

# BELIEVE IN YOU

## Daily Announcements

### WEEK 1

This is week 1 of the *Believe In You* empowerment journals and our school community will be focused on trust.

Trust is a good feeling that you get when you can rely on someone. It's also a feeling that you get when you believe that something will turn out the way you want it to.

Trust is something that we work to build. We have to be trustworthy for our family and friends.

This week we will all focus on building trust within our school community. That means using positive and encouraging language, completing our work, and giving our best effort. Let's focus on trust.

***We Believe in You!***

# BELIEVE IN YOU

## Daily Announcements

### WEEK 2

This is week 2 of the *Believe In You* empowerment journals and we will be focused on enthusiasm!

Enthusiasm is a good feeling you get when you are excited about a goal and are motivated to work toward that goal.

Enthusiasm can be contagious in a good and powerful way! When people see your positive enthusiasm, they start feeling enthusiastic too.

Enthusiasm comes from exploring your interests and then sharing what you've learned with the world. Enthusiasm is an important ingredient of greatness.

This week, focus on sharing your enthusiasm!

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# BELIEVE IN YOU

## Daily Announcements

### WEEK 3

This is week 3 of the *Believe In You* empowerment journals and we will be focused on encouragement!

Feeling encouraged is a positive emotion that comes when you feel like things are going your way and you want to keep working toward a goal.

Encouragement can boost your motivation and enthusiasm.

Friends, family, and teachers can give encouragement to help power your effort. In the same way, you can encourage your classmates with positive words and an enthusiastic attitude.

This week our entire school will be focused on encouraging each other. Let your classmates know that you believe in them.

***We Believe in You!***

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### WEEK 4

This is week 4 of the *Believe In You* empowerment journals and we will be talking about fear. Fear is uncomfortable but it's meant to keep us safe from danger. Fear can be useful because it motivates us to ask for help.

Fear is also a key ingredient in courage. We see courage when people do what's right even though they are afraid.

This week we're going to look for friends and family members who are trying to be courageous. We're going to give them support and encouragement and help them do what's right. And, if we feel fear, we're going to ask the people we trust for help.

Be courageous. *We Believe in You!*

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## Daily Announcements

### WEEK 5

This is week 5 of the *Believe In You* empowerment journals and all week we will be focused on motivation. Motivation is a positive feeling that gives us focus and energy while we're working toward a specific goal. It helps push us past challenges toward our potential.

One great way to find motivation is to think about what you're doing and how it can help other people. As you learn in your classes, you're working toward a future where you have unique skills to help people.

It's not always easy to stay motivated, especially when things aren't easy. This week let's help motivate each other.

***We Believe in You!***

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## Daily Announcements

### WEEK 6

This is week 6 of the *Believe In You* empowerment journals and we are going to think about how a feeling of trust helps us feel happy and relaxed.

When we can trust our classmates to help build a positive learning community, it is easier to feel happy and relaxed while we learn together.

When our teachers can trust us to do our best work and focus on what we're learning, then they can feel happy and relaxed as they teach our classes.

Trust is an important part of our school community. Positive learning communities are built on trust.

***We Believe in You!***

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## Daily Announcements

### WEEK 7

This is week 7 of the *Believe In You* empowerment journals and it's time to look at our enthusiasm and how it connects to our purpose.

Your purpose is to find your unique greatness and share it with the world. School is an important place to figure out what you're really interested in, and then explore those interests with enthusiasm.

Learning with purpose is a great way to show the world your enthusiasm.

Don't forget to encourage your classmates as they live and learn with purpose.

***We Believe in You!***

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## Daily Announcements

### WEEK 8

This is week 8 of the *Believe In You* empowerment journal. This week as a school community, we are going to focus on encouraging our classmates as they work toward their unique greatness.

When you see someone working toward a personal interest — tell them how inspiring they are.

When you hear a classmate encouraging a friend — jump in and multiply the encouragement with more positive energy.

The world needs all of the encouragement and kindness that we can give. If not you, then who?

***We Believe in You!***



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## Daily Announcements

### WEEK 9

It's week 9 of the *Believe In You* empowerment journal. This week we're going to find ways to live with courage.

The smallest act of courage can inspire others and help create a better and safer learning community for everyone.

It might take courage to ask for help. It might take courage to admit that you made a mistake. It might take courage to show the world a hidden talent.

Living courageously doesn't mean you don't feel fear. It means you do feel fear, but you do what's right anyway.

Live with courage.

***We Believe in You!***

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### WEEK 10

It's week 10 of the *Believe In You* empowerment journal. It's time to look at how we did on our 5-week **GREAT Goals** and think about our goals for the next 5 weeks.

Working toward a goal takes motivation. Who has helped you stay motivated toward your goal? Who have you helped stay motivated toward their goal?

Look around at your classmates and our amazing learning community. Let our community motivate you. Contribute to the greatness by using your kindness and enthusiasm to motivate others.

Gandhi said, "The future depends on what you do today."

The students in our school will shape the future.

***We Believe in You!***

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## Daily Announcements

### WEEK 11

It's week 11 of the *Believe In You* empowerment journal. This week we're going to focus on finding joy!

One of the easiest ways to find joy is to look at those things we're grateful for and then express that gratitude openly. What's one thing that you're grateful for today? Is it a friend, or an opportunity to share your talents?

It doesn't have to be a special occasion for you to feel joy. Look for joy in the little things and seek to bring joy to others.

Live joyfully.

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# BELIEVE IN YOU

## Daily Announcements

### WEEK 12

It's week 11 of the *Believe In You* empowerment journal. This week we're going to address anxiety.

Feeling anxious is a part of every person's experience. It's like our personal warning system that can help us stay on a safe path.

Unfortunately, that warning system can stay on for too long, and it can start to push away feelings like joy and gratitude.

One way to keep our anxiety from getting out of control is to prepare ourselves for success. What is one thing you can do today that will prepare you for success tomorrow?

You can reach your goals. Prepare for success.

***We Believe in You!***

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## Daily Announcements

### WEEK 13

It's week 13 of the *Believe In You* empowerment journal. This week we're going to focus on supporting our friends and classmates.

We all face obstacles in life, and everyone needs support to overcome major challenges. The best way to grow your support system is to be a support system for someone that you care about.

Develop a positive and encouraging voice that you can share with the people in your support network. Practice every day with small acts of kindness.

When the time comes, don't be afraid to ask for help.

***We Believe in You!***

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## Daily Announcements

### WEEK 14

It's week 14 of the *Believe In You* empowerment journal. This week we're going to focus on exploring personal interests.

Your personal voice and unique gifts will develop from your interests. It's like your brain was wired to learn about the crazy things that interest you. Your school subjects lay the foundational knowledge to help you develop those interests.

Let your interest spark enthusiasm and then spread that enthusiasm to your classmates.

Follow your heart and find your passion to unlock your unique greatness.

***We Believe in You!***

# BELIEVE IN YOU

## Daily Announcements

### WEEK 15

It's week 15 of the *Believe In You* empowerment journal. This week our entire school will focus on acceptance.

The first step in accepting others is to accept ourselves. Each one of us has unique potential for greatness and a gift that is worth giving to the world.

Remember that when you see your teachers and classmates working hard to share their unique greatness. Accept their uniqueness, appreciate their courage, and support their enthusiasm.

Our school community is a better place because we are all different in interesting and beautiful ways. Acceptance unlocks the power and potential of an entire community.

***We Believe in Us!***

# BELIEVE IN YOU

## Daily Announcements

### WEEK 16

It's week 16 of the *Believe In You* empowerment journal. This week our school community will work to build collective optimism.

I'm optimistic about an amazing week of teaching and learning; about helping members of our community develop their unique greatness.

What are you optimistic about? Share the joy of optimism with your friends and teachers.

You have the power to give joy to the people around you.

***We Believe in You!***



# BELIEVE IN YOU

## Daily Announcements

### WEEK 17

It's week 17 of the *Believe In You* empowerment journal. This week we will focus on the power of being prepared.

It takes planning and effort to be prepared. Sometimes the world changes our plans for us and our preparation seems wasted.

However, taking the time to prepare for what's planned helps us be prepared for the unexpected.

For example, getting your backpack ready for school before you go to sleep, gives you more time to deal with delays that might pop up in the morning. Little things seem little, but they do make a big difference.

Make a plan and be prepared.

***We Believe in You!***

# BELIEVE IN YOU

## Daily Announcements

### WEEK 18

It's week 18 of the *Believe In You* empowerment journal. This week we're all going to work on listening to our classmates as a way of supporting their goals and dreams.

Have you ever asked for help from someone who wasn't really listening to you? I think we all have. It's frustrating and can make you feel like your problem isn't important.

Because we've all experienced something like that, we can empathize with our classmates who are brave enough to ask for support.

Be someone's support network. Listen carefully and act thoughtfully.

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## Daily Announcements

### WEEK 19

It's week 19 of the *Believe In You* empowerment journal. This week we're going to cultivate curiosity.

Curiosity is an emotion that has helped humans survive for thousands and thousands of years. It's a positive feeling that drives us to learn about something because we think we'll find a reward.

Curiosity is what drives all scientific research and technological advancements.

Be curious. Let your curiosity drive your desire to learn. Be driven and enthusiastic about learning.

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## Daily Announcements

### WEEK 20

It's week 20 of the *Believe In You* empowerment journal. This week we're going to focus on acceptance.

Respect your classmates for who they are and for who they want to become. Accepting the unique greatness of others opens the door for others to accept your unique contributions.

Never accept disrespectful or destructive behavior. However, it is important to accept the differences that make us who we are.

You are uniquely you. Your story is important. We need your greatness. Celebrate the unique greatness of others.

***We Believe in You!***

# BELIEVE IN YOU

## Daily Announcements

### WEEK 21

It's week 21 of the *Believe In You* empowerment journal. This week let's think about the feeling of awe.

Awe is a strong and positive emotion that makes us feel like a small part of something very big. It helps us connect our actions and purpose to the greater good.

Each day, the adults in our school community are in awe of the potential greatness found in our students. The spirit of greatness that our community represents helps connect the work that we do each day to the greater good.

Members of our community don't wait for one day or someday to live their unique greatness. You can begin to live your greatness now.

***We Believe in You!***

# BELIEVE IN YOU

## Daily Announcements

### WEEK 22

It's week 22 of the *Believe In You* empowerment journal. This week we are going to work to minimize distractions and choose positive self-talk that will help us to stay focused on our goals.

The words that you say to yourself matter. Focusing on positive self-talk can help us persevere through challenges, support others when needed, and stay true to our unique voice and contributions.

Self-talk can be used to recenter our attention on what matters most to help us be productive and present in our work and our relationships with others.

Minimize distractions and maximize your greatness.

*We Believe in You!*

# BELIEVE IN YOU

## Daily Announcements

### WEEK 23

It's week 23 of the *Believe In You* empowerment journal. This week we're going to work on building confidence through preparation.

Preparation boosts our confidence when we need it the most. It's been said that "good luck is when preparation meets opportunity." In that truth, we understand that it's possible to create our own good luck.

When you take the time to prepare with a focus on the details, good things happen, and things fall into place.

Be prepared. Be confident. Live courageously.

***We Believe in You!***

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## Daily Announcements

### WEEK 24

It's week 24 of the *Believe In You* empowerment journal. This week let's express positivity through optimism. Use positive language to help your classmates stay optimistic. Use positive self-talk to maintain your own optimism.

Pick just one positive word that you can use today as a reminder of your unique potential for greatness. Next, use that word to help you regain your optimism throughout the course of the day.

When you're faced with an unexpected challenge, use your positive word to help you stay focused on the path toward success.

You are building an amazing future for yourself.

***We Believe in You!***



# BELIEVE IN YOU

## Daily Announcements

### WEEK 25

It's week 25 of the *Believe In You* empowerment journal. This week we'll be exploring the element of surprise!

Surprises can help us remember things.

Surprises are sticky when it comes to learning and memory. This week, find surprising ways to be kind and helpful to your classmates and teachers. Let your kindness be memorable.

The person receiving your kindness will remember it and will be on their way to learning the importance and power of positivity.

***We Believe in You!***

# BELIEVE IN YOU

## Daily Announcements

### WEEK 26

It's week 26 of the *Believe In You* empowerment journal. Remember, awe is a feeling of inspiration and connectedness.

This week, look for inspiration in everyday life. Maybe you'll be inspired by something you see a classmate do. Maybe you'll be inspired by a piece of music or something that you read.

Inspiration can also come from small acts of kindness that we do for one another. So, while you're looking for inspiration, inspire others by doing something good for someone you care about.

Live an inspired life.

***We Believe in You!***

# BELIEVE IN YOU

## Daily Announcements

### WEEK 27

It's week 27 of the *Believe In You* empowerment journal. This week we'll reflect on the purpose of our work and our effort. Purpose helps us avoid distractions and stay motivated toward success.

Think about your daily purpose. How can you make a positive difference today? Can you encourage a classmate who is struggling to find their purpose? Can you lead by example and help teachers and coaches as they work to inspire your classmates?

A life is built one day at a time. You can live each day with purpose. And remember, some days are better than others. Wake up, choose a positive purpose, and then do the work to make it happen.

***We Believe in You!***

# BELIEVE IN YOU

## Daily Announcements

### WEEK 28

It's week 28 of the *Believe In You* empowerment journal. What are you preparing for? Opportunities will come. Will you be prepared?

As this week begins, think ahead to the important opportunities you'll have to learn and make progress toward your goals.

Write down those important opportunities and create a weekly schedule for success. When the time arrives, show up prepared and with purpose.

You're building a routine for success.

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## Daily Announcements

### WEEK 29

It's week 29 of the *Believe In You* empowerment journal. This week our entire school community is going to focus on making positive language choices.

These language choices will guide communications with others as well as in our personal self-talk.

We can start by choosing one positive word. That one word should be easy to remember and easy to share. Think about your positive word now.

Okay, now put it on repeat for the next five days. When every you can, share your positive word with a teacher or classmate. Share your positive word with your family and friends. Let that positive word shape the world around you.

***We believe in the power of positive language!***

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# BELIEVE IN YOU

## Daily Announcements

### WEEK 30

It's week 30 of the *Believe In You* empowerment journal. If you live with curiosity, the world will continue to surprise you in positive ways.

Act on your curiosity. Your action will make surprising things happen.

Some of those surprising things will be out of your control. But you'll be prepared because you can control your effort and focus.

Life's surprising twists and turns help you grow. Be grateful for challenges, live with surprising curiosity and courage, and take positive action.

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## Daily Announcements

### WEEK 31

It's week 31 of the *Believe In You* empowerment journal. Optimism is a decision to trust the future. It's not always an easy choice and sometimes that choice takes courage.

There are many things about the future that we can't predict. However, you can help to shape your future with focus and effort. Do you want to build a positive future? Start today by focusing on positive effort toward a goal.

Do you want to live in a future world filled with positivity and kindness? Start today by looking for ways to be kind and positive.

***We Believe in You!***

# BELIEVE IN YOU

## Daily Announcements

### WEEK 32

It's week 32 of the *Believe In You* empowerment journal. As we look ahead to the end of the school year, it's a perfect time to think about ways to stay relaxed during finals.

Did you know that a calm and clear mind can help you perform at your best? Positive self-talk is an important tool in your relaxation toolbox.

It's not easy to go from stressed and anxious to calm and relaxed. But with practice, your self-talk can help you start to go from stressed to neutral by bringing mindfulness to any situation.

Pick a word or phrase this week that can remind you to breathe and relax when nervousness starts to build. Then, use those words to be mindful throughout the school day.

***We Believe in You!***



# BELIEVE IN YOU

## Daily Announcements

### WEEK 33

It's week 33 of the *Believe In You* empowerment journal. Let's all make a commitment to finish the school year strong and with a positive attitude.

Turn to the person nearest you and say, "I'm committed to finishing strong!"

Now, for the next eight weeks, we're all going to hold each other accountable and demonstrate our commitment through positive action and focused effort.

Things won't always be easy. There will be setbacks and challenges along the way. In fact, this school year has been filled with challenges. However, now we've made the positive commitment to finish strong together. It's time to follow through.

***We Believe in You!***

# BELIEVE IN YOU

## Daily Announcements

### WEEK 34

It's week 34 of the *Believe In You* empowerment journal. Our school is a community that has been created to help students and families find their unique greatness and live with purpose.

You are involved in building our community through your daily decisions and behavior. You can decide to support your classmates. You can decide to help your teachers create a positive learning environment.

You can also decide to help your classmates feel valued, respected, and included. Choose 3 kind words that you can share with your classmates this week. Then, share them as often as possible.

***We believe in each other!***

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# BELIEVE IN YOU

## Daily Announcements

### WEEK 35

It's week 35 of the *Believe In You* empowerment journal. Empowerment is the process of becoming stronger and more confident.

This year, your skills have become stronger, your knowledge has developed, and you can now find confidence in the progress you've made.

You are gaining control over the choices you can make and the goals that you want to achieve. You have the right to make choices about how to share your unique greatness.

Living proactively is one way to live an empowered life. It includes regular planning and positive decision-making that shapes the world around you.

Live your greatness by being proactive and purposeful.

***We believe in You!***

# BELIEVE IN YOU

## Daily Announcements

### WEEK 36

It's week 36 of the *Believe In You* empowerment journal. This week we're going to live with positive intent.

That means that when a challenge or obstacle arises, we're going to find a positive path forward and demonstrate courage as we work optimistically.

You've overcome challenges in the past and those challenges have made you stronger and smarter. There is a lesson in every struggle.

This week, you will succeed in becoming a better version of your unique self.

***We believe in You!***

# BELIEVE IN YOU

## Daily Announcements

### WEEK 37

It's week 37 of the *Believe In You* empowerment journal. This week our school will focus on using mindful breathing to help us mindfully regulate our stress response.

Practice 4-7-8 breathing right now.

Close your mouth. Breathe in your nose to a 4-count. Hold it for 7. Exhale through your mouth to an 8-count. Now repeat that process 2 more times (3X total).

Use this breathing technique when you feel stress starting to build. When you've taken 3 deep breaths, say a positive word to yourself and move forward with focus and clarity.

*We believe in You!*

# BELIEVE IN YOU

## Daily Announcements

### WEEK 38

It's week 38 of the *Believe In You* empowerment journal. This week we're going to remember 3 simple words as we look to finish the year strong.

**WORK, WIN, REPEAT!**

Make the commitment to do the work. Organize your notes, finish the study guide, show up with purpose, and support your friends and classmates.

If you do those things – you will win. And when you repeat those actions, you'll become a better version of yourself with each passing day, and you will grow into your unique greatness.

**WORK, WIN, REPEAT!**

***We believe in You!***

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# BELIEVE IN YOU

## Daily Announcements

### WEEK 39

It's week 39 of the *Believe In You* empowerment journal. In the past 38 weeks, you have helped to shape our school community.

Every good decision, every challenge overcome, every word of encouragement has helped to build a positive learning environment for everyone.

As we look ahead to summer, what will you help to shape during the next few months? What can you get involved in that will positively impact your family, friends, and neighbors? How can you use your unique greatness in the present to help shape a positive future?

If not you, then who? If not now, then when?

***We believe in You!***

# BELIEVE IN YOU

## Daily Announcements

### WEEK 40

It's week 40 of the *Believe In You* empowerment journal. During this school year, our school community has grown stronger and more empowered thanks to the kind and thoughtful decisions made by you and your classmates.

We have lived optimistically.

We have acted on positive motivation.

We have lived with respect.

We have communicated with unique voices.

And we will continue to make choices about how to share our greatness with the world.

Dream big, set goals, and take action.

This is your story.

***We believe in You!***

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