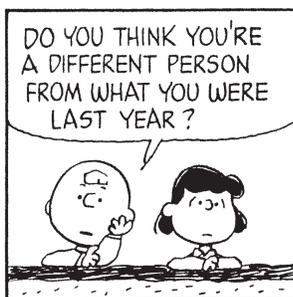
Share your goals on social media!

#TakeCareWith Snoopy @snoopygrams |    @Snoopy

## GET STARTED!

### Instructions:

1. The new year brings a clean slate, fresh perspective, and the opportunity to set new goals! Sometimes, it's easy to let others influence what your goals should be, but the best resolutions come from self-reflection. This activity will help you brainstorm resolutions so your new year goals come from you!
2. On the following page, answer each prompt in their respective box. You can use words or drawings to respond to the prompt! Just be sure to take the time to think of an authentic and meaningful answer before moving on to the next.
3. When thinking of your answers, remember that no goal is too small. Sometimes, the biggest change comes from the smallest acts. Also, not every goal is for everyone. Feel free to pick and choose the prompts that most resonate with you!
4. When you are done, hang the page on a wall or bulletin board where you will see it everyday. This way you will have a reminder of all of the amazing things you will do this year!



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OF  
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## MY GOALS

This year, I want to learn about:

One person I want to get to know is:

Everyday, I will:

By next year I hope to be:

To take care of myself I will:

I'm going to show gratitude for: