



Embracing Positivity:

Your Path to a Great
2025

Reflecting on the Past Year

Individually take a moment to think about your experiences in 2024 (feel free to use the journal you set up during Advisory in December for this reflection):

- Consider both challenges and achievements
- Questions to ponder:
 - What were your proudest moments?
 - What lessons did you learn from difficulties?
 - How did you grow as a person?

Remember, reflection helps us understand our journey and plan for the future.

Setting Positive Intentions

Discuss, as a class, the difference between Intentions vs. Resolutions:

- Intentions focus on the journey, not just the destination
- They're more flexible and adaptable than rigid resolutions
- Steps to set positive intentions:
 - Identify areas of your life you want to improve
 - Visualize your ideal self in these areas
 - Frame intentions positively (e.g., "I will cultivate kindness" instead of "I won't be mean")
- Examples of positive intentions:
 - I will practice self-compassion daily.
 - I will seek out new learning opportunities.

Creating a Positive Environment

Your surroundings impact your mindset. Review, as a class, tips for the following:

- Positive physical space (think of your spaces at home):
 - Declutter and organize
 - Add plants or nature elements
 - Display inspiring quotes or artwork
- Nurturing positive relationships:
 - Surround yourself with supportive people
 - Practice active listening and empathy
 - Offer encouragement to others
- Tips for digital positivity:
 - Curate social media feeds to include uplifting content
 - Limit exposure to negative news


Building a Gratitude Practice

Discuss, as a class, the benefits of gratitude:

- Improves mental health
- Enhances relationships
- Increases overall life satisfaction
- Ways to practice gratitude:
 - Keep a gratitude journal
 - Share appreciation with others
 - Reflect on three good things daily

Challenge: Open this [28 day gratitude challenge](#) (created by Designs by Darowan on CANVA) and get started today!

Remember: Gratitude shifts focus from what we lack to what we have.



**Wishing you a healthy
2025!**