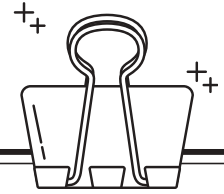


# The Sad Moments of 2020

Write the losses you experienced this past year in the tear drops.



Which of these emotions have you felt this year?

- Disappointed
- Confused
- Angry
- Afraid
- Heartbroken
- Guilty
- Hesitant
- Frustrated
- Glum
- Moody
- Teary
- Impatient
- Stressed
- Connected
- Proud
- Brave
- Creative
- Adaptable
- Kind
- Thankful
- Calm
- 
- 

*Fill in your own ideas*

What I'm hoping for in 2021 is ....

