

Celebrating 2017 and Planning for 2018

BRISTOL CHILD PARENT SUPPORT.CO.UK
PARENTING AND GENTLE SLEEP SOLUTIONS



1. Find a quiet space and time, lighting a candle helps, then reflect and write everything that you are grateful for in 2017

A series of 15 horizontal grey lines provided for writing reflections.

Wishing you joy, connectedness and hope in 2018

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2. Wrote down everything you want to let go of, habits, emotions or anything else and then burn this or place in the bin and be mindful that you are not taking any of these things into 2018.

Wishing you joy, connectedness and hope in 2018

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3. Write down everything you enjoyed doing or feeling and then put this up to remind you in 2018.

A series of 15 horizontal grey lines provided for writing notes.

Wishing you joy, connectedness and hope in 2018