



# Leaning Into Change

## Note Catcher

### THIS SEASON

What school grade or period of your life are you in now?

What are you most proud of from this school year?

How have you grown or changed this school year?

### NEXT SEASON

What will the next three months of your life look like, sound like, and feel like?

*(Continued below)*



# Leaning Into Change

## Note Catcher

### NEXT SEASON (CONTINUED)

**What challenges do you predict will come up in the next few months?**

**What exciting changes are coming up for you?**

**How do you typically manage change in your life?**

**High School Only: After graduation, what are the biggest changes you predict?**

*(Continued below)*



# Leaning Into Change

## Note Catcher

### NAVIGATING CHANGE

List 3-5 people you can lean on as a support system.

- |    |    |
|----|----|
| 1) | 4) |
| 2) | 5) |
| 3) |    |

List one physical goal you have for next season (example: take a walk during the day).

List one academic goal you have for next season.

List one social goal you have for next season.

List one way you will manage stress as you navigate new types of change.