



Reflection

Reflect on each of these areas of your life in the last month.

Family

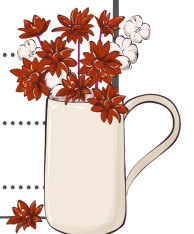
Study

Friends

Exercise

Screens/Devices

Healthy eating





Goals

Set a goal for each of these areas of your life for this month.

Family

Study

Friends

Exercise

Screens/Devices

Healthy eating

