

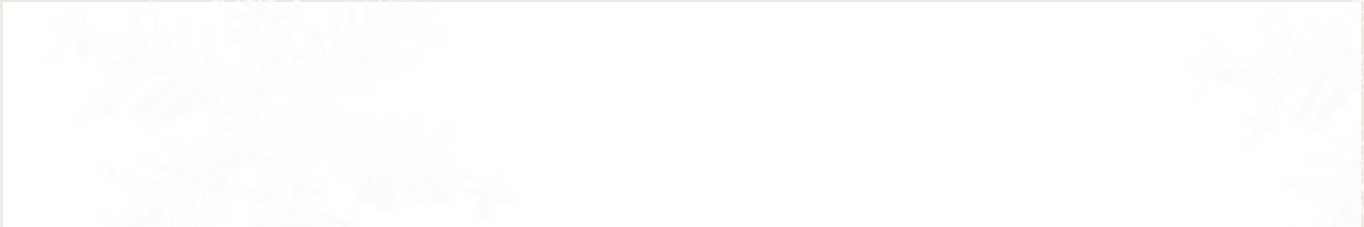


# SELF GUIDED REFLECTION



*Connect with what makes this time of year meaningful for you.  
Recall the images, memories, & symbols that feel special to you.*

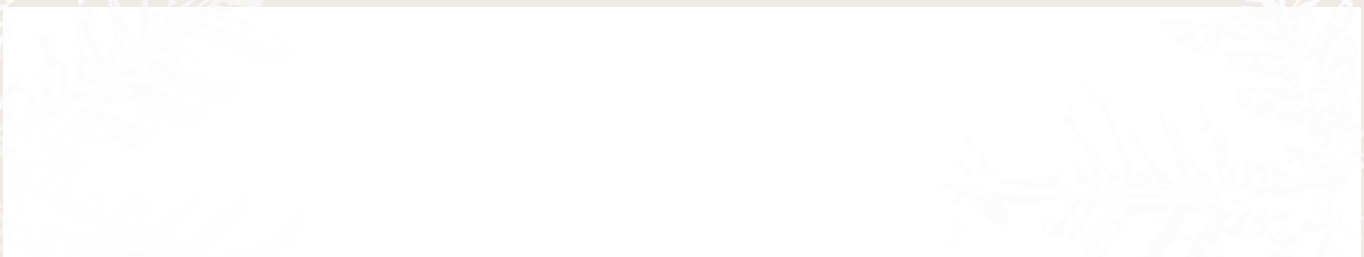
**List 5 objects you love from this time of year.**




**List 5 animals or creatures you see or associate with the holidays.**



**List 5 plants you see or associate with the holidays.**



**List 5 words/phrases/songs/poems that you feel a connection to this time of year.**



**What are 3 of your favourite memories from this time of year?**

**What are 3 things, activities, or qualities that bring you joy during the holidays?**

**What are 3 feelings, hopes, or emotions that come up for you this time of year?**