

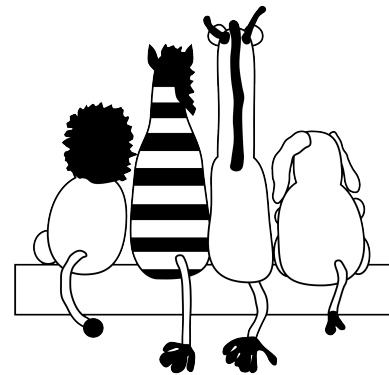
Happy birthday, self! I am _____ years old.

Appreciating the Previous Year and Now

Answer the questions below the best that you can. You can provide short answers, or you can provide longer answers by adding blank pages to your dream book. It's totally up to you!

My best friends are:

What I like or appreciate most about my best friends is:



My favorite activities are:

What I like or appreciate most about these activities is:

The most fun and exciting thing I've done recently is:

The thing about the recent activity that made it so fun and exciting was:

What I like or appreciate the most about myself is:

One of the biggest things I've learned about myself recently is:

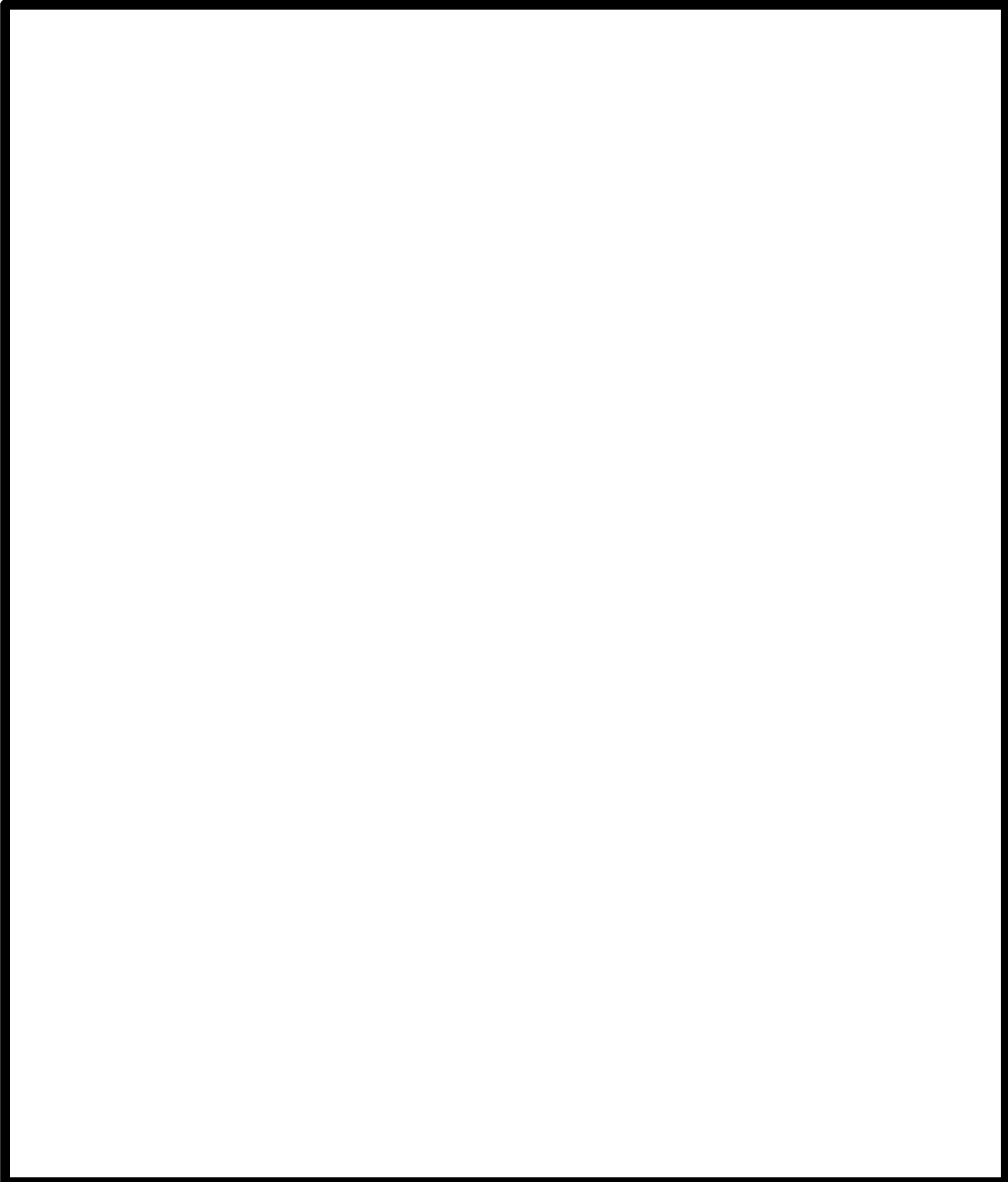
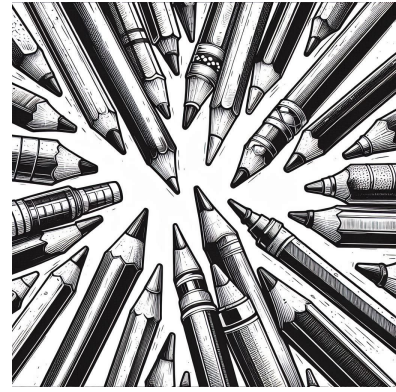
One of the best things somebody else did for me over the last year is:

One of the best things I did for somebody else over the last year is:

Other things I want to remember about myself or my experiences from the last year:

Drawing activity #1

Draw a picture of you doing something you really enjoyed over the last year. It could even be something you've done within the last day or week. Include your best friends if you want. It doesn't need to be perfect. Have fun! (If you don't want to draw, you can tape or glue a few photos to this sheet or a blank sheet.)



Dreaming about the Future

Answer the questions below the best that you can. You can provide short answers, or you can provide longer answers by adding blank pages to your dream book. It's totally up to you!

Three things I'd love to do over the next year are:

- 1.
- 2.
- 3.

Three things I'd love to do at some point in my life (even if it's not until I'm grown up) are:

- 1.
- 2.
- 3.

What I'd like to be when I grow up is:
(Feel free to put more than one answer.)

The thing that excites me the most about the future is:



Drawing activity #2

Draw a picture of something that excites you about the future. It can be something you hope to do, somewhere you hope to go, people you hope to be with, or anything that comes to mind. It can include multiple things, and it doesn't need to be perfect. Have fun! (If you don't want to draw, you can make a collage with cutouts from photos, magazines, or newspapers, on this sheet or a blank one.)

