

YEAR IN REVIEW

for
**MOTHERS &
DAUGHTERS**

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austintherapyforgirls.com
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pinkchaos.com

Things that worked for me in 2024:

MOTHER/CAREGIVER

Four horizontal dotted lines for writing.

DAUGHTER

Four horizontal dotted lines for writing.

Things that didn't work:

MOTHER/CAREGIVER

Four horizontal dotted lines for writing.

QUESTION:
How can I let it go?

DAUGHTER

Four horizontal dotted lines for writing.

Moment of gratitude for each other:

MOTHER/CAREGIVER

Four horizontal dotted lines for writing.

DAUGHTER

Four horizontal dotted lines for writing.

How I want to show up in 2025:

QUESTION:
What do I need to show up for myself, and for each other, in 2025?

MOTHER/CAREGIVER

Four horizontal dotted lines for writing.

DAUGHTER

Four horizontal dotted lines for writing.