

# I would sum up last month in these three words:

Things I'm grateful for last month:

# Reflection

## Best parts of last month:



### Worst parts of last month:

#### Things that made me happy last month:

# Goals

#### Personal development goals:

### Volunteering goals:

Selfcare goals

# Things I want to learn or improve:

### Health goals:

TITIT

www.teentoolkit.net