

SPARK YOUR YEAR



Canton Public Library
connecting your community

2019



ELECTRIFY YOUR *winter* 2019

Electrify Your Winter and jumpstart the New Year with the Canton Public Library. This winter, let CPL help you dream, create and plan to live your best life. We have the tools, ideas and opportunities you need to get inspired, stay on track and achieve your goals. Can't get to the library? No problem.

Library resources are available 24/7 online and our social media will keep you connected to your community.

Our programs and experiences are designed to keep you engaged and motivated as you make 2019 your best year yet.

Use these Spark Pages to get going.

PAST YEAR

REFLECTIONS



**reflect on the past year
using these prompts**

What is something I accomplished or got better at?

**What is something I learned or tried for
the first time?**

What am I proud of?

What would I would change or do differently?

**What is holding me back or creating an obstacle?
(challenge, roadblock, barrier)**

What am I grateful for?

WHAT WAS LAST YEAR LIKE FOR YOU?


I LEARNED

I TRIED SOMETHING NEW

I GOT BETTER AT

I HAD TROUBLE WITH

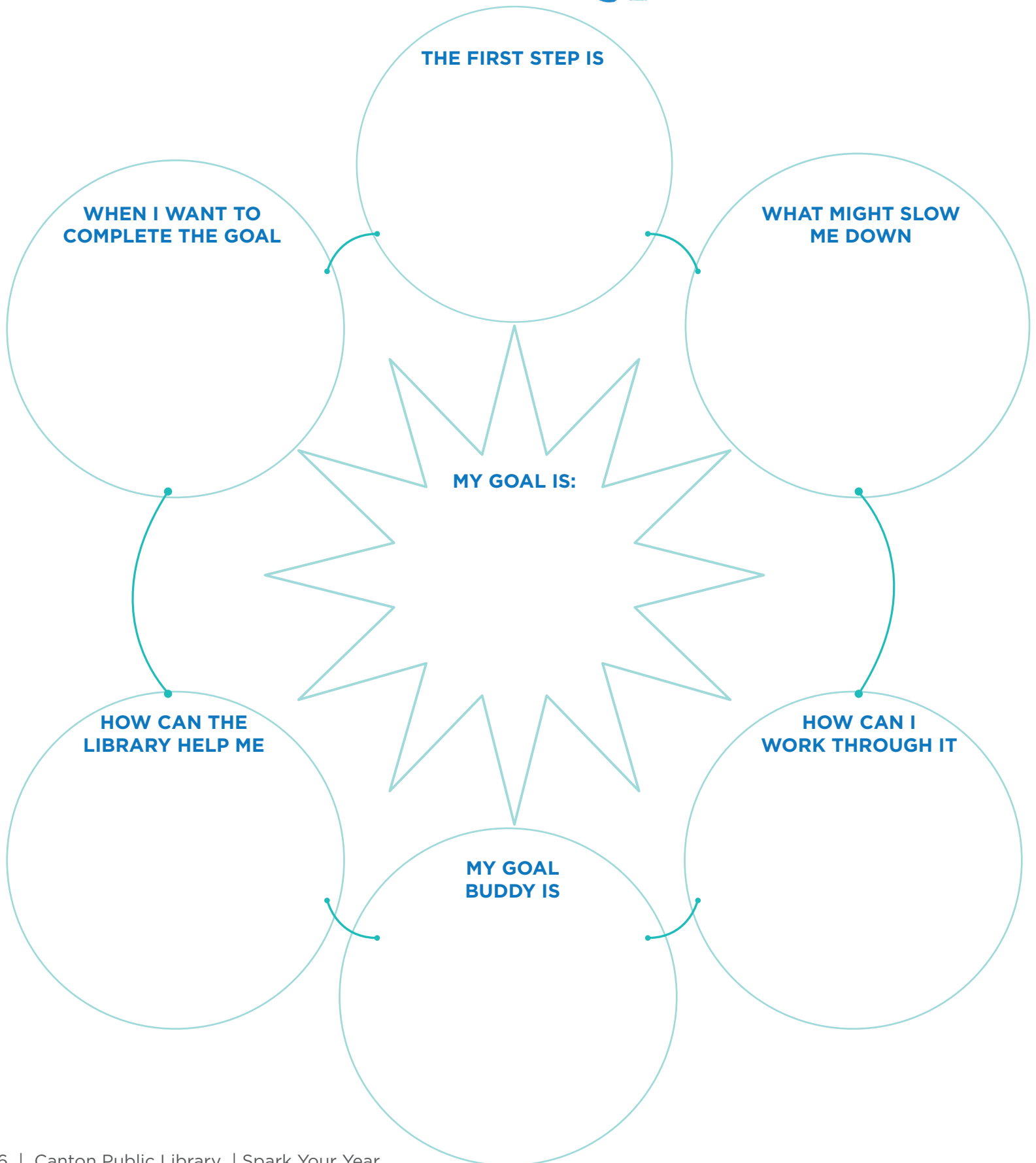
I MADE A FRIEND NAMED



IMAGINE THAT 2019 IS GOING TO BE YOUR BEST YEAR EVER

Do you want to travel? Get closer as a family? Have success at school or work? Write or draw some of the things that would make 2019 great for you.

MY PLAN TO MAKE IT HAPPEN

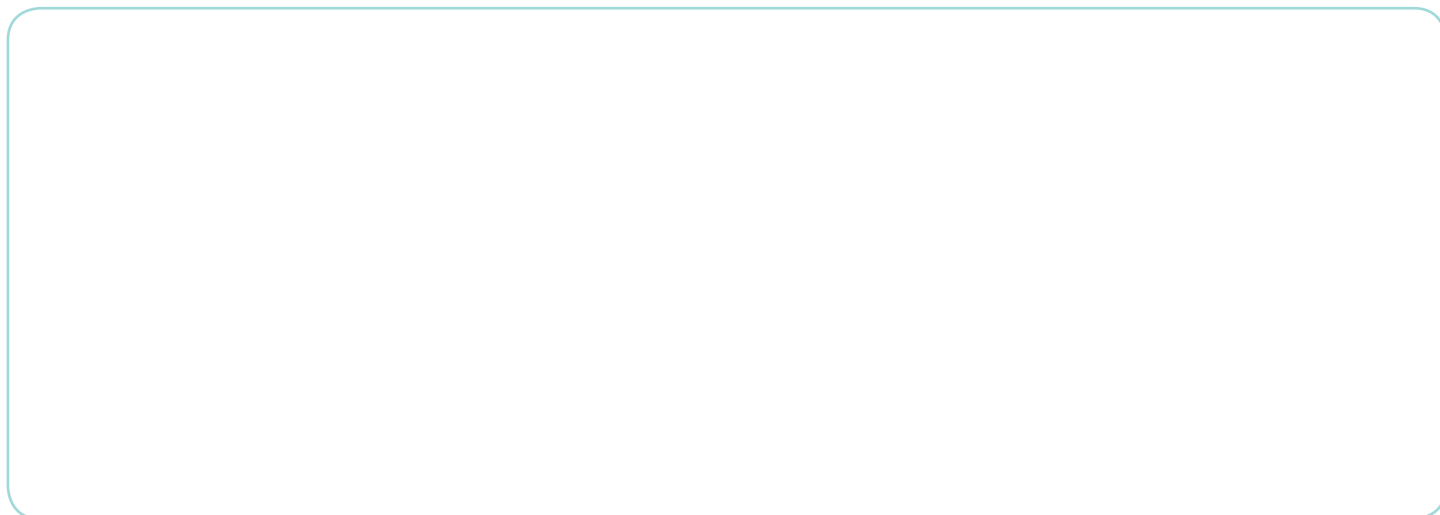
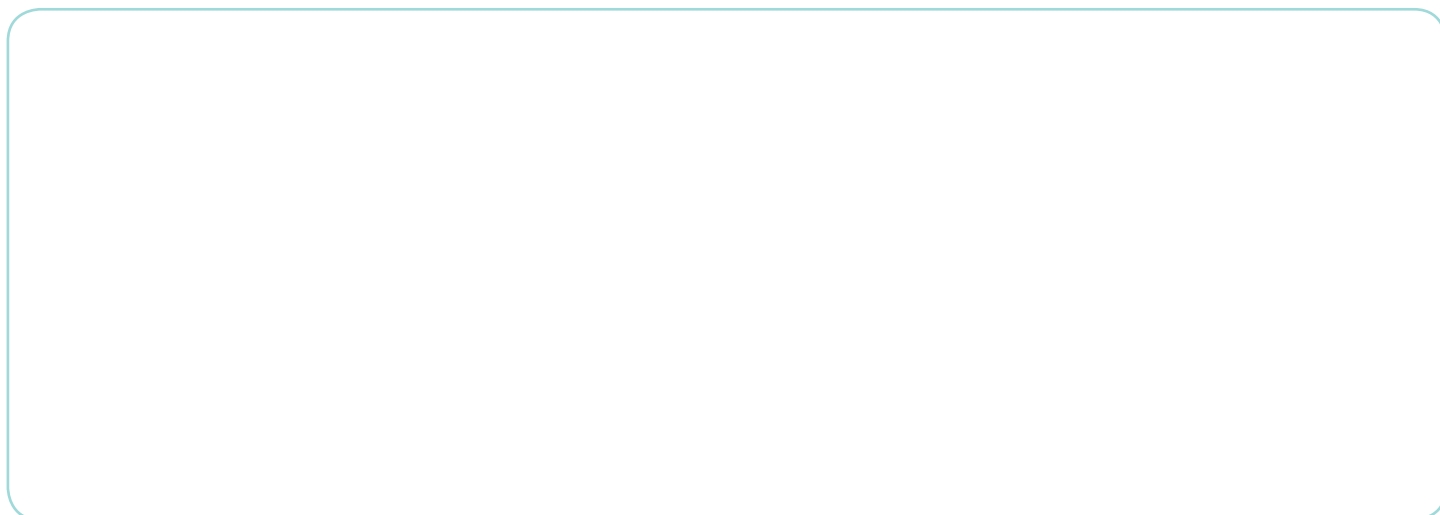
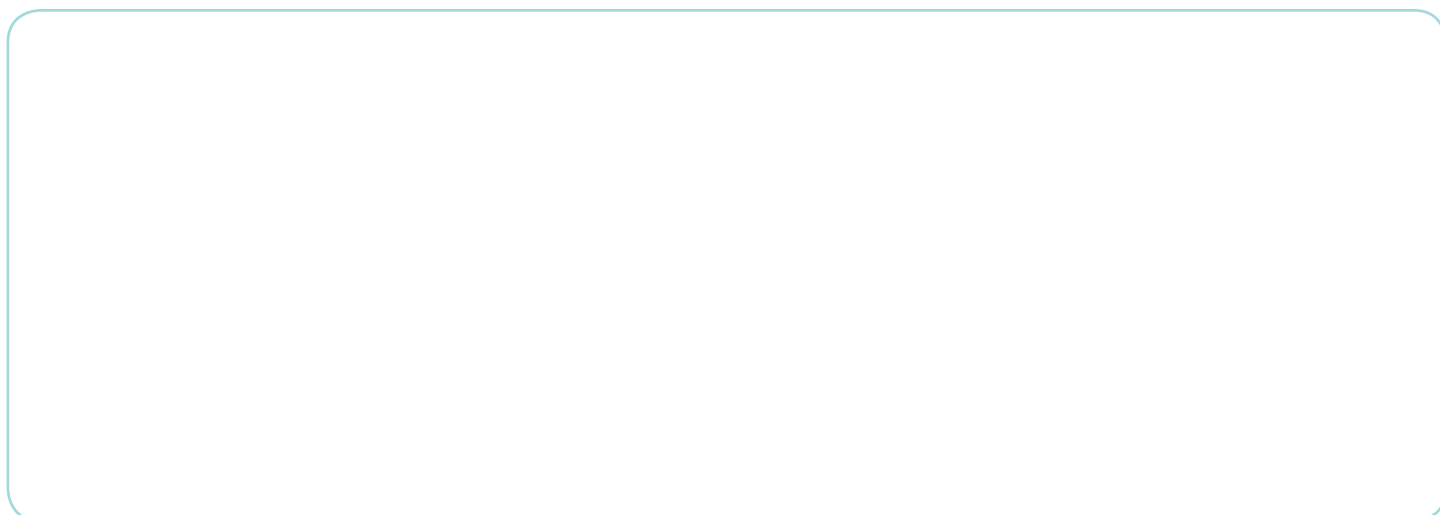


GOAL TRACKER

MY GOAL: _____

Small steady effort adds up! Track your progress.

Goal: _____ Timeframe: _____

A large, empty rounded rectangular box with a light blue border, intended for writing a goal or tracking progress.A large, empty rounded rectangular box with a light blue border, intended for writing a goal or tracking progress.A large, empty rounded rectangular box with a light blue border, intended for writing a goal or tracking progress.

MONTHLY REVIEW

month

HOW DID IT GO?

WHAT DO I NEED TO

START

STOP

CONTINUE

WHAT WORKED THIS MONTH?

WHERE DID I STRUGGLE

I AM

I HAVE

I CAN

I HAVE

I AM

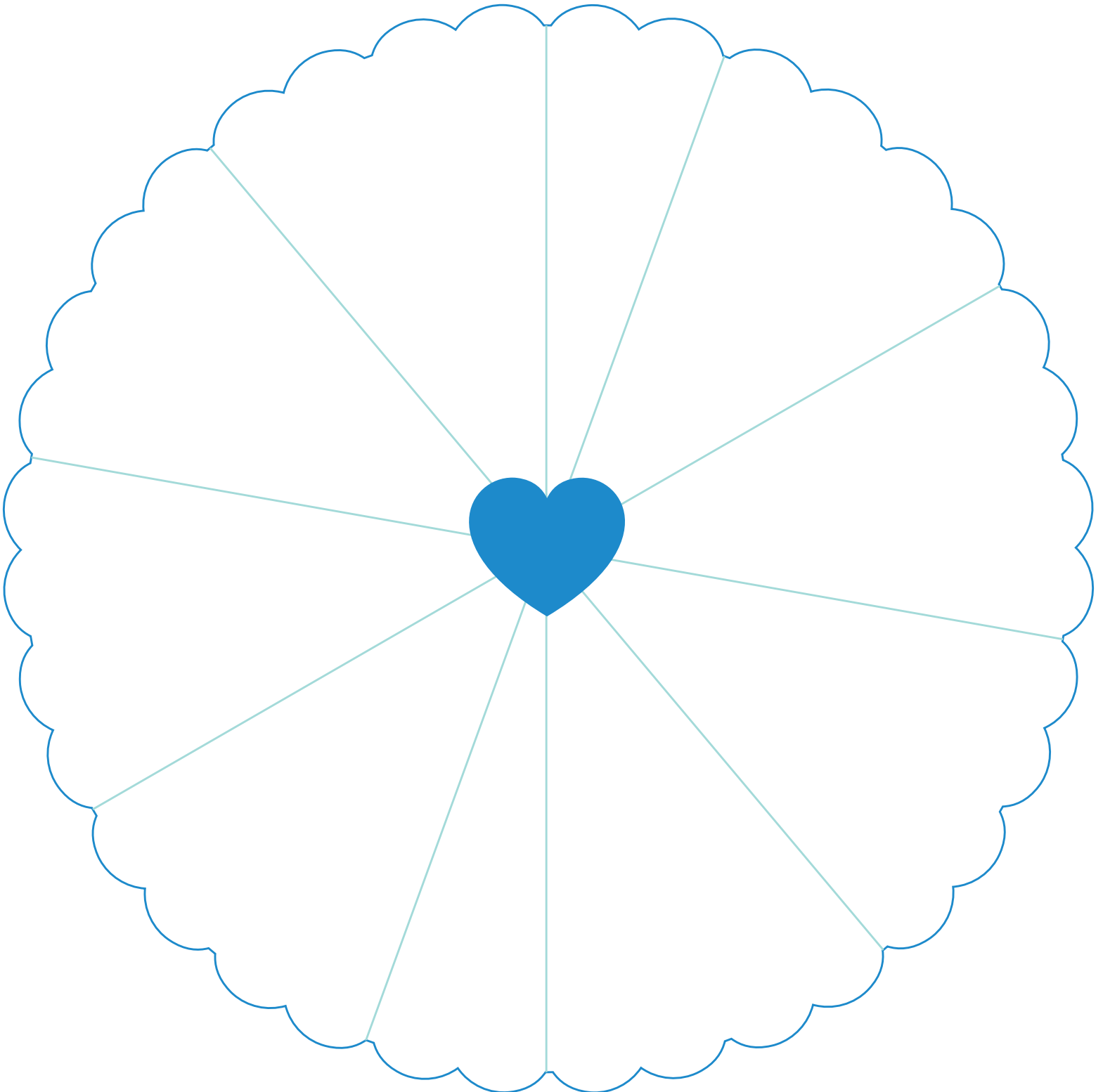
I CAN

GRATITUDE TRACKER

ACTS OF KINDNESS

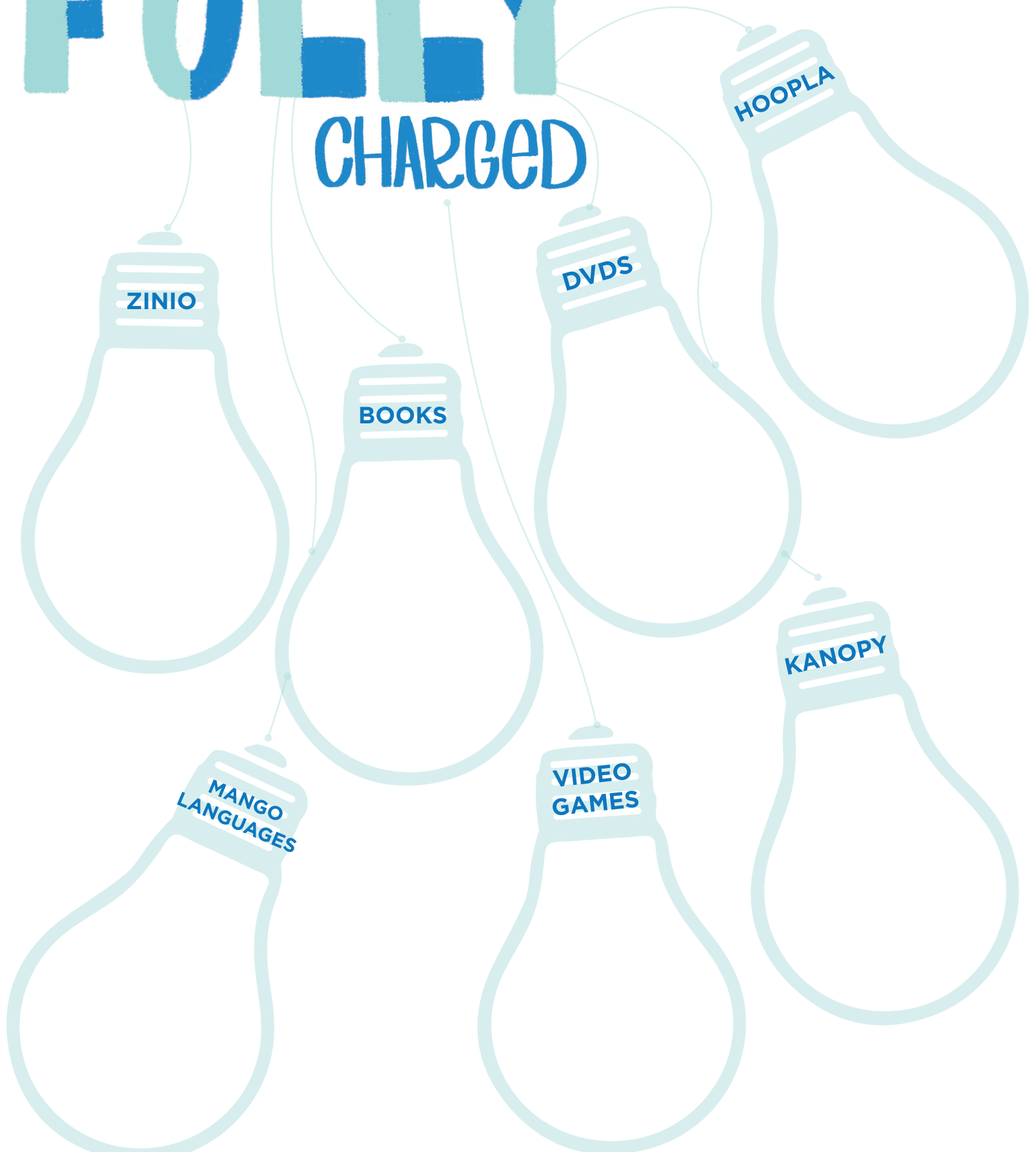
“If you want to lift yourself up, lift up someone else”

– Booker T. Washington





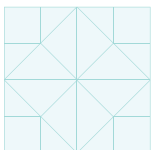
GET FULLY CHARGED



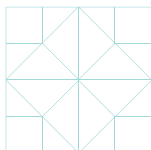
WELLNESS WIDGET

Fill in the blank spots with an activity that makes you feel good.

<p>BLUE</p>	<p>6</p> <p>Say three things you see or hear</p>	<p>7</p> <p>Share a funny story with a friend</p>	<p>RED</p>
<p>5</p> <p>Draw a picture of your favorite person</p>			<p>8</p>
<p>4</p>	<p>3</p> <p>Breathe in. Fill your belly with air. Slowly breathe out.</p>	<p>2</p> <p>Learn how to make your favorite food in three languages</p>	<p>1</p> <p>Give yourself a really tight hug</p>
<p>GREEN</p>			<p>YELLOW</p>



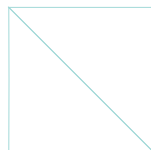
cut out wellness widget



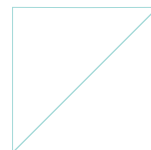
flip over so colored side is down



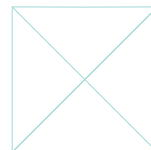
fold in half



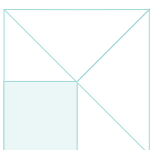
unfold



fold in half the other way



unfold



fold in all 4 corners



should look like this



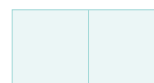
flip it over



fold in the corners like you did before



should look like this



fold in half again

OPEN, PLACE THUMBS AND POINTER FINGERS UNDERFLAPS, PLAY!



ELECTRIFY
YOUR *winter*
2019