

Reflect and Plan

Results Leadership



RESPOND to your memories of the past and dreams for the future. As we experience new milestones, such as ending a school year and planning for the next or celebrating the new year, it is helpful to pause, reflect, and plan. Shine a spotlight on the moments of joy and success that come from your memories and then think of the future. Illuminate a path that can provide growth experiences. Imagine the challenges that you might face and what could bring you a sense of pride or satisfaction in the coming year.

Label your personal milestone that inspired the reflection and planning. Was it your birthday, the start of a new school year, or a New Year's celebration?

MY MILESTONE: _____



CREATE two sketches. Draw a memory from the past year in the reflection spotlight and draw a dream or prediction in the area illuminated by the flashlight to guide your path forward. As you decide what to sketch, consider experiences that broadened your social awareness or curiosity, deepened your understanding or relationships, or brought you feelings of joy or pride. Think about what you enjoy learning, how you overcome challenges, experiences that instill a sense of pride or belonging, and times you help others grow or learn.

Provide a name and description for each sketch. Consider words that radiate a sense of optimism and a positive outlook.



Delaney P.

SKETCH A SPOTLIGHTED POSITIVE MEMORY FROM THE PAST YEAR AND AN ILLUMINATED IMAGE ALONG THE PATH THAT GUIDES YOU INTO THE FUTURE YEAR.

TITLE: _____

DESCRIBE THE SCENE:

TITLE:

DESCRIBE THE SCENE:

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Gracelynn M.



Concepción L.



Alex P.



Jaden G.



PRESENT the sketches and writing as a personal keepsake. Place your work in a small box or container and decorate it. Store this *time capsule* in a place where you keep treasures. Open the *time capsule* annually on your milestone day (your birthday, first day of school, or next New Year's Day). Re-read and re-examine your reflections and plans with the new perspective that comes as you grow. Repeating this activity annually reminds us to be positive in our past reflections and intentional in planning the future. Optimism can be contagious and can spread joy to others.



CONNECT your spotlighted memory sketch and illuminated path to your future *long-term aspirations*. What life-long goals do you have? What career paths do you want to consider, and what experiences would help you explore those options? What relationships do you treasure today and expect to nurture in the future? Why does focusing on strengths help us grow? How can we live colorfully and brighten the days ahead?



Matthis P.
