AUSTIN THERAPY *for* GIRLS

YEAR IN REVIEW

Adios 2023. Helllllooo 2024!

THINGS I *loved* THIS YEAR:

THIS WAS THE *hardest*:

→ *Byeeee!* (WRITE IT DOWN ON TOILET PAPER AND FLUSH IT!)

FAVORITE MEMORY

HELPFUL WAYS I DEALT WITH THE HARD STUFF

GOALS

Friendships:

School:

Body:

Mind:

SUPERPOWERS NEEDED IF *I am* GOING TO DO THIS!

WHEN I WANT TO GIVE UP *I will* DO THIS:

Take a pic & set a reminder to revisit your goals this summer!