

VARSITY // BRANDS



EMPOWERMENT JOURNALS



SEL by OPEN

BELIEVE IN YOU

It's time to change the world — together.
If not you, who? If not now, when?

NAME _____

SCHOOL _____

GRADE _____



WHAT IS EMPOWERMENT?

EMPOWERMENT /noun/ The process of becoming stronger and more confident, especially in controlling one's life and claiming one's rights.

STUDENTS HAVE THE RIGHT TO...

- live optimistically.
- act on positive motivation.
- live with respect for self and others.
- communicate with a unique voice.
- make choices about how to share their greatness.



“Reach high, for the stars lie hidden in your soul.” – Langston Hughes

What is an empowerment journal?

This journal will help you unlock your individual potential and empower your limitless capacity for self-improvement. Your talents, interests, and dreams are uniquely yours. The world needs you to develop your gifts and strive toward your goals with focused effort and unfailing willpower. ***We Believe In You.***

On the pages of this journal, you will explore your feelings. You will begin to discover ways to use the power of emotions to change the world around you for the better. You will build a habit of positive communication with yourself and others. You will understand the importance of empathy and perspective as you work to develop strong relationships that will empower problem-solving and community-building. Your ability to set and achieve goals is untapped. The world is waiting for you to unlock your power. ***We Believe In You.***

Your community needs you to believe in the power of your friends, teachers, and family members. Each one of them needs your positive encouragement. The entire world needs you to feel empowered and to reach toward your greatness. This work starts inside of you, but its power is multiplied through optimistic and constructive relationships.

We Believe In You.

None of this will be easy. **Greatness is never easy.** You must let yourself make mistakes, learn from them, and appreciate the lessons they taught you. Living a fearless life is not realistic. However, living a courageous life allows you to face your fear and overcome it for the greater good. ***We Believe In You.***

Believe In You

Weeks 1–5 Wellness Log: Physical Activity & Nutrition

Track your wellness goals.

Daily Physical Activity: Check the box every day that you are active for 60 minutes or more. Physical activity will keep your body strong and your mind focused. It's a tool for self-regulation and disease prevention.

Weekly Nutrition: Check the box each week that you reach your nutrition goal. That means that on most days, you avoid sugary drinks, and at most meals, you fill half of your plate with vegetables and fruits.

Week 1

Daily Physical Activity	Weekly Nutrition Goal
M: 60 minutes <input type="checkbox"/>	1/2 of my plate is fruits & veggies <input type="checkbox"/>
T: 60 minutes <input type="checkbox"/>	No sugary drinks <input type="checkbox"/>
W: 60 minutes <input type="checkbox"/>	
T: 60 minutes <input type="checkbox"/>	Weekly DIY Goal
F: 60 minutes <input type="checkbox"/>	_____
S: 60 minutes <input type="checkbox"/>	_____ <input type="checkbox"/>
S: 60 minutes <input type="checkbox"/>	

Week 2

Daily Physical Activity	Weekly Nutrition Goal
M: 60 minutes <input type="checkbox"/>	1/2 of my plate is fruits & veggies <input type="checkbox"/>
T: 60 minutes <input type="checkbox"/>	No sugary drinks <input type="checkbox"/>
W: 60 minutes <input type="checkbox"/>	
T: 60 minutes <input type="checkbox"/>	Weekly DIY Goal
F: 60 minutes <input type="checkbox"/>	_____
S: 60 minutes <input type="checkbox"/>	_____ <input type="checkbox"/>
S: 60 minutes <input type="checkbox"/>	

Week 3

Daily Physical Activity	Weekly Nutrition Goal
M: 60 minutes <input type="checkbox"/>	1/2 of my plate is fruits & veggies <input type="checkbox"/>
T: 60 minutes <input type="checkbox"/>	No sugary drinks <input type="checkbox"/>
W: 60 minutes <input type="checkbox"/>	
T: 60 minutes <input type="checkbox"/>	Weekly DIY Goal
F: 60 minutes <input type="checkbox"/>	_____
S: 60 minutes <input type="checkbox"/>	_____ <input type="checkbox"/>
S: 60 minutes <input type="checkbox"/>	

Week 4

Daily Physical Activity	Weekly Nutrition Goal
M: 60 minutes <input type="checkbox"/>	1/2 of my plate is fruits & veggies <input type="checkbox"/>
T: 60 minutes <input type="checkbox"/>	No sugary drinks <input type="checkbox"/>
W: 60 minutes <input type="checkbox"/>	
T: 60 minutes <input type="checkbox"/>	Weekly DIY Goal
F: 60 minutes <input type="checkbox"/>	_____
S: 60 minutes <input type="checkbox"/>	_____ <input type="checkbox"/>
S: 60 minutes <input type="checkbox"/>	

Week 5

Daily Physical Activity	Weekly Nutrition Goal
M: 60 minutes <input type="checkbox"/>	1/2 of my plate is fruits & veggies <input type="checkbox"/>
T: 60 minutes <input type="checkbox"/>	No sugary drinks <input type="checkbox"/>
W: 60 minutes <input type="checkbox"/>	
T: 60 minutes <input type="checkbox"/>	Weekly DIY Goal
F: 60 minutes <input type="checkbox"/>	_____
S: 60 minutes <input type="checkbox"/>	_____ <input type="checkbox"/>
S: 60 minutes <input type="checkbox"/>	

Weekly DIY Goal: Create a Do-It-Yourself (DIY) Goal each week. This goal can be anything! Get 8 hours of sleep each night, learn a new song on an instrument, call your favorite aunt or uncle, develop a new skill. It can literally be anything that is productive and helps you become a better version of you. You can even stretch a goal from one week to the next. These short-term goals should be fun and rewarding.

OPTIMISM AND TRUST

Optimism is hopefulness and confidence about the future.

It's feeling good about what's going to happen.

Being optimistic is much easier when you focus on things that you can control.

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Trust is the firm belief that something or someone is reliable/dependable.

It's feeling safe to believe that you can depend on someone.

Your journal is a safe place for you to explore emotions and begin to trust yourself.

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Optimism is a decision to trust in the future.

The future you are building can be reliable and dependable. The actions you take today will shape your future. There are things that you cannot control. However, you can control your optimism and your effort.

YES, OPTIMISM IS A CHOICE.

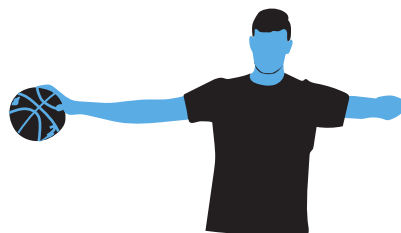
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In the weeks ahead, you will explore trust and how it influences your behavior.


You will establish positive and optimistic behavior patterns that will help you build trusting relationships. You will choose optimism and give effort that will fuel a positive future. Your optimism will be contagious, and others will be able to use your positive energy to fuel their own optimistic behaviors. **You will trust yourself.**

“Learn to believe in yourself and the world will fall in line.”

– Kevin Atlas



Monday: Emotional awareness – *trust*.

Why do I feel trust?	When do I feel trust?
 TRUST	
What does trust feel like?	How is trust helpful?

Use the emotion square to think about *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 the foundation of a positive relationship. It's important to be able to trust others. It's also important for others to be able to trust you.

Use the box to the left to explore what trust means to you. Think about the why, when, what, and how of trust in your life.



Tuesday: In my life.

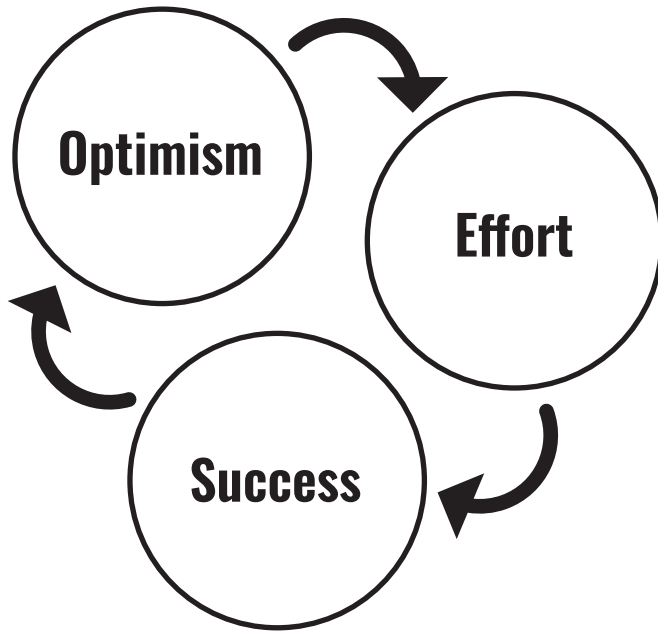
- Who is the most trustworthy person you know? What makes that person trustworthy?

Wednesday: Let's think about optimism.

- Optimism is trusting in a positive future. What are you optimistic about?



Thursday: The optimism -> effort -> success loop.



- > **Optimism fuels effort.**
- > **Effort fuels success.**
- > **Success fuels optimism.**

Optimism fuels our effort and helps drive our success.

That's the optimism, effort, success loop.

- What is one goal in your life that you've put maximum effort toward achieving?
- Write about why you dedicated so much of your energy and effort toward that one thing.


Gratitude Friday.

- Each Friday, you will use this space to express gratitude. Think of someone you trust and write a short note of gratitude that you could share with them via text or direct message. (You don't have to share this message after you write it — but if you do, you'll be glad you did.)

Saturday/Sunday: Weekly reflection.

- Think about the past week. How has trust influenced your behavior?

Monday: Emotional awareness – *enthusiasm*.

Why do I feel enthusiastic?	When do I feel enthusiastic?
 <p>ENTHUSIASM</p>	
What does enthusiasm feel like?	How is enthusiasm helpful?

Use the emotion square to think about *enthusiasm*.

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

It's often easy to feel enthusiasm at the beginning of a project, but it's a challenge to maintain enthusiasm over a long stretch of time. However, keeping the feeling of enthusiasm strong is a big part of success.

Use the box to the left to write some ideas about what enthusiasm means to you. Think about the *why*, *when*, *what*, and *how* of enthusiasm in your life.



Tuesday: In my life.

- Who is the most enthusiastic person you know? What makes that person enthusiastic?

Wednesday: Enthusiasm helps optimism come alive!

- Optimism and enthusiasm usually go hand in hand. You can see enthusiasm in optimistic effort. Describe what optimistic effort looks and sounds like.

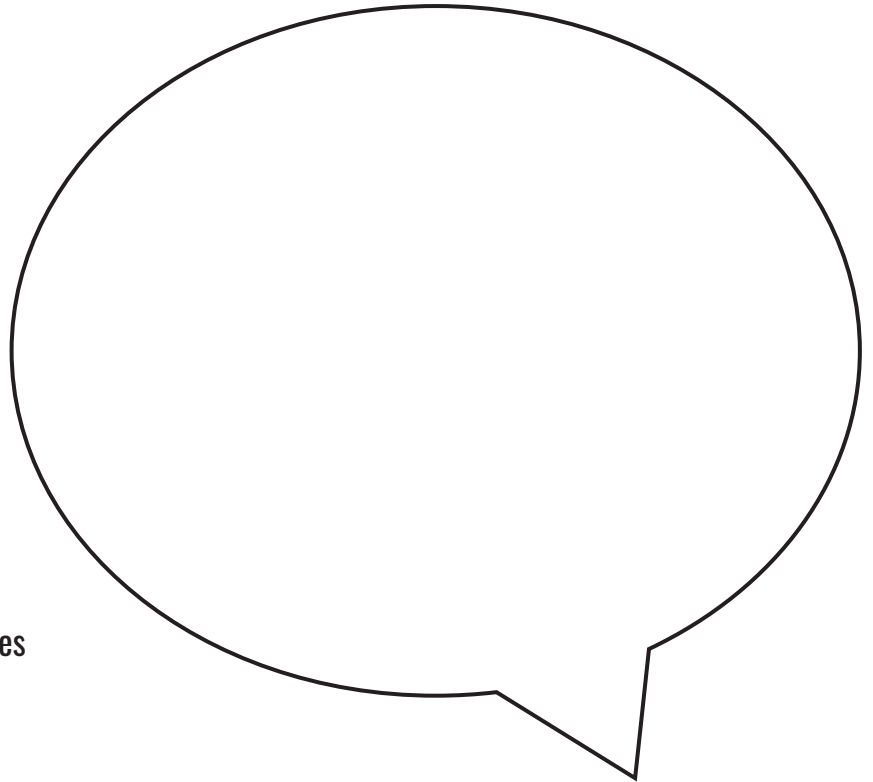
Thursday: Positive self-talk fuels enthusiasm.

SELF-TALK 101

> The words you say to yourself matter.

Positive self-talk can be the difference between feeling discouraged and enthusiastic.

- Use the talk-bubble to write in as many positive self-talk phrases as you can. Later, when you feel a little hint of discouragement, use one of these phrases to re-establish your enthusiasm.



Gratitude Friday.

- Each Friday, you will use this space to express gratitude. Think of someone in your life that demonstrates enthusiasm. Write a short note of gratitude to share with that person via text or direct message. (Share this message — you'll be glad you did.)

Saturday/Sunday: Weekly reflection.

- Think about the past week. How has enthusiasm influenced your behavior?

Monday: Emotional awareness – *encouragement*.

Why do I feel encouraged?	When do I feel encouraged?
What does encouragement feel like?	How is encouragement helpful?

Use the emotion square to think about feeling *encouraged*.

Feeling encouraged is a positive emotion that you get when you believe things are going your way and you want to continue making progress.

The people you trust can give you encouragement to boost your energy and enthusiasm. You can give people you love encouragement when they feel tired or disappointed.

Use the box to the left to write ideas about what feeling encouraged means to you. Think about the why, when, what, and how of encouragement in your life.



Tuesday: In my life.

- Think about the last time you said or did something to encourage a friend or family member. How did offering that encouragement make you feel? How did it make the person you were encouraging feel?

Wednesday: Everyone needs encouragement.

- List 2 people you know who could use some encouragement right now. Next to their names, list at least 2 things you could say or do to give them encouragement.

Thursday: Practicing encouragement.

Write it down...

When we start to intentionally offer people encouragement, it may feel awkward.

Like with all skills, supporting others takes practice.

- Use today's journal space to write as many encouraging sentences as you can. Pretend you're talking with a friend who needs your help. What can you say to re-energize and encourage their personal progress?




Gratitude Friday.

- Each Friday, you will use this space to express gratitude. Think of someone in your life that has encouraged you. Write a short note of gratitude to share with them via text or direct message. (You don't have to share this message after you write it — but if you do, you'll be glad you did.)

Saturday/Sunday: Weekly reflection.

- Think about the past week. How has encouragement influenced your behavior or the behavior of someone you know?

Monday: Emotional awareness – fear.

Why do I feel fear?	When do I feel fear?
 FEAR	
What does fear feel like?	How is fear helpful?

Use the emotion square to think about *fear*.

We don't think of fear as a positive emotion. However, it's meant to keep us safe from danger. Fear is also useful when it tells us to ask others for help. But asking for help can be difficult.

Fear also helps us demonstrate courage. People who act with courage feel fear, but they do what's right, even if they are fearful. If you're afraid to ask for help when you need it, use courage to find a person who will support you.

Use the box to the left to write some ideas about what feeling fear means to you. Think about the why, when, what, and how of fear in your life.



Tuesday: In my life.

- Think about someone you know who felt fear and demonstrated courage. How did they overcome their fear and act courageously?

Wednesday: Think about it.

- List at least 3 times in your life when you felt fear, but that feeling of fear kept you safe from harm.

Thursday: Courage and the fear of missing out.

It's a real thing...

The *fear of missing out* (FOMO) is a real thing that everyone feels at some point.

Sometimes it's in our best interest to resist pressure and remove ourselves from potentially dangerous situations, even if we may miss out on something with our friends.

- Use this space to practice an exit strategy to use when you feel pressured to do something that you don't want to do.

Think of S.A.F.E. words:

- **Strong:** Be firm. Don't let pressure change your mind.
- **Actions:** Remove yourself from the pressure. You might have to physically get up and leave a conversation.
- **Follow Through:** Once you create a way out of the situation, follow through with your plan.
- **Empower:** Others may feel the same way you do. Support and empower them to resist negative pressure.




Gratitude Friday.

- Each Friday, you will use this space to express gratitude. Think of someone in your life that has helped you overcome fear. Write a short note of gratitude to share with them via text or direct message. (You don't have to share this message after you write it — but if you do, you'll be glad you did.)

Saturday/Sunday: Weekly reflection.

- Think about the past week. How has fear influenced your behavior or the behavior of someone you know?

Monday: Emotional awareness – *motivation*.

Why do I feel motivated?	When do I feel motivated?
 MOTIVATION	
What does motivation feel like?	How is motivation helpful?

Use the emotion square to think about *motivation*.

Motivation is a positive feeling that gives us an energy boost when we're working toward a goal. Enthusiasm and encouragement help to fuel motivation. Fear can work against motivation.

Sometimes you need to be motivated to do work that you would rather not do, like cleaning your home or taking out the trash. It can be helpful to think about how your work is helping others.

Use the box to the left to write some ideas about what feeling motivated means to you. Think about the why, when, what, and how of motivation in your life.



Tuesday: In my life.

- What motivates you? Is there a song, a movie, or a book that provides you with motivation every time it touches your life? Write down 3 people or things that have given you motivation through the years. How did they motivate you?

Wednesday: Think about it.

- List 3 things that you're motivated to accomplish in the next 12 months. Then, use 3 words for each list item that describe why you're motivated to accomplish those things.

Thursday: Motivation to climb a mountain.

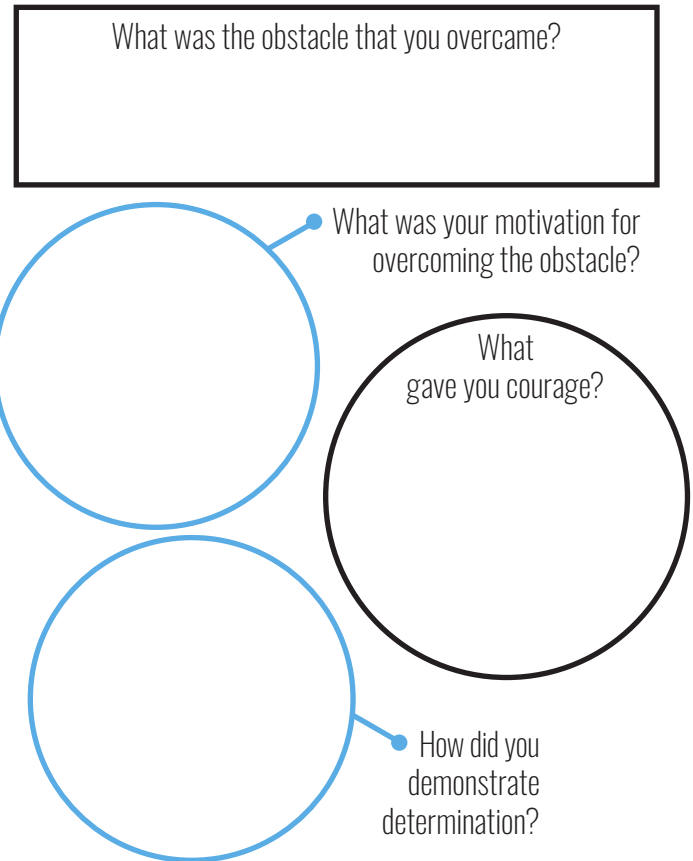
The art of getting over it...

Obstacles are a part of life. The sum of your *motivation* plus *courage* plus *determination* equals your *grit*.

$$M+C+D=GRIT$$

Think of a time in your life when you demonstrated grit and overcame an obstacle (big or small).

- Use the concept map to help you describe your personal formula for demonstrating grit.



Gratitude Friday.

- Each Friday, you will use this space to express gratitude. Think of someone in your life that has helped you stay motivated. Write a short note of gratitude to share with them via text or direct message. (You don't have to share this message after you write it — but if you do, you'll be glad you did.)

Saturday/Sunday: Weekly Reflection.

- Think about the past week. How has motivation influenced your behavior or the behavior of someone you know?



Weeks 6–10 Wellness Log: Physical Activity & Nutrition

Track your wellness goals.

Daily Physical Activity: Check the box every day that you are active for 60 minutes or more. Physical activity will keep your body strong and your mind focused. It's a tool for self-regulation and disease prevention.

Weekly Nutrition: Check the box each week that you reach your nutrition goal. That means that on most days, you avoid sugary drinks, and at most meals, you fill half of your plate with vegetables and fruits.

Week 6

Daily Physical Activity	Weekly Nutrition Goal
M: 60 minutes <input type="checkbox"/>	1/2 of my plate is fruits & veggies <input type="checkbox"/>
T: 60 minutes <input type="checkbox"/>	No sugary drinks <input type="checkbox"/>
W: 60 minutes <input type="checkbox"/>	
T: 60 minutes <input type="checkbox"/>	Weekly DIY Goal
F: 60 minutes <input type="checkbox"/>	_____
S: 60 minutes <input type="checkbox"/>	_____ <input type="checkbox"/>
S: 60 minutes <input type="checkbox"/>	

Week 7

Daily Physical Activity	Weekly Nutrition Goal
M: 60 minutes <input type="checkbox"/>	1/2 of my plate is fruits & veggies <input type="checkbox"/>
T: 60 minutes <input type="checkbox"/>	No sugary drinks <input type="checkbox"/>
W: 60 minutes <input type="checkbox"/>	
T: 60 minutes <input type="checkbox"/>	Weekly DIY Goal
F: 60 minutes <input type="checkbox"/>	_____
S: 60 minutes <input type="checkbox"/>	_____ <input type="checkbox"/>
S: 60 minutes <input type="checkbox"/>	

Week 8

Daily Physical Activity	Weekly Nutrition Goal
M: 60 minutes <input type="checkbox"/>	1/2 of my plate is fruits & veggies <input type="checkbox"/>
T: 60 minutes <input type="checkbox"/>	No sugary drinks <input type="checkbox"/>
W: 60 minutes <input type="checkbox"/>	
T: 60 minutes <input type="checkbox"/>	Weekly DIY Goal
F: 60 minutes <input type="checkbox"/>	_____
S: 60 minutes <input type="checkbox"/>	_____ <input type="checkbox"/>
S: 60 minutes <input type="checkbox"/>	

Week 9

Daily Physical Activity	Weekly Nutrition Goal
M: 60 minutes <input type="checkbox"/>	1/2 of my plate is fruits & veggies <input type="checkbox"/>
T: 60 minutes <input type="checkbox"/>	No sugary drinks <input type="checkbox"/>
W: 60 minutes <input type="checkbox"/>	
T: 60 minutes <input type="checkbox"/>	Weekly DIY Goal
F: 60 minutes <input type="checkbox"/>	_____
S: 60 minutes <input type="checkbox"/>	_____ <input type="checkbox"/>
S: 60 minutes <input type="checkbox"/>	

Week 10

Daily Physical Activity	Weekly Nutrition Goal
M: 60 minutes <input type="checkbox"/>	1/2 of my plate is fruits & veggies <input type="checkbox"/>
T: 60 minutes <input type="checkbox"/>	No sugary drinks <input type="checkbox"/>
W: 60 minutes <input type="checkbox"/>	
T: 60 minutes <input type="checkbox"/>	Weekly DIY Goal
F: 60 minutes <input type="checkbox"/>	_____
S: 60 minutes <input type="checkbox"/>	_____ <input type="checkbox"/>
S: 60 minutes <input type="checkbox"/>	

Weekly DIY Goal: Create a Do-It-Yourself (DIY) Goal each week. This goal can be anything! Get 8 hours of sleep each night, learn a new song on an instrument, call your favorite aunt or uncle, develop a new skill. It can literally be anything that is productive and helps you become a better version of you. You can even stretch a goal from one week to the next. These short-term goals should be fun and rewarding.

GREAT GOALS AND PURPOSEFUL PRACTICE

A goal is the object of purposeful effort.
It is the destination of a journey.



Reaching a goal requires focus and effort.

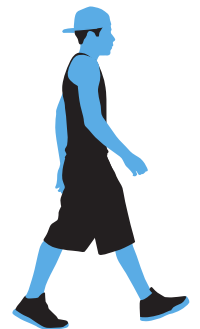
Research shows that writing down your goals makes you more likely to achieve your goals.

This includes creating an *action plan* and a system to hold yourself *accountable* for achieving your goals.



Action Plan /noun/

A formal sequence of steps that guide you toward a goal.



Accountability /noun/

The fact and understanding that you are responsible for something. You alone are accountable for your effort and focus.



“You are a light. You are the light. Never let anyone — any person or any force — dampen, dim or diminish your light.” – **John Lewis**

Weeks 6–10: GREAT GOAL WORKSHEET

It's time to set a GREAT goal! People who do great things are people who set goals and then work toward achieving those goals. Every 5 weeks you will use a GREAT goal worksheet to set and work toward a goal.

Some goals will take longer than 5 weeks to achieve. That's okay! If you need more time, use the next GREAT goal worksheet to update your efforts and timeline. **Let's get started!**

G

Goal's Name

Describe your goal in 5 words or less. Congratulations! This simple statement is your goal's name.

R

Reason for Your Goal

Every GREAT goal has a "why" that gives it purpose and direction.

E

Efforts Required

How will you achieve the goal? List 4 steps you will take today, tomorrow, next week, and beyond.

A

Accountability Partner

Telling someone about your goal makes it real. List the people you will share your goal with.

T

Timeline for Your Goal

Today is your starting point. Set a finish line and place your efforts in order on the timeline.

Goal's Name:

Reason for Your Goal:

Efforts Required

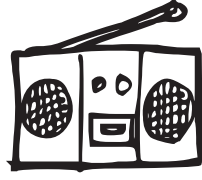
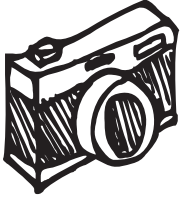
>Today...	>Tomorrow...
>Next Week...	>Beyond Next Week...

> **Accountability Partners:**

GREAT Goal Timeline

Today	Tomorrow	Next Week	Beyond	Finish Line
Date:	Date:	Date:	Date:	Date:
Effort:	Effort:	Effort:	Effort:	Effort:

DOODLE PAGE



Doodling is scientifically shown to be awesome for you.
Use this space for doodle therapy (LOL).



Monday: Making the connections to *trust*.

1 TRUST

People build (and destroy) *trust* through behaviors and words.

2 BEHAVIOR

Consistent behaviors help to build trust with the people around you.

3 CONFIDENCE

When people see consistent behaviors, they gain confidence and trust.

Trust is confidence that someone or something will behave in a way that is safe and beneficial.

Write about a person you have confidence in because of their consistent behaviors.

(Describe some of the behaviors that helped build your trust.)

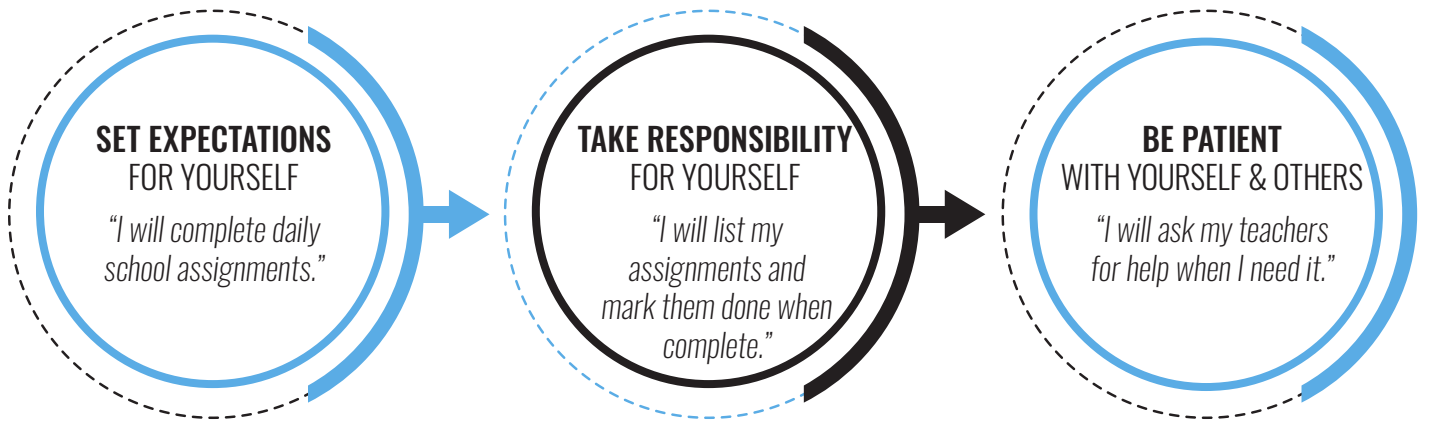
Tuesday: In my life.

- Who is the most trustworthy person you know? What makes that person trustworthy?

Wednesday: I can trust myself.

- Sometimes in life, we have to have confidence in our own behavior. In a time of challenge, what specific positive behaviors do you know you will demonstrate?

Thursday: Purposeful practice: *trust*.



Look at the example statements in the circles above.

In the space below, create your own statements of trust that will help you purposefully practice trustworthy behaviors.

Gratitude Friday.

- Each Friday, you will use this space to express gratitude. What behaviors have you demonstrated this year that are helping you be successful? Amazing! Now, write a thank you note to *yourself* for being trustworthy and reliable.

Saturday/Sunday: Weekly reflection.

- Think about the past week. What have you learned about *trust*?



Monday: Making the connections to *enthusiasm*.

1 ENTHUSIASM

Enthusiasm is an intense positive emotion that people can clearly recognize in others.

INTEREST

You are enthusiastic about things that interest you.

ENJOYMENT

Your interest and enjoyment create positive energy. That energy is called enthusiasm!

Enthusiasm is contagious. Your interest and enjoyment can help others find their own enthusiasm!
Write about something that you're enthusiastic about — it can be anything that helps you share your greatness.

Tuesday: In my life.

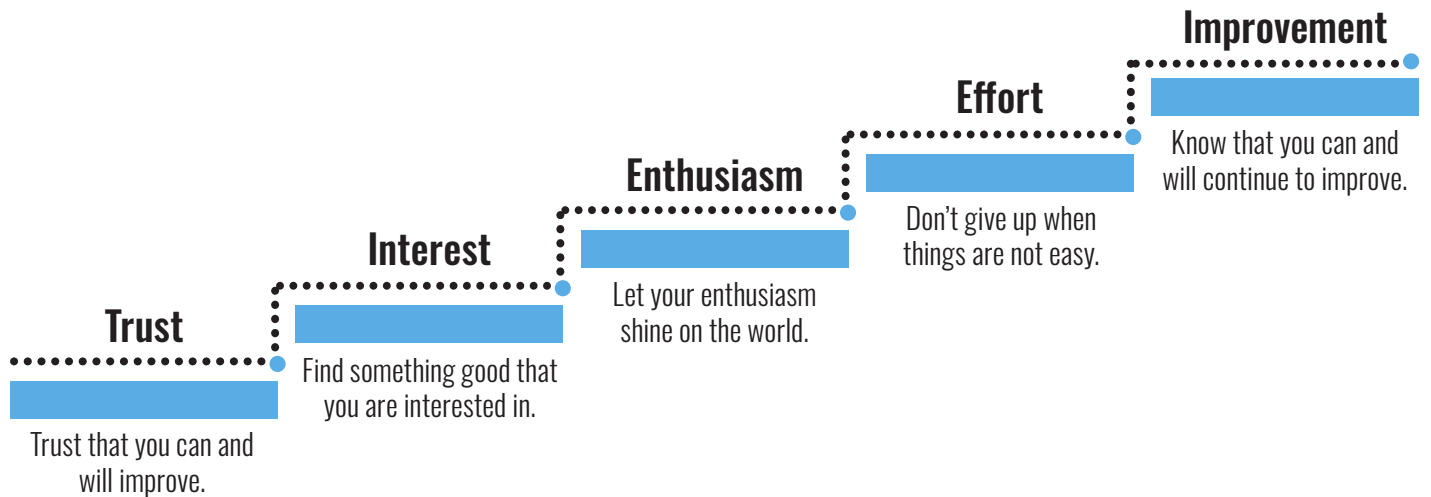
- Reflect on what you wrote yesterday about your enthusiasm. What subjects in school can help you build your knowledge and skill, and drive your interest and enjoyment?

Wednesday: My enthusiastic people.

- Describe a time when a family member or friend enthusiastically shared an interest with you. How did their enthusiasm make you feel? Why did it make you feel that way?

Thursday: Growth mindset is fueled by enthusiasm.

Reflect on your GREAT goal. Why did you set that goal? What is interesting to you about it?



As you work toward your goal, how have you expressed and experienced enthusiasm?

Gratitude Friday.

- Each Friday, you will use this space to express gratitude. Think of someone in your life that has helped you find your interest and enthusiasm. Write a short note of gratitude to share with that person via text or direct message. (Now share — you'll be glad you did.)

Saturday/Sunday: Weekly reflection.

- Think about the past week. What have you learned about growth mindset?
Hint: Look up at the step diagram above.

Monday: Making the connections to *encouragement*.

1 ENCOURAGEMENT

Find opportunities to give people encouragement.

2 COMMUNICATION

Use positive communication to build people up.

3 SELF-CONFIDENCE

See the difference that your encouragement can make.

Let's plan to encourage others by thinking of positive words to say that will help build their self-confidence. Write 2 or 3 encouraging statements below that can be used to help build up a classmate.

Tuesday: Unique greatness.

- Every person has a unique voice that can be shared with the world. But sometimes young people don't believe in themselves, and their unique greatness goes unshared. Write about a friend or family member who has unique greatness that you want to encourage.

Wednesday: Everyone needs encouragement.

- What is 1 thing about you that is uniquely great? How are you sharing that greatness with the world? If you're not, how can you start believing in yourself and sharing?

Thursday: Practicing encouragement.



Who will you encourage and celebrate?

Your acts of encouragement can be simple, but meaningful. Choose a person to encourage and celebrate.

Use the space below to plan 2 simple ways that you'll encourage their unique contributions, and write 1 statement of celebration that you can say to them when the time is right.

Gratitude Friday.

- Each Friday, you will use this space to express gratitude. Some of the unique things about you have been given to you by your family, friends, or community. They are traditions, beliefs, or special cultural practices and skills. Use the space here to write about 1 of those unique gifts.

Saturday/Sunday: Weekly reflection.

- Think about the past week. What have you learned about encouragement?



Monday: Making the connections to *fear*.

1 FEAR

Danger and stress create fear and anxiety. Fear is immediate. Anxiety stays with us over time.

2 COMMITTED ACTION

The first step in showing your courage is taking committed and constructive action.

3 COURAGE

Courage is like a muscle. The more you use it, the stronger it gets. Use it or lose it.

Courage is the willingness to make a decision and then live face-to-face with the outcome of that decision.

Repeat that process every day. Without courage, your greatness, compassion, integrity, and confidence cannot exist. Even small acts of courage help build our ability to take committed action.

What is the *smallest* act of courage you've taken this school year? Write about why it was important.

Tuesday: In my life.

- What is the largest act of courage you've taken in your life? Write about how it shaped who you are today.

Wednesday: Think about it.

- In today's world, positive communication is often an act of courage. Using your words and talents for the protection or benefit of others is a committed action that shows your courage. Write about a time when you demonstrated courage through positive communication.

Thursday: Practicing courage.



It can be small or big. It can be public or private. But no matter what it is, taking a courageous action every day will help you build confidence and develop your courage. Write about a courageous action that you will take today.

Gratitude Friday.

- It's really hard to be courageous alone. Think about a person in your life who helps you feel brave when you need to be. Write a short note of gratitude to share with them via text or direct message. (Now share — you'll be glad you did.)

Saturday/Sunday: Weekly reflection.

- Think about the past week. What have you learned about fear and courage?

Monday: Making the connections to *motivation*.

1 MOTIVATION

Motivation is the desire to do something. The stronger your motivation, the harder you'll work.

EFFORT

Effort is a result of motivation. The reason you are motivated directly impacts your effort.

ACHIEVEMENT

Nothing is achieved without effort — therefore, nothing is achieved without motivation.

2 **3**

What motivates you? What is inside of you that drives your effort toward achievement?
Think about the things you're interested in and write about what motivates you.

Tuesday: In my life.

- Write down 1 thing in your life that you've achieved and that you are proud of. Now, write about what motivated your effort toward that achievement.

Wednesday: Think about it.

- Think about your family and friends. Who in your life demonstrates strong motivation?
- What do you think motivates that person?



Thursday: Motivating Your Potential



The greatest (athletes, artists, engineers, teachers, etc.) were once toddlers learning how to walk.

Discovering your potential is a process that times time, effort, trial, and error.

You will make mistakes — that's how people learn. Think about something you've learned through trial and error.

Write about the mistakes you made and how they helped you learn and get better.

Gratitude Friday.

- Each Friday, you will use this space to express gratitude. Let's be grateful for the things that we enjoy. Make a list of things you enjoy by writing: "I am grateful for (name your interest)." For example, "I am grateful for math and engineering," or "I am grateful for music and my guitar."

Saturday/Sunday: Weekly reflection.

- Think about the past week. What have you learned about motivation?

Weeks 11–15 Wellness Log: Physical Activity & Nutrition

Track your wellness goals.

Daily Physical Activity: Check the box every day that you are active for 60 minutes or more. Physical activity will keep your body strong and your mind focused. It's a tool for self-regulation and disease prevention.

Weekly Nutrition: Check the box each week that you reach your nutrition goal. That means that on most days, you avoid sugary drinks, and at most meals, you fill half of your plate with vegetables and fruits.

Week 11

Daily Physical Activity	Weekly Nutrition Goal
M: 60 minutes <input type="checkbox"/>	1/2 of my plate is fruits & veggies <input type="checkbox"/>
T: 60 minutes <input type="checkbox"/>	No sugary drinks <input type="checkbox"/>
W: 60 minutes <input type="checkbox"/>	
T: 60 minutes <input type="checkbox"/>	Weekly DIY Goal
F: 60 minutes <input type="checkbox"/>	_____
S: 60 minutes <input type="checkbox"/>	_____ <input type="checkbox"/>
S: 60 minutes <input type="checkbox"/>	

Week 12

Daily Physical Activity	Weekly Nutrition Goal
M: 60 minutes <input type="checkbox"/>	1/2 of my plate is fruits & veggies <input type="checkbox"/>
T: 60 minutes <input type="checkbox"/>	No sugary drinks <input type="checkbox"/>
W: 60 minutes <input type="checkbox"/>	
T: 60 minutes <input type="checkbox"/>	Weekly DIY Goal
F: 60 minutes <input type="checkbox"/>	_____
S: 60 minutes <input type="checkbox"/>	_____ <input type="checkbox"/>
S: 60 minutes <input type="checkbox"/>	

Week 13

Daily Physical Activity	Weekly Nutrition Goal
M: 60 minutes <input type="checkbox"/>	1/2 of my plate is fruits & veggies <input type="checkbox"/>
T: 60 minutes <input type="checkbox"/>	No sugary drinks <input type="checkbox"/>
W: 60 minutes <input type="checkbox"/>	
T: 60 minutes <input type="checkbox"/>	Weekly DIY Goal
F: 60 minutes <input type="checkbox"/>	_____
S: 60 minutes <input type="checkbox"/>	_____ <input type="checkbox"/>
S: 60 minutes <input type="checkbox"/>	

Week 14

Daily Physical Activity	Weekly Nutrition Goal
M: 60 minutes <input type="checkbox"/>	1/2 of my plate is fruits & veggies <input type="checkbox"/>
T: 60 minutes <input type="checkbox"/>	No sugary drinks <input type="checkbox"/>
W: 60 minutes <input type="checkbox"/>	
T: 60 minutes <input type="checkbox"/>	Weekly DIY Goal
F: 60 minutes <input type="checkbox"/>	_____
S: 60 minutes <input type="checkbox"/>	_____ <input type="checkbox"/>
S: 60 minutes <input type="checkbox"/>	

Week 15

Daily Physical Activity	Weekly Nutrition Goal
M: 60 minutes <input type="checkbox"/>	1/2 of my plate is fruits & veggies <input type="checkbox"/>
T: 60 minutes <input type="checkbox"/>	No sugary drinks <input type="checkbox"/>
W: 60 minutes <input type="checkbox"/>	
T: 60 minutes <input type="checkbox"/>	Weekly DIY Goal
F: 60 minutes <input type="checkbox"/>	_____
S: 60 minutes <input type="checkbox"/>	_____ <input type="checkbox"/>
S: 60 minutes <input type="checkbox"/>	

Weekly DIY Goal: Create a Do-It-Yourself (DIY) Goal each week. This goal can be anything! Get 8 hours of sleep each night, learn a new song on an instrument, call your favorite aunt or uncle, develop a new skill. It can literally be anything that is productive and helps you become a better version of you. You can even stretch a goal from one week to the next. These short-term goals should be fun and rewarding.

HEAL AND EMBRACE YOUR POTENTIAL

Every person experiences hurt and disappointment.
Every person has the potential to heal.



Our emotions are there to keep us safe and help us heal.

When skin is broken, it's best to clean it right away, and then keep it clean.

When we feel an emotional cut, clean it by finding support, expressing gratitude, and focusing efforts on positive interests.



Heal /verb/

To restore and make free from injury. To become healthy again.

Potential /noun/

The quality or ability to improve and become better over time.



“Never be limited by other people’s limited imaginations.”
– Dr. Mae Jemison

Weeks 11–15: GREAT GOAL WORKSHEET

It's time to set a new GREAT goal! People who do great things are people who set goals and then work toward achieving those goals. If you're still working toward your last GREAT goal, that's okay. Use this page to revisit your goal and update any information that you need to update.

If you are ready for a new GREAT goal, don't forget to celebrate the achievement of your last goal!

G

Goal's Name

Describe your goal in 5 words or less. Congratulations! This simple statement is your goal's name.

R

Reason for Your Goal

Every GREAT goal has a "why" that gives it purpose and direction.

E

Efforts Required

How will you achieve the goal? List 4 steps you will take today, tomorrow, next week, and beyond.

A

Accountability Partner

Telling someone about your goal makes it real. List the people you will share your goal with.

T

Timeline for Your Goal

Today is your starting point. Set a finish line and place your efforts in order on the timeline.

Goal's Name:

Reason for Your Goal:

Efforts Required

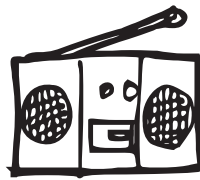
>Today...	>Tomorrow...
>Next Week...	>Beyond Next Week...

> **Accountability Partners:**

GREAT Goal Timeline

Today	Tomorrow	Next Week	Beyond	Finish Line
Date:	Date:	Date:	Date:	Date:
Effort:	Effort:	Effort:	Effort:	Effort:

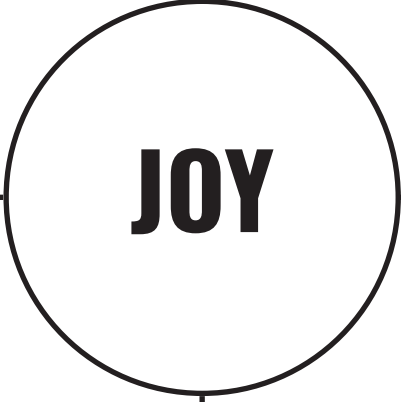
DOODLE PAGE



Doodling is scientifically shown to be awesome for you.
Use this space for doodle therapy (LOL).



Monday: Emotional awareness – joy.

Why do I feel joy?	When do I feel joy?
	
What does it feel like to be joyful?	How is feeling joy helpful?

Use the emotion square to think about feeling *joy*.

Joy is one of the best feelings we can have. We can feel a lot of joy during a big event like a birthday or surprise visit from someone we love. We can also feel small bursts of joy when we eat our favorite food or see a beautiful sunset.

Joy is something people want to feel as often as possible.

Use the box to the left to explore what joy means to you. Think about the why, when, what, and how of joy in your life.

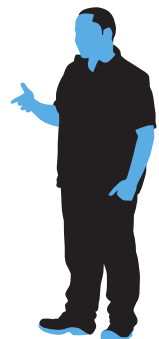


Tuesday: In my life.

- What is one thing that brings you a small burst of joy when you see it? Why do you think it brings you joy?

Wednesday: Let's think about joy.

- What is one way that you can bring joy to a family member or a friend?



Thursday: The joy board.

Create a mini joy board by filling all of the boxes with things that make you feel joy.

These things can be people, places, events, songs — any small or big thing that brings joy into your life.

The form consists of 11 empty boxes arranged in two rows. The top row has five boxes: a large horizontal box on the left, followed by four vertical boxes of varying heights. The bottom row has six boxes: two vertical boxes on the left, a small square box in the middle, a tall vertical box on the right, and a wide horizontal box on the far right.

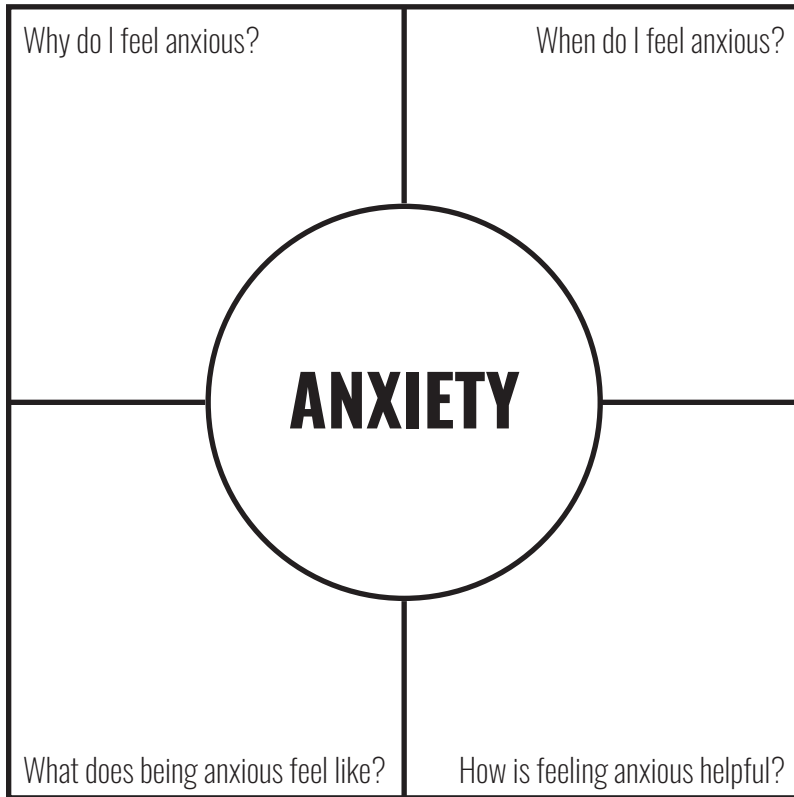
Gratitude Friday.

- Each Friday, you will use this space to express gratitude. Think of someone that brings joy into your life, and write a short note of gratitude that you could share with them via text or direct message. (Now share — you'll be glad you did.)

Saturday/Sunday: Weekly reflection.

- Think about the past week. How has joy influenced your behavior?

Monday: Emotional awareness – *anxiety*.

Why do I feel anxious?	When do I feel anxious?
 <p>ANXIETY</p>	
What does being anxious feel like?	How is feeling anxious helpful?

Use the emotion square to think about feeling *anxious*.

Feeling anxious is a part of everyone's experience. It's like a built-in warning system. Anxiety helps us stay alert to things that are dangerous.

However, anxiety can stay with us longer than we need it. It can impact our thoughts and push away positive feelings.

Use the box to the left to explore anxiety. Think about the why, when, what, and how of anxiety in your life.



Tuesday: In my life.

- What is the one thing about school that makes you most anxious? Why do you think that thing makes you anxious?

Wednesday: Using anxiety for good.

- Anxiety can be good when it helps us prepare to be safe and successful. When you start to feel anxious about something at school (*look at what you wrote above*), how can you positively prepare for success? Write as many ideas as you can think of in this space.

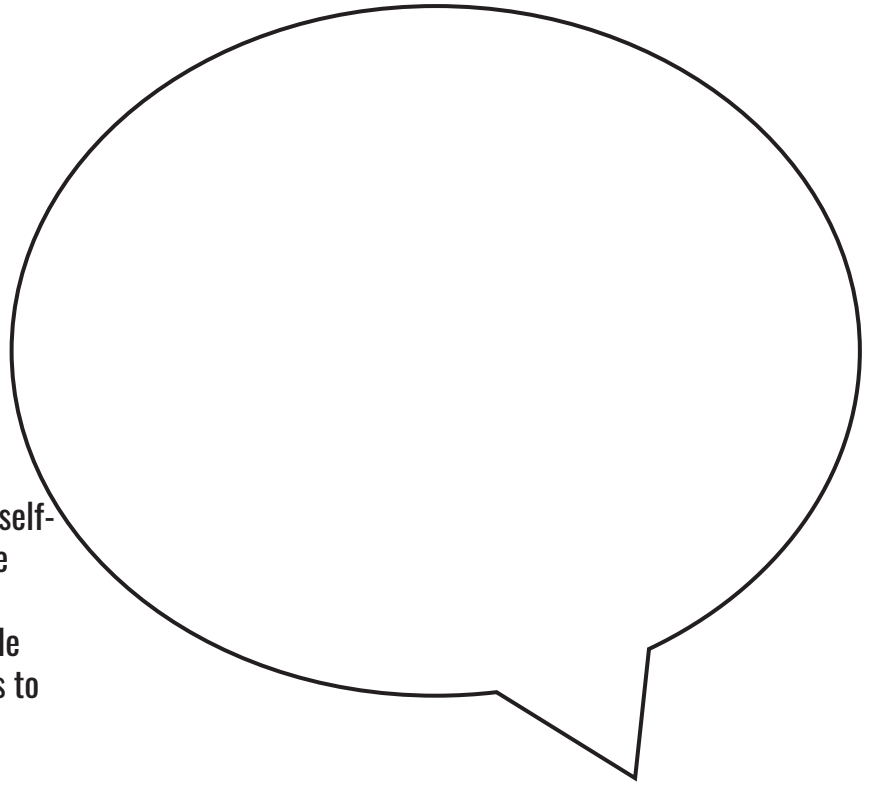
Thursday: Positive self-talk fuels your courage.

SELF-TALK 101

> The words that you say to yourself matter.

Positive self-talk can be the difference between feeling frozen by anxiety or having courage to move forward.

- Use the talk-bubble to write in positive self-talk phrases that will help you overcome your anxious feelings and move forward with courage. Later, when you feel a little hint of anxiety, use one of these phrases to establish your courage.



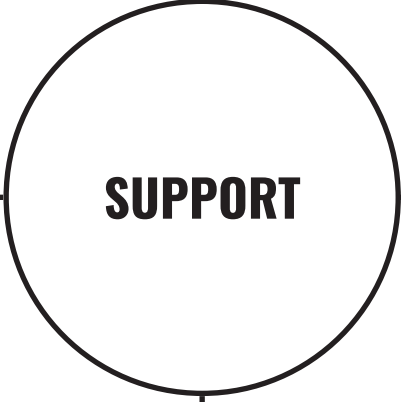
Gratitude Friday.

- Each Friday, you will use this space to express gratitude. Think of someone in your life who has been there for you when you felt anxious or nervous. Write a short note of gratitude to share with them via text or direct message. (Now share — you'll be glad you did.)

Saturday/Sunday: Weekly reflection.

- Think about the past week. How has anxiety influenced your behavior?

Monday: Emotional awareness – support.

Why do I feel supported?	When do I feel supported?
 SUPPORT	
What does support feel like?	How is support helpful?

Use the emotion square to think about feeling support.

Feeling supported is a positive emotion that is related to trust. When you feel support, you trust that there is a network of family, friends, or teachers that can help you succeed.

It's important to remember that like all emotions, our feelings of support are sometimes stronger or weaker depending on the situation. And just because you don't feel supported today, it doesn't mean you won't find support tomorrow.

Use the box to the left to write ideas about what the feeling of support means to you. Think about the why, when, what, and how of support in your life.



Tuesday: In my life.

- Think about a time in your life when you were able to support a friend or family member when they needed it. Maybe they were going through a difficult time, or they were struggling to reach a challenging goal. List 2 or 3 things that you did to offer support.

Wednesday: Building a support network.

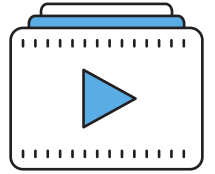
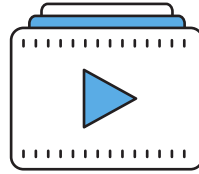
- A support network can rely on each other in good times and in challenging times. The key to building a network is offering your support to others without being asked. List 1 person in your life who could be a part of your support network, and name 2 small things you can do to help them feel supported.

Thursday: Practicing support with a playlist.

What you play matters.

Just like our self-talk, the music and movies we listen to and watch can impact our emotions and even our behavior.

In the playlist boxes, write in the songs and movies you would recommend to a friend who needs to feel positive and supported.

A white rounded rectangular box with a blue play button on the left side.A white rounded rectangular box with a blue play button on the left side.A white rounded rectangular box with a blue play button on the left side.A white rounded rectangular box with a blue play button on the left side.A white rounded rectangular box with a blue play button on the left side.A white rounded rectangular box with a blue play button on the left side.

Gratitude Friday.

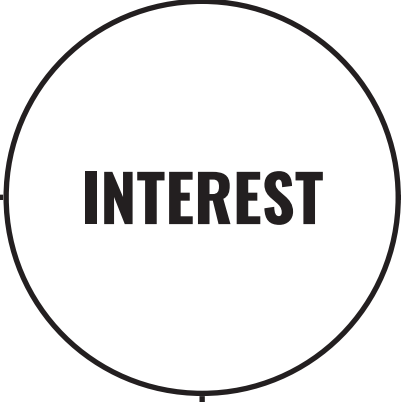
- Each Friday, you will use this space to express gratitude. Think of someone in your life who has supported you. Write a short note of gratitude to share with them via text or direct message. (Now share — you'll be glad you did.)

Saturday/Sunday: Weekly reflection.

- Think about the past week. How has support influenced your behavior or the behavior of someone you know?



Monday: Emotional awareness – *interest*.

Why do I feel interest?	When do I feel interest?
	
What does interest feel like?	How is interest helpful?

Use the emotion square to think about *interest*.

We may not think of interest as an emotion, but it is actually a very important emotion related to curiosity. It's a feeling that causes us to focus our attention on something.

Your interest is also closely related to your motivation. It can be a challenge to stay motivated about things that don't interest you.

Use the box to the left to write some ideas about what feeling interested means to you. Think about the *why*, *when*, *what*, and *how* of interest in your life.



Tuesday: In my life.

- What are your top 3 interests right now? How are those things positively affecting your motivation?

Wednesday: Think about it.

- Pick 1 of the interests you wrote about above. What are 2 subjects in school related to that area of interest? How are they related?



Thursday: WHY!?

Um... *WHY* should I be interested in this?

Great question!

Let's run a *WHY* experiment on a subject that interests you. Then we'll try the same experiment on a subject that you don't really enjoy. Here's the catch — you have to give your best effort to answering the *WHY* questions for both subjects.

Name a subject that interests you:

(W) What about the subject do you like?

(H) How is the subject relevant to your life now?

(Y) Years from now, how will this subject help you?

Name a subject that you don't really enjoy:

(W) What about the subject do you like?

(H) How is the subject relevant to your life now?

(Y) Years from now, how will this subject help you?

Gratitude Friday.

- Each Friday, you will use this space to express gratitude. Think of someone in your life that has helped you learn about something you are interested in. Write a short note of gratitude to share with them via text or direct message. (Now share — you'll be glad you did.)

Saturday/Sunday: Weekly reflection.

- Think about the past week. How has interest influenced your behavior or the behavior of someone you know?

Monday: Emotional awareness – *acceptance*.

Why do I feel accepted?	When do I feel accepted?
What does acceptance feel like?	How is acceptance helpful?

Use the emotion square to think about feeling *accepted*.

Feeling accepted is an important part of life, and all people want to find acceptance with friends, family, or a social group.

Reality TV shows are clear examples of how people quickly look for acceptance and how difficult it can be to feel rejected.

Use the box to the left to write some ideas about what feeling accepted means to you. Think about the why, when, what, and how of acceptance in your life.



Tuesday: In my life.

- Before worrying about being accepted by others, it's helpful to work on accepting ourselves. Think of 1 person that you know (or know of) who you think accepts who they are and lets their personality shine brightly. Describe that person in the space below.

Wednesday: Think about it.

- Think of a friend or family member who is having trouble accepting themselves for who they are. List 2 or 3 things you can do or say that will encourage them and help them feel accepted.

Thursday: Acceptance speech.

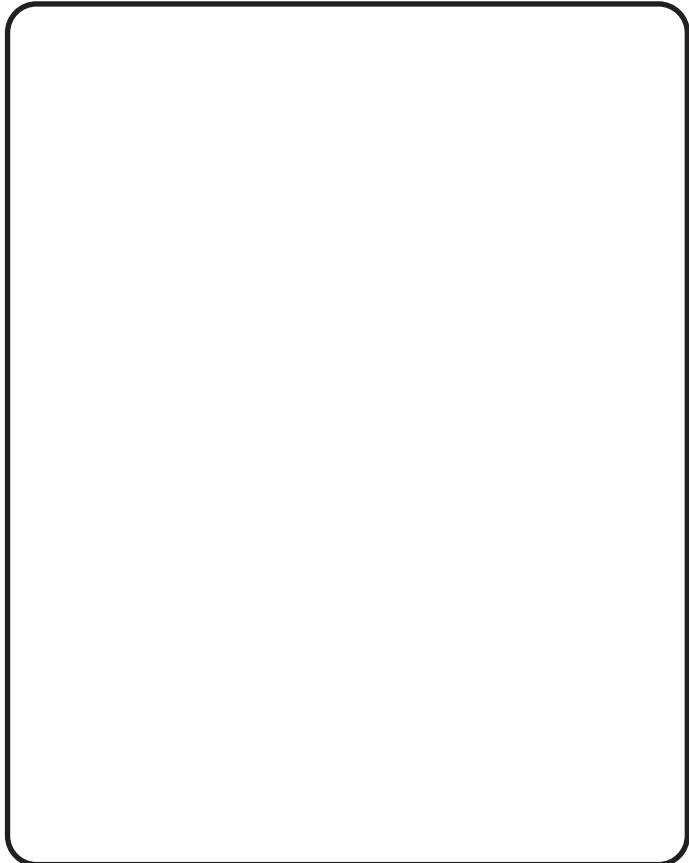
And the winner is... YOU!

You just won a major award for getting out of bed, brushing your hair (or wearing a hat), and trying to do the best that you can. Seriously, in life, that's at least half of the battle.

*Just like with all major awards,
you have to give an acceptance speech!*

Use this formula for writing a great acceptance speech.

1. Keep it short.
2. Start with gratitude — say thanks to someone or something.
3. End with a call to action or advice for other people who are trying to get out of bed and try their best.



Gratitude Friday.

- Each Friday, you will use this space to express gratitude. Think of someone in your life who has helped you feel accepted. Write a short note of gratitude to share with them via text or direct message. (Now share — you'll be glad you did.)

Saturday/Sunday: Weekly reflection.

- Think about the past week. How has feeling accepted influenced your behavior or the behavior of someone you know?

Weeks 16–20 Wellness Log: Physical Activity & Nutrition

Track your wellness goals.

Daily Physical Activity: Check the box every day that you are active for 60 minutes or more. Physical activity will keep your body strong and your mind focused. It's a tool for self-regulation and disease prevention.

Weekly Nutrition: Check the box each week that you reach your nutrition goal. That means that on most days, you avoid sugary drinks, and at most meals, you fill half of your plate with vegetables and fruits.

Week 16

Daily Physical Activity	Weekly Nutrition Goal
M: 60 minutes <input type="checkbox"/>	1/2 of my plate is fruits & veggies <input type="checkbox"/>
T: 60 minutes <input type="checkbox"/>	No sugary drinks <input type="checkbox"/>
W: 60 minutes <input type="checkbox"/>	
T: 60 minutes <input type="checkbox"/>	Weekly DIY Goal
F: 60 minutes <input type="checkbox"/>	_____
S: 60 minutes <input type="checkbox"/>	_____ <input type="checkbox"/>
S: 60 minutes <input type="checkbox"/>	

Week 17

Daily Physical Activity	Weekly Nutrition Goal
M: 60 minutes <input type="checkbox"/>	1/2 of my plate is fruits & veggies <input type="checkbox"/>
T: 60 minutes <input type="checkbox"/>	No sugary drinks <input type="checkbox"/>
W: 60 minutes <input type="checkbox"/>	
T: 60 minutes <input type="checkbox"/>	Weekly DIY Goal
F: 60 minutes <input type="checkbox"/>	_____
S: 60 minutes <input type="checkbox"/>	_____ <input type="checkbox"/>
S: 60 minutes <input type="checkbox"/>	

Week 18

Daily Physical Activity	Weekly Nutrition Goal
M: 60 minutes <input type="checkbox"/>	1/2 of my plate is fruits & veggies <input type="checkbox"/>
T: 60 minutes <input type="checkbox"/>	No sugary drinks <input type="checkbox"/>
W: 60 minutes <input type="checkbox"/>	
T: 60 minutes <input type="checkbox"/>	Weekly DIY Goal
F: 60 minutes <input type="checkbox"/>	_____
S: 60 minutes <input type="checkbox"/>	_____ <input type="checkbox"/>
S: 60 minutes <input type="checkbox"/>	

Week 19

Daily Physical Activity	Weekly Nutrition Goal
M: 60 minutes <input type="checkbox"/>	1/2 of my plate is fruits & veggies <input type="checkbox"/>
T: 60 minutes <input type="checkbox"/>	No sugary drinks <input type="checkbox"/>
W: 60 minutes <input type="checkbox"/>	
T: 60 minutes <input type="checkbox"/>	Weekly DIY Goal
F: 60 minutes <input type="checkbox"/>	_____
S: 60 minutes <input type="checkbox"/>	_____ <input type="checkbox"/>
S: 60 minutes <input type="checkbox"/>	

Week 20

Daily Physical Activity	Weekly Nutrition Goal
M: 60 minutes <input type="checkbox"/>	1/2 of my plate is fruits & veggies <input type="checkbox"/>
T: 60 minutes <input type="checkbox"/>	No sugary drinks <input type="checkbox"/>
W: 60 minutes <input type="checkbox"/>	
T: 60 minutes <input type="checkbox"/>	Weekly DIY Goal
F: 60 minutes <input type="checkbox"/>	_____
S: 60 minutes <input type="checkbox"/>	_____ <input type="checkbox"/>
S: 60 minutes <input type="checkbox"/>	

Weekly DIY Goal: Create a Do-It-Yourself (DIY) Goal each week. This goal can be anything! Get 8 hours of sleep each night, learn a new song on an instrument, call your favorite aunt or uncle, develop a new skill. It can literally be anything that is productive and helps you become a better version of you. You can even stretch a goal from one week to the next. These short-term goals should be fun and rewarding.

FIND YOUR VOICE AND USE IT FOR GOOD

“When the whole world is silent, even one voice becomes powerful.”

– Malala Yousafzai



Positive intention, strong values, and personal courage contribute to a person’s true and unique voice.

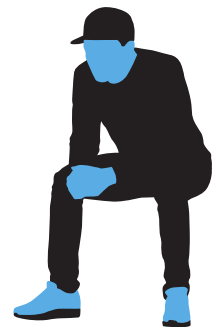
Finding your voice takes time, practice, and trial and error.

Everyone says things they wish they didn’t say.

Every keeps something inside that they wish they had said.

Keep practicing with kindness and truth.

Your voice will emerge.



Kindness /noun/

The quality of treating others with respect, concern, and consideration.

Truth /noun/

The quality of being sincere in action and character.

Weeks 16–20: GREAT GOAL WORKSHEET

It's time to set a new GREAT goal! People who do great things are people who set goals and then work toward achieving those goals. If you're still working toward your last GREAT goal, that's okay. Use this page to revisit your goal and update any information that you need to update.

If you are ready for a new GREAT goal, don't forget to celebrate the achievement of your last goal!

G

Goal's Name

Describe your goal in 5 words or less. Congratulations! This simple statement is your goal's name.

R

Reason for Your Goal

Every GREAT goal has a "why" that gives it purpose and direction.

E

Efforts Required

How will you achieve the goal? List 4 steps you will take today, tomorrow, next week, and beyond.

A

Accountability Partner

Telling someone about your goal makes it real. List the people you will share your goal with.

T

Timeline for Your Goal

Today is your starting point. Set a finish line and place your efforts in order on the timeline.

Goal's Name:

Reason for Your Goal:

Efforts Required

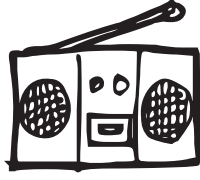
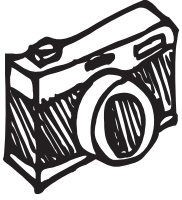
>Today...	>Tomorrow...
>Next Week...	>Beyond Next Week...

> **Accountability Partners:**

GREAT Goal Timeline

Today	Tomorrow	Next Week	Beyond	Finish Line
Date:	Date:	Date:	Date:	Date:
Effort:	Effort:	Effort:	Effort:	Effort:

DOODLE PAGE



Doodling is scientifically shown to be awesome for you.
Use this space for doodle therapy (LOL).



Monday: Making the connections to joy.

1 OPTIMISM

Feeling hopeful allows us to relax, live in the moment, and find the good around us.

2 CONNECTIONS

Connections to people, special places, or even pets help us find gratitude.

3 JOY

Joy is a feeling that connects feelings of optimism with feelings of gratitude.

Focus on a connection that you have with a special place in your life. It could be your room, a spot in your yard or neighborhood, or even a place that you can only see in a picture — like the ocean or a forest.

Write about a place that you feel connected to and why you are grateful for it.

Tuesday: In my life.

- How can I share a feeling of optimism with a friend or family member?

Wednesday: Think about it.

- Think about the connection that you feel to your school. Let's work on making that connection more positive. Write 2 things that you can do to make your school a better place.

Thursday: Purposeful practice: *joy*.



Joy isn't just a short burst of happiness. Joy is an everyday celebration of the good in your world. In the space below, write about 1 good thing that you're grateful for. Then, write 3 different ways you can celebrate the joy that it brings you. Include at least 1 kind way that you can share that joy with others.

Gratitude Friday.

- Each Friday, you will use this space to express gratitude. Where is the last place that you felt joy? Perfect! Now, write a note that expresses gratitude for that place.

Saturday/Sunday: Weekly reflection.

- Think about the past week. What have you learned about *joy*?



Monday: Making the connections to *anxiety*.

1 ANXIETY

Everyone feels anxious at times. It's an important feeling that helps us focus on what's important.

2 PREPARATION

Prepare for feeling anxious by understanding what that feeling is telling you.

3 POSITIVITY

Focus on positive outcomes and prepare for success. This will help to quiet the anxious voice in your head.

Prepare for the anxious voice in your head. Answer the 3 questions below.

- What is 1 thing about your schoolwork that makes you anxious?
- Knowing that, how can you prepare for success before and when you feel anxious?
- What can you say to yourself, as a reminder, to help you stay positive while you prepare?

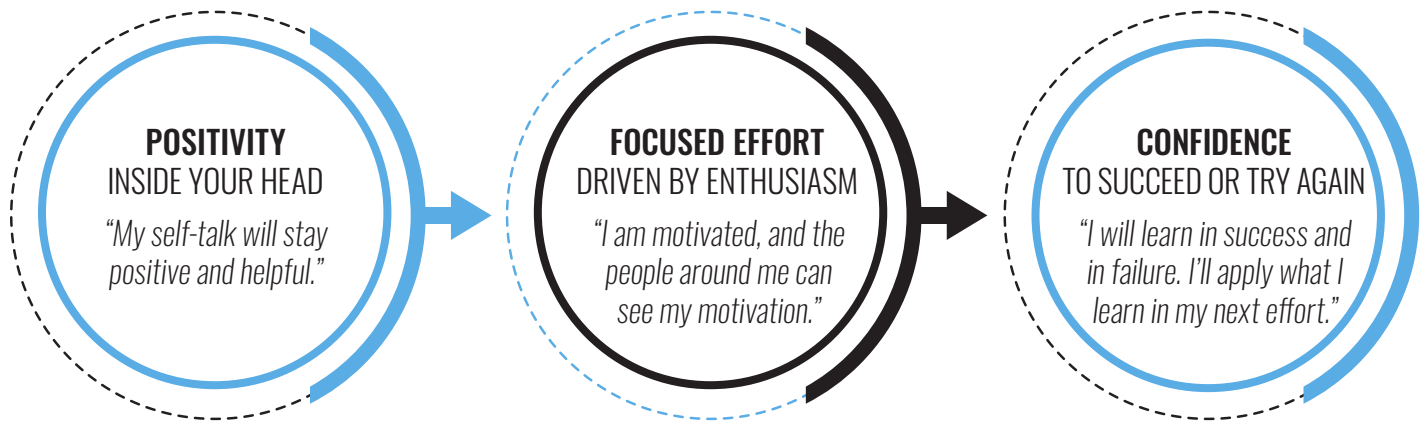
Tuesday: In my life.

- Write about a time in your life when you felt anxious about something and then everything worked out really well.

Wednesday: Prepared people.

- Describe a family member, teacher, or friend who always seems prepared and doesn't seem anxious. What about that person do you admire?

Thursday: Focused positivity builds confidence.



The opposite of anxious is confident. Most people fall in between these 2 feelings as they give focused effort. They feel a little bit anxious and somewhat confident. Anxiety helps you focus and prepare. Confidence gives you the courage to keep trying. Focusing on positive self-talk can give you a healthy balance of anxiety and confidence. Write 2 self-talk sentences that can (a) help quiet anxious thoughts and (b) build the confidence you need.

Gratitude Friday.

- Each Friday, you will use this space to express gratitude. Think of someone in your life who has helped you stay positive when you felt anxious. Write a short note of gratitude to share with them via text or direct message. (Share. You'll be glad you did.)

Saturday/Sunday: Weekly reflection.

- Think about the past week. What have you learned about anxiety?

Monday: Making the connections to *support*.

1 LISTEN

When a friend needs support, the first step is to listen.

2 ACCEPT

Listen without judgment and work to understand your friend's feelings.

3 SUPPORT

Offer support in small ways. Showing someone that you care can make a difference.

Let's plan to support others by thinking of small things we can do to show that we care.

Write down 3 or 4 small things you can do to show someone that you care about them.

Tuesday: In my life.

- Write about a time that you (or someone you know) supported a person who was going through something difficult. How did that support help the situation?

Wednesday: It's okay to ask for support.

- Sometimes people don't even know that a person needs support. Make a list of the people in your life and at school that you can ask for help if you needed it. Include some people you've never turned to for help before. Let's make your support network bigger.

Thursday: Purposeful practice: *self-support.*



Let's start a conversation between two people. One person needs help and the other person can help. Use the space below to write how this conversation will happen. Use kind and positive language.

Person 1: Asking Person 2 for help...

Person 2: Telling Person 1 that they can and will help...

Gratitude Friday

- Each Friday, you will use this space to express gratitude. Think of someone in your life who has supported you when you asked for help. Write a short note of gratitude to share with them via text or direct message. (Share. You'll be glad you did.)

Saturday/Sunday: Weekly reflection.

- Think about the past week. What have you learned about support?



Monday: Making the connections to *interest*.

1

CURIOSITY

Staying curious in life is an important part of self-improvement.

FOCUS

If you're curious about something, apply a little focus to learning about it.

2

INTEREST

Let a little curiosity build into an interest. Find new ways to learn about your interest.

3

Curiosity is an emotion that has helped humans survive for thousands and thousands of years.

It is a positive feeling that drives us to learn about something because we think we'll find a reward.

It's what drives all scientific research and technological advancements.

List a few things that you're curious about. Write down 1 way you can learn about each thing.

Tuesday: In my life.

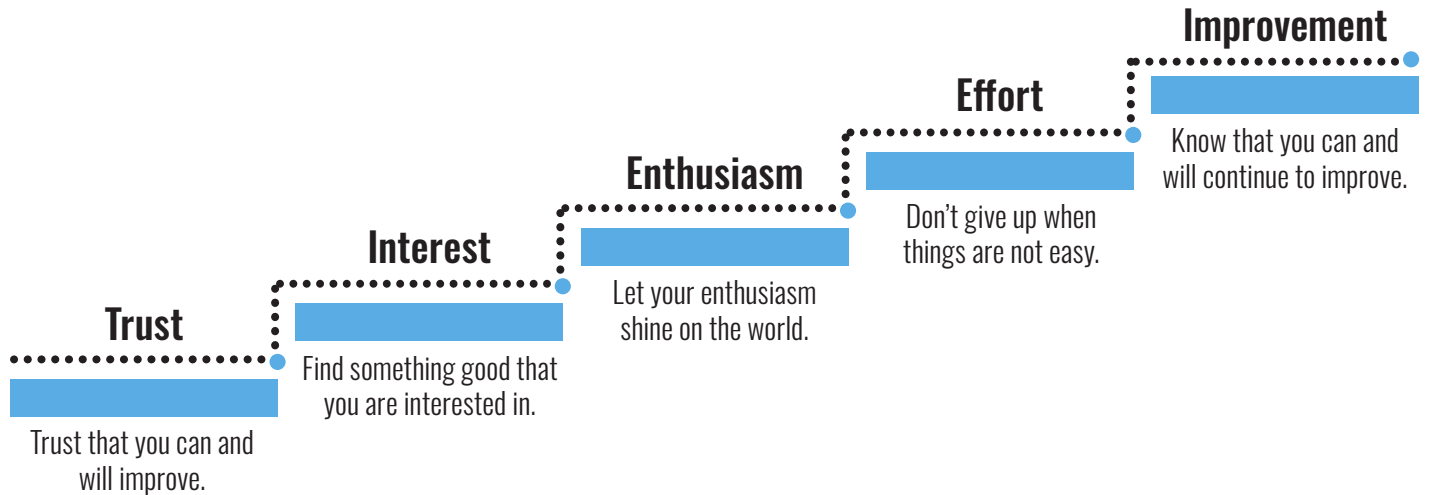
- What topic are you *very* interested in? Can you remember when this interest was a small curiosity? Write 3 or more sentences about when you first became interested in something.

Wednesday: Think about it.

- Think about it: you have the power to learn about what interests you. Books, the Internet, and teachers are all available to help you learn. If you want to more learn about something, nothing can stop you. Make a list of all of the tools and resources that can help you learn.

Thursday: Purposeful practice: *focused effort*.

Reflect on your GREAT goal. How is that goal related to your interests?



As you work toward your goal, how have you demonstrated focused effort?

Gratitude Friday.

- Encouragement from others can be really helpful when we're working hard and giving focused effort. Think about a person in your life who has encouraged your effort. Write a short note of gratitude to share with them via text or direct message. (Share. You'll be glad you did.)

Saturday/Sunday: Weekly reflection.

- Think about the past week. What have you learned about your interests?

Monday: Making the connections to *acceptance*.

1

DO NOT JUDGE

You don't want others to judge you. Work to quiet the judging voice in your head. Give people a chance.

FIND THE GOOD

There is some good inside of everyone. Use kind words, ask questions, and find the good.

2

ACCEPTANCE

Respect people for who they are and what they want to become.

3

Don't accept disrespectful or destructive behavior, but look for the good in people without allowing unfair judgment to get in the way.

Think about a person who you may have judged unfairly.

What is 1 thing that you can do today to begin showing acceptance to that person?

Tuesday: In my life.

- Write about a time when you were judged unfairly. Then write a short statement that can help to remind you not to judge others unfairly.

Wednesday: Think about it.

- Who is 1 person you know who does a good job of accepting others for who they are? What is it about that person that made you answer with their name?

Thursday: Purposeful practice: *acceptance.*



Think about a classmate or a teacher who is really unique but having difficulty feeling accepted. How can you get to know that person better so you can demonstrate acceptance and support their unique greatness? Write 3 sentences that you could say to that person that would help you get to know them better.

Gratitude Friday.

- Think about a person in your life who has helped you feel accepted. Write a short note of gratitude to share with them via text or direct message. (Share. You'll be glad you did.)

Saturday/Sunday: Weekly reflection.

- Think about the past week. What have you learned about acceptance?



Weeks 21–25 Wellness Log: Physical Activity & Nutrition

Track your wellness goals.

Daily Physical Activity: Check the box every day that you are active for 60 minutes or more. Physical activity will keep your body strong and your mind focused. It's a tool for self-regulation and disease prevention.

Weekly Nutrition: Check the box each week that you reach your nutrition goal. That means that on most days, you avoid sugary drinks, and at most meals, you fill half of your plate with vegetables and fruits.

Week 21

Daily Physical Activity	Weekly Nutrition Goal
M: 60 minutes <input type="checkbox"/>	1/2 of my plate is fruits & veggies <input type="checkbox"/>
T: 60 minutes <input type="checkbox"/>	No sugary drinks <input type="checkbox"/>
W: 60 minutes <input type="checkbox"/>	
T: 60 minutes <input type="checkbox"/>	Weekly DIY Goal
F: 60 minutes <input type="checkbox"/>	_____
S: 60 minutes <input type="checkbox"/>	_____ <input type="checkbox"/>
S: 60 minutes <input type="checkbox"/>	

Week 22

Daily Physical Activity	Weekly Nutrition Goal
M: 60 minutes <input type="checkbox"/>	1/2 of my plate is fruits & veggies <input type="checkbox"/>
T: 60 minutes <input type="checkbox"/>	No sugary drinks <input type="checkbox"/>
W: 60 minutes <input type="checkbox"/>	
T: 60 minutes <input type="checkbox"/>	Weekly DIY Goal
F: 60 minutes <input type="checkbox"/>	_____
S: 60 minutes <input type="checkbox"/>	_____ <input type="checkbox"/>
S: 60 minutes <input type="checkbox"/>	

Week 23

Daily Physical Activity	Weekly Nutrition Goal
M: 60 minutes <input type="checkbox"/>	1/2 of my plate is fruits & veggies <input type="checkbox"/>
T: 60 minutes <input type="checkbox"/>	No sugary drinks <input type="checkbox"/>
W: 60 minutes <input type="checkbox"/>	
T: 60 minutes <input type="checkbox"/>	Weekly DIY Goal
F: 60 minutes <input type="checkbox"/>	_____
S: 60 minutes <input type="checkbox"/>	_____ <input type="checkbox"/>
S: 60 minutes <input type="checkbox"/>	

Week 24

Daily Physical Activity	Weekly Nutrition Goal
M: 60 minutes <input type="checkbox"/>	1/2 of my plate is fruits & veggies <input type="checkbox"/>
T: 60 minutes <input type="checkbox"/>	No sugary drinks <input type="checkbox"/>
W: 60 minutes <input type="checkbox"/>	
T: 60 minutes <input type="checkbox"/>	Weekly DIY Goal
F: 60 minutes <input type="checkbox"/>	_____
S: 60 minutes <input type="checkbox"/>	_____ <input type="checkbox"/>
S: 60 minutes <input type="checkbox"/>	

Week 25

Daily Physical Activity	Weekly Nutrition Goal
M: 60 minutes <input type="checkbox"/>	1/2 of my plate is fruits & veggies <input type="checkbox"/>
T: 60 minutes <input type="checkbox"/>	No sugary drinks <input type="checkbox"/>
W: 60 minutes <input type="checkbox"/>	
T: 60 minutes <input type="checkbox"/>	Weekly DIY Goal
F: 60 minutes <input type="checkbox"/>	_____
S: 60 minutes <input type="checkbox"/>	_____ <input type="checkbox"/>
S: 60 minutes <input type="checkbox"/>	

Weekly DIY Goal: Create a Do-It-Yourself (DIY) Goal each week. This goal can be anything! Get 8 hours of sleep each night, learn a new song on an instrument, call your favorite aunt or uncle, develop a new skill. It can literally be anything that is productive and helps you become a better version of you. You can even stretch a goal from one week to the next. These short-term goals should be fun and rewarding.

EFFORT /NOUN/ FOCUSED DETERMINATION

The pages of this journal are a conversation.

YOU ARE NOT ALONE. WE BELIEVE IN YOU.

Visit BelieveInYou.com and click through our videos.



We see your effort.
We see your grit.



Grit /noun/

A mixture of passion and perseverance for long-term goals.

– Defined by Angela Duckworth



“You’re not obligated to win. You’re obligated to keep trying to do the best you can every day.”

– Marian Wright Edelman

www.BelieveInYou.com

Weeks 21–25: GREAT GOAL WORKSHEET

It's time to set a new GREAT goal! People who do great things are people who set goals and then work toward achieving those goals. If you're still working toward your last GREAT goal, that's okay. Use this page to revisit your goal and update any information that you need to update.

If you are ready for a new GREAT goal, don't forget to celebrate the achievement of your last goal!

G	Goal's Name Describe your goal in 5 words or less. Congratulations! This simple statement is your goal's name.
R	Reason for Your Goal Every GREAT goal has a "why" that gives it purpose and direction.
E	Efforts Required How will you achieve the goal? List 4 steps you will take today, tomorrow, next week, and beyond.
A	Accountability Partner Telling someone about your goal makes it real. List the people you will share your goal with.
T	Timeline for Your Goal Today is your starting point. Set a finish line and place your efforts in order on the timeline.

Goal's Name:

Reason for Your Goal:

Efforts Required

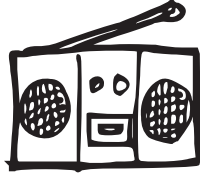
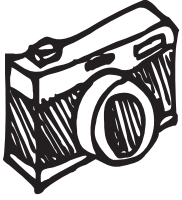
>Today...	>Tomorrow...
>Next Week...	>Beyond Next Week...

> **Accountability Partners:**

GREAT Goal Timeline

Today	Tomorrow	Next Week	Beyond	Finish Line
Date:	Date:	Date:	Date:	Date:
Effort:	Effort:	Effort:	Effort:	Effort:

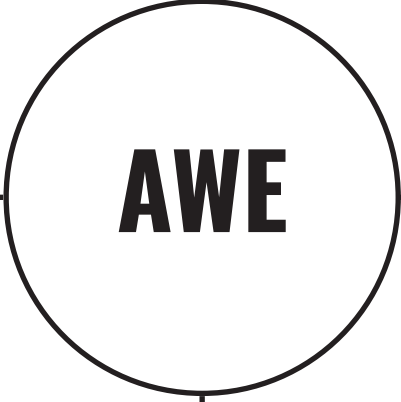
DOODLE PAGE



Doodling is scientifically shown to be awesome for you.
Use this space for doodle therapy (LOL).



Monday: Emotional awareness – awe.

Why do I feel awe?	When do I feel awe?
	
What does it feel like to be in awe?	How is feeling awe helpful?

Use the emotion square to think about feeling 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 lives to a greater good.

Sometimes that connection is with the Earth, or with beautiful and inspiring animals, or in large groups of people gathered for a single reason. Awe is rare, but it is usually easy to remember.

Use the box to the left to explore what awe means to you. Think about why, when, what, and how awe has impacted your life.



Tuesday: In my life.

- **Have you ever felt awe? Where were you, and what made you feel that way?**
(Awe can happen looking at the night sky, or the ocean, or when you hear someone speaking and feel connected to their words.)

Wednesday: Think about it.

- **Awe helps us feel good about helping the world become a better place. What are 3 things you can do to make the world around you better?**

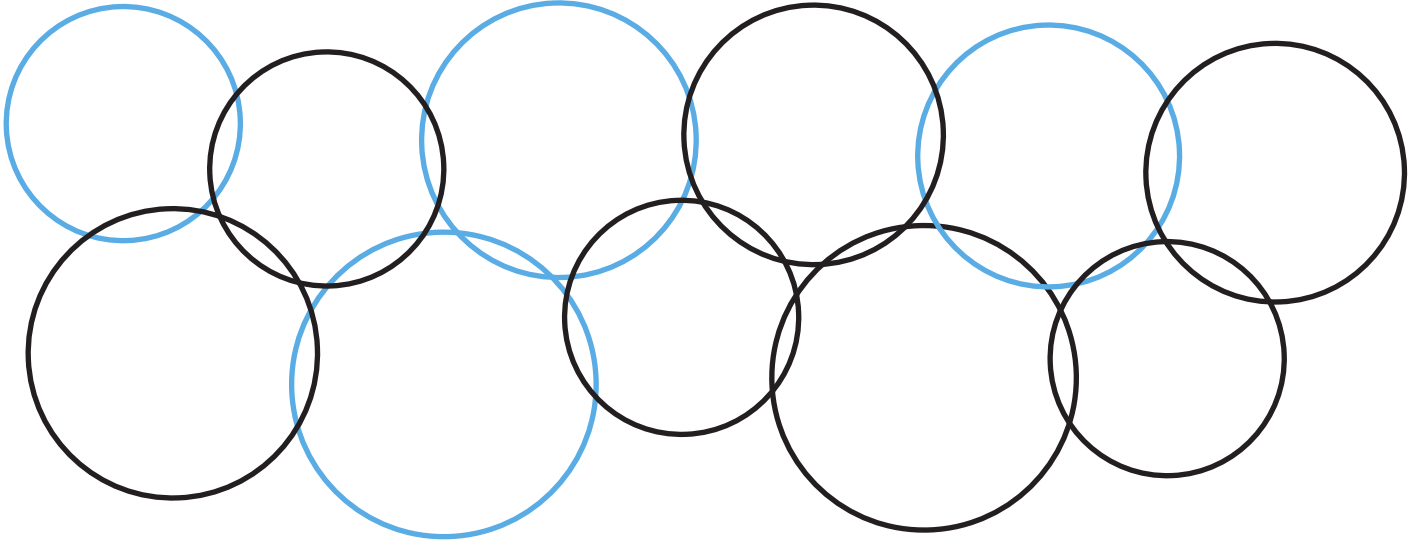
Thursday: Awesome.

Awesome /adj/ To inspire awe.

The mountaintop was a place of awesome beauty.

Very few sandwiches are truly awesome. The same can be said for a pair of sneakers. Remember, awesome things give us a deep sense of being *connected* to the larger world.

Fill in the word circles with all of the things that you can think of that are *truly* awesome.



Gratitude Friday.


- Each Friday, you will use this space to express gratitude. Choose one truly awesome thing from the word circles above. Write a few sentences about why you're grateful for the awe and wonder it brings into the world.

Saturday/Sunday: Weekly reflection.

- Think about the past week. What have you learned about awe?



Monday: Emotional awareness – *distraction*.

Why do I feel distracted?	When do I feel distracted?
 DISTRACTION	
What does being distracted feel like?	How is feeling distracted helpful?

Use the emotion square to think about feeling *distraction*.

Everyone gets distracted. Sometimes, it's not a big deal. Other times, it can cause a mistake or a missed deadline.

There are 2 types of distraction: external and internal. When an unexpected object jumps into our view, that's external distraction. When our thoughts wander away from what we're supposed to be focusing on, that's internal distraction.

Use the box to the left to explore distraction. Think about the why, when, what, and how of distraction in your life.



Tuesday: In my life.

- Are there external distractions in your world that make it hard to focus on what you're supposed to do? Make a list of the external distractions in your life.

Wednesday: Think about it.

- Choose the top 2 things from your list above that distract you the most. What can you do to avoid those distractions when you really need to focus? Create a short action plan for staying focused.

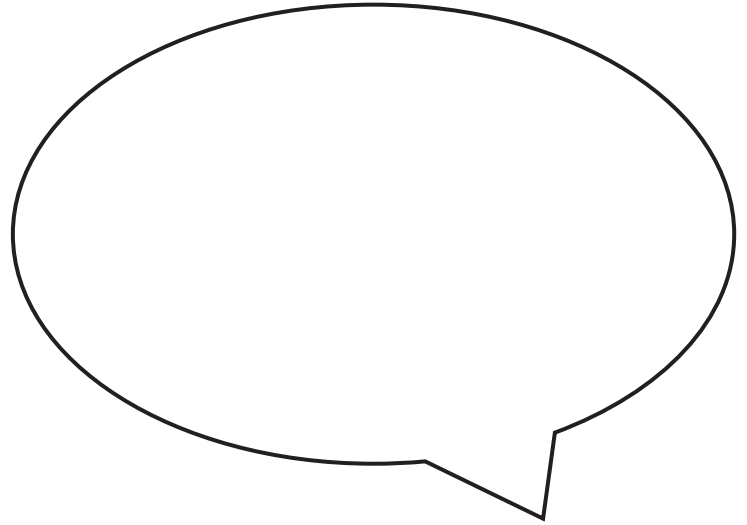
Thursday: Self-talk to help you focus.

SELF-TALK 101

> The words you say to yourself matter.

SNAP OUT OF IT! Seriously, it's time to refocus your internal self-talk.

- Use the talk-bubble to write a short statement that you can use when you recognize that you're distracted.
- In the space below the talk-bubble, list 2 or 3 examples of a time when you might say this refocusing statement to yourself.

A large, empty rounded rectangular box with a blue border, intended for writing 2 or 3 examples of when to use the refocusing statement.

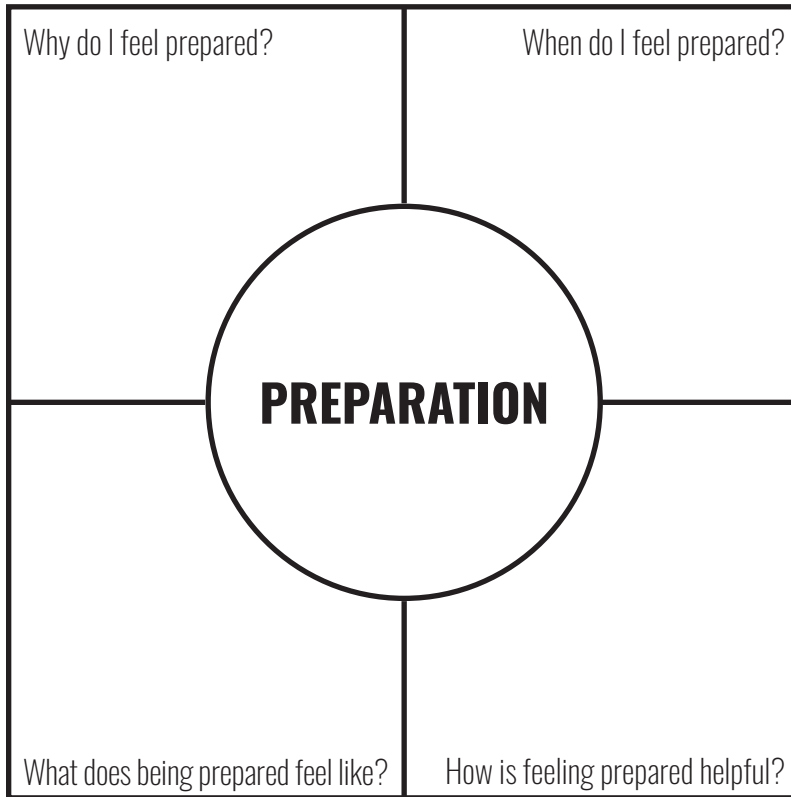
Gratitude Friday.

- Each Friday, you will use this space to express gratitude. Think of someone in your life who helps you stay focused on the important things that you have to do. Write a short note of gratitude to share with them via text or direct message. (Share. You'll be glad you did.)

Saturday/Sunday: Weekly reflection.

- Think about the past week. What have you learned about distraction?

Monday: Emotional awareness – *preparation.*

Why do I feel prepared?	When do I feel prepared?
 <p>PREPARATION</p>	
What does being prepared feel like?	How is feeling prepared helpful?

Use the emotion square to think about feeling *prepared*.

Most people want to feel prepared. However, it can be really hard to feel prepared — even if you are.

Feeling prepared is related to confidence. Preparation can boost our confidence when we need it the most.

Use the box to the left to write ideas about what feeling prepared means to you. Think about the why, when, what, and how of being prepared in your life.



Tuesday: In my life.

- Think about a time in your life when feeling very prepared gave you a confidence boost to help you perform well. What did you do to help yourself feel prepared?

Wednesday: Think about it.

- It's been said that “good luck is when preparation meets opportunity.” What do you think that means? Can you give an example?

Thursday: Let's create some good luck.

What opportunity are you preparing for?

Preparation + Opportunity = Good Luck

Important opportunities can be big and obvious. They can also be small events that we only recognize when we look back from the future.

The people you meet and the experiences you have can all create opportunities for success — BUT you have to do your part and prepare for greatness.

In the space below, write a possible career goal.
(In other words, what job do you want in the future?)

.....

Make a list of all of the ways that you can prepare for your career goal.
(How will you be ready when good luck comes to visit?)

Gratitude Friday.


- Each Friday, you will use this space to express gratitude. Think of someone in your life who is helping you prepare for the future. Write a short note of gratitude to share with them via text or direct message. (Share. You'll be glad you did.)

Saturday/Sunday: Weekly reflection.

- Think about the past week. What have you learned about being prepared?



Monday: Emotional awareness – *positive.*

Why do I feel positive?	When do I feel positive?
 POSITIVE	
What does being positive feel like?	How is feeling positive helpful?

Use the emotion square to think about feeling *positive.*

You've already written about several positive emotions — like trust, joy, and acceptance. Optimism can be a personal expression of positivity.

So, how can you keep your positivity moving forward and the negativity away? Make the mindful choice to use positive language whenever you can.

Use the box to the left to write some ideas about what feeling positive means to you. Think about the why, when, what, and how of positivity in your life.



Tuesday: In my life.

- What are 3 positive words that you use every day? Write each word with an example of how you would use it in a positive way.

Wednesday: Think about it.

- Would you rather have someone talk to you with positive words or negative words? In general, people want to hear positive words directed at them. So, use positive language as often as you can. Write 2 positive sentences below (*they can be about anything*).

Thursday: Flip it — from bad to good.

It can be really hard to stay positive when negative things happen. There are 2 things you can remember that will help you go from negative back to positive.

First, everything is just a moment in time. When good things happen, time passes and the moment is gone. The same is true when bad things happen. The negativity starts, and then the moment is gone and we have another chance to find positivity.

Second, there's a lesson in every experience — the good and the bad. Sometimes it takes time to figure out what the lesson is, but if we understand that we are designed to learn and grow, then we can look for the lesson and apply it to how we live and work to make our lives better.

In the box to the right, write about an important and positive lesson that you learned from an experience that was negative.

Something bad just happened.
Make the decision to flip it.

Gratitude Friday.

- Each Friday, you will use this space to express gratitude. Think of an event in your life which was negative when you experienced it, but taught you a positive lesson. Write 3 sentences about why you're grateful for the lessons that experience taught you.

Saturday/Sunday: Weekly reflection.

- Think about the past week. What have you learned about positivity in your life?

Monday: Emotional awareness – *surprise*.

Why do I feel surprised?	When do I feel surprised?
What does being surprised feel like?	How is feeling surprised helpful?

Use the emotion square to think about feeling surprised.

There are good surprises (like gifts). And there are bad surprises (like loud noises that we don't expect).

We feel surprised for only a very short time, and then another emotion (either positive or negative) will take control.

Emotional regulation and mindfulness can help us stay calm and think clearly after being surprised by something.

Use the box to the left to write ideas about what feeling surprised means to you. Think about the why, when, what, and how of surprise in your life.



Tuesday: In my life.

- What is the last good surprise that you can remember? Write about the emotion that took control after the surprise wore off.

Wednesday: Think about it.

- The next time you experience a negative surprise, think about a way to regulate your emotions so that you're calm and focused. Positive self-talk can help. Write 1 positive sentence that you say to yourself that could help you stay in control, calm, and focused.

Thursday: Surprise! Experience the unexpected.

Surprise is an important emotion.

- It helps us remember things.
- It makes us more curious.
- It can make us more social.
- It can help us keep an open mind.



Plan a surprise sandwich!

- **First**, try something new that will probably work out really well (high chance of success).
- **Second**, try something new that is a bigger challenge (50% chance of success).
- **Third**, go back to trying something that will most likely work out perfectly (high chance of success).

Write your plans in the spaces to the right ->

Make a plan to try new things — especially interesting things that may end with a positive surprise. Surprise endings keep us focused, engaged, and learning.

Surprise Challenge 1:

Surprise Challenge 2:

Surprise Challenge 3:

Gratitude Friday.

- Each Friday, you will use this space to express gratitude. Think of someone in your life who surprised you in a positive and memorable way. Write a short note of gratitude to share with them via text or direct message. (Share. You'll be glad you did.)

Saturday/Sunday: Weekly reflection.

- **Think about the past week. What did you do that was surprising?**
If you can't think of anything, what will you do next week that will be surprising?



Weeks 26–30 Wellness Log: Physical Activity & Nutrition

Track your wellness goals.

Daily Physical Activity: Check the box every day that you are active for 60 minutes or more. Physical activity will keep your body strong and your mind focused. It's a tool for self-regulation and disease prevention.

Weekly Nutrition: Check the box each week that you reach your nutrition goal. That means that on most days, you avoid sugary drinks, and at most meals, you fill half of your plate with vegetables and fruits.

Week 26

Daily Physical Activity	Weekly Nutrition Goal
M: 60 minutes <input type="checkbox"/>	1/2 of my plate is fruits & veggies <input type="checkbox"/>
T: 60 minutes <input type="checkbox"/>	No sugary drinks <input type="checkbox"/>
W: 60 minutes <input type="checkbox"/>	
T: 60 minutes <input type="checkbox"/>	Weekly DIY Goal
F: 60 minutes <input type="checkbox"/>	_____
S: 60 minutes <input type="checkbox"/>	_____ <input type="checkbox"/>
S: 60 minutes <input type="checkbox"/>	

Week 27

Daily Physical Activity	Weekly Nutrition Goal
M: 60 minutes <input type="checkbox"/>	1/2 of my plate is fruits & veggies <input type="checkbox"/>
T: 60 minutes <input type="checkbox"/>	No sugary drinks <input type="checkbox"/>
W: 60 minutes <input type="checkbox"/>	
T: 60 minutes <input type="checkbox"/>	Weekly DIY Goal
F: 60 minutes <input type="checkbox"/>	_____
S: 60 minutes <input type="checkbox"/>	_____ <input type="checkbox"/>
S: 60 minutes <input type="checkbox"/>	

Week 28

Daily Physical Activity	Weekly Nutrition Goal
M: 60 minutes <input type="checkbox"/>	1/2 of my plate is fruits & veggies <input type="checkbox"/>
T: 60 minutes <input type="checkbox"/>	No sugary drinks <input type="checkbox"/>
W: 60 minutes <input type="checkbox"/>	
T: 60 minutes <input type="checkbox"/>	Weekly DIY Goal
F: 60 minutes <input type="checkbox"/>	_____
S: 60 minutes <input type="checkbox"/>	_____ <input type="checkbox"/>
S: 60 minutes <input type="checkbox"/>	

Week 29

Daily Physical Activity	Weekly Nutrition Goal
M: 60 minutes <input type="checkbox"/>	1/2 of my plate is fruits & veggies <input type="checkbox"/>
T: 60 minutes <input type="checkbox"/>	No sugary drinks <input type="checkbox"/>
W: 60 minutes <input type="checkbox"/>	
T: 60 minutes <input type="checkbox"/>	Weekly DIY Goal
F: 60 minutes <input type="checkbox"/>	_____
S: 60 minutes <input type="checkbox"/>	_____ <input type="checkbox"/>
S: 60 minutes <input type="checkbox"/>	

Week 30

Daily Physical Activity	Weekly Nutrition Goal
M: 60 minutes <input type="checkbox"/>	1/2 of my plate is fruits & veggies <input type="checkbox"/>
T: 60 minutes <input type="checkbox"/>	No sugary drinks <input type="checkbox"/>
W: 60 minutes <input type="checkbox"/>	
T: 60 minutes <input type="checkbox"/>	Weekly DIY Goal
F: 60 minutes <input type="checkbox"/>	_____
S: 60 minutes <input type="checkbox"/>	_____ <input type="checkbox"/>
S: 60 minutes <input type="checkbox"/>	

Weekly DIY Goal: Create a Do-It-Yourself (DIY) Goal each week. This goal can be anything! Get 8 hours of sleep each night, learn a new song on an instrument, call your favorite aunt or uncle, develop a new skill. It can literally be anything that is productive and helps you become a better version of you. You can even stretch a goal from one week to the next. These short-term goals should be fun and rewarding.

BE POSITIVE ON PURPOSE

Purpose /noun/

The reason why something is done.



**Be positive — on purpose.
Be grateful — on purpose.
Be helpful — on purpose.**



When being positive is really hard,
be kind to yourself.
(No one can be positive all of the time.)



“Thinking: the talking of the soul with itself.”

– Plato

Weeks 26–30: GREAT GOAL WORKSHEET

It's time to set a new GREAT goal! People who do great things are people who set goals and then work toward achieving those goals. If you're still working toward your last GREAT goal, that's okay. Use this page to revisit your goal and update any information that you need to update.

If you are ready for a new GREAT goal, don't forget to celebrate the achievement of your last goal!

- G** **Goal's Name**
Describe your goal in 5 words or less. Congratulations! This simple statement is your goal's name.
- R** **Reason for Your Goal**
Every GREAT goal has a "why" that gives it purpose and direction.
- E** **Efforts Required**
How will you achieve the goal? List 4 steps you will take today, tomorrow, next week, and beyond.
- A** **Accountability Partner**
Telling someone about your goal makes it real. List the people you will share your goal with.
- T** **Timeline for Your Goal**
Today is your starting point. Set a finish line and place your efforts in order on the timeline.

Goal's Name:

Reason for Your Goal:

Efforts Required

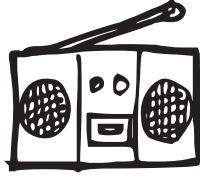
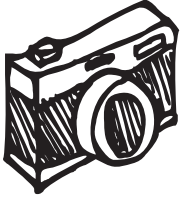
>Today...	>Tomorrow...
>Next Week...	>Beyond Next Week...

> Accountability Partners:

GREAT Goal Timeline

Today	Tomorrow	Next Week	Beyond	Finish Line
Date:	Date:	Date:	Date:	Date:
Effort:	Effort:	Effort:	Effort:	Effort:

DOODLE PAGE



Doodling is scientifically shown to be awesome for you.
Use this space for doodle therapy (LOL).



Monday: Making the connections to awe.

1

AWE

A place, person, or event inspires you to feel awe and wonder.

CONNECTIONS

The feeling of awe connects you to something bigger than yourself.

2

COMMUNITY

You are inspired to work toward improving a larger community.

3

Great speeches can inspire awe and a connection to a community.

Find a famous historical speech and watch or listen to it in a space free from distractions. Write about how the speech made you feel.

Tuesday: In my life.

- People often live and socialize in several communities — both big and small. Your neighborhood is a community. Your school is a community. A team or club is a small community. What community is most important to you right now, and why?

Wednesday: Think about it.

- Think about the connection that you have to the people in your community. List 3 things you can do to help make your community a positive place.

Thursday: Purposeful practice: awe.



In the modern world, we have to make an effort to shut down our devices and look around us for inspiration.

- **WHAT INSPIRED YOU TODAY?**

- **WHAT GOOD DID YOU DO TODAY?**

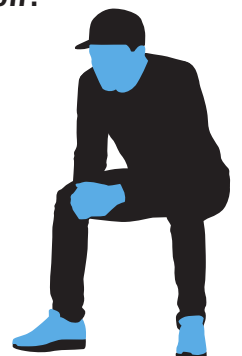
- **WHAT DID YOU FIND AMAZING TODAY?**

Gratitude Friday.

- Each Friday, you will use this space to express gratitude. Think about your community and the people you care about. Write a short note of gratitude about your community.

Saturday/Sunday: Weekly reflection.

- Think about the past week. What have you learned about looking for *inspiration*?



Monday: Making the connections to *distraction*.

1 DISTRACTION

Internal or external distractions break your focus and slow your progress.

2 SELF-TALK

You recognize the distraction and use positive self-talk to remind yourself to stay on task.

3 REFOCUS

The more often you use self-talk to refocus your attention, the quicker and easier it will become.

Prepare for distraction. Answer the 3 questions below.

- What 1 interesting thing do you want to stay focused on?
- What could you say to another person who is distracting you from your interest? (Be positive and polite, but firm.)
- What is the best thing that could happen if you are able to keep your focus and continue exploring your interest?

Tuesday: In my life.

- Write about a time in your life when you fought off distraction and stayed focused on a goal.

Wednesday: Don't be distracting.

- From time to time, most people are guilty of being distracting to others. What are 3 things you can do to help someone stay focused on their goals?

Thursday: Purposeful practice: *focus*.



Answer the questions to the best of your ability. If you can't answer them today, what will you do differently tomorrow?

- **HOW CAN YOU MAKE A DIFFERENCE TODAY?**
- **WHO DID YOU ENCOURAGE TODAY?**
- **WHAT ARE YOU PREPARING FOR?**

Gratitude Friday.

- Each Friday, you will use this space to express gratitude. Think of someone in your life who has supported you this school year. Write a short note of gratitude to share with them via text or direct message. (Share. You'll be glad you did.)

Saturday/Sunday: Weekly reflection.

- Think about the past week. What have you learned about *distraction* and *focus*?

Monday: Making the connections to feeling *prepared*.

1 PREPARATION

Doing homework, studying, practicing a skill, doing research — all of these things are ways to prepare.

OPPORTUNITY

Opportunities will come. Every challenge is an opportunity. Be prepared.

2

SUCCESS

Finding success means you reached your goal, or you learned along the way.

3

Let's take a look at success. Answer the questions below.

1. What was the last thing that you accomplished?

2. How did you prepare for that success?

(Keep in mind: What seems like easy success may have come from years of learning a skill or subject.)

Tuesday: In my life.

- When was the last time you purposefully prepared for an event? What was the event? How did you prepare? What was the end result?

Wednesday: It's okay to ask for support.

- Think about a time when you prepared for an event and it didn't turn out the way you wanted it to. What lesson did you learn from that experience?

Thursday: Purposeful practice: *prepare.*



Answer the questions about being prepared. If you don't have a routine to help you reach your goals — it's time to make one.

- **HOW DO YOU PLAN AHEAD?**
- **WHAT'S YOUR PLAN FOR DOING HOMEWORK?**
- **WHAT DO YOU DO EACH WEEK TO WORK TOWARD YOUR GOALS?**

Gratitude Friday

- Each Friday, you will use this space to express gratitude. Write all of the good things about creating and keeping a daily and weekly routine.

Saturday/Sunday: Weekly reflection.

- Think about the past week. What have you learned about *preparing* for success?



Monday: Making the connections to being *positive*.

1 LANGUAGE CHOICES

Build a positive vocabulary and make the choice to use it whenever possible.

SELF-TALK

Negative self-talk is a part of everyone's thinking. When it comes to you, push it away with positive language.

POSITIVITY

Positivity is a habit that you can build and develop. It is the regular use of positive language.

All you need to get started down a positive path is 1 positive word. Then — put that thing on repeat!

- Write 1 positive word here:
- GREAT! Now, explain why you chose this word. With all of the positive words in the world, why this one?

Tuesday: In my life.

- Did you use your positive word yet? If so, great job. Did it help your self-talk stay positive? How did the positive shift in your self-talk change your attitude?

(If not, write about an instance when your self-talk stopped being positive and you could have used it.)

Wednesday: Think about it.

- Think about someone in your life who is having trouble staying positive. Sometimes kind words of positivity can help turn their self-talk around. Don't try to change them — just say something nice. **What kind thing could you say to someone struggling to stay positive?**

Thursday: Purposeful practice: *positive vocabulary.*

Build a positive vocabulary and make the choice to use it whenever possible.

- Fill all of the word boxes with positive vocabulary words for your daily use.



Gratitude Friday.

- We all need positivity in our lives. Think about a positive person in your life. Write a short note of gratitude to share with them via text or direct message. (Share. You'll be glad you did.)

Saturday/Sunday: Weekly reflection.

- Think about the past week. What have you learned about being positive?

Monday: Making the connections to *surprise*.

1 CURIOSITY

Find your interests and let your curiosity grow.

ACTION

Take action on your curiosity. Learning is a choice that you can make every single day.

2

SURPRISE

Embrace the surprise in every lesson you learn. Look for new ways to be an active learner.

3

Have you ever tried something really difficult and then surprised yourself with success?

If so, write about that experience and how it made you feel.

(If not, write about something difficult that you want to try but haven't. What's stopping you?)

Tuesday: In my life.

- What is 1 surprising, new, and positive thing that you're interested in and can take action on this week? Will your family and friends be surprised you're taking action? Why or why not?

Wednesday: Think about it.

- Who in your life would you like to surprise with something extremely positive?
(Like a million dollars for example — lol.)
- Start small and make a plan to surprise that person with something that will boost their mood and make them happy. Write the basics of your plan below.

Thursday: Purposeful practice: *surprise.*



Answer the questions below about goals, effort, and surprise. Remember, you can control effort, focus, and courage.

- **WHAT CHALLENGING GOAL ARE YOU FOCUSED ON RIGHT NOW?**
- **HOW DID YOU TAKE ACTION TOWARD YOUR GOAL TODAY?**
- **WHEN WAS THE LAST TIME YOU SURPRISED YOURSELF WITH COURAGE?**

Gratitude Friday.

- Think about a person in your life who has been a good role model by working toward goals with focus and courage. Write a short note of gratitude to share with them via text or direct message. (Share. You'll be glad you did.)

Saturday/Sunday: Weekly reflection.

- Think about the past week. In what ways did you stay curious and follow your interests?



Weeks 31–35 Wellness Log: Physical Activity & Nutrition

Track your wellness goals.

Daily Physical Activity: Check the box every day that you are active for 60 minutes or more. Physical activity will keep your body strong and your mind focused. It's a tool for self-regulation and disease prevention.

Weekly Nutrition: Check the box each week that you reach your nutrition goal. That means that on most days, you avoid sugary drinks, and at most meals, you fill half of your plate with vegetables and fruits.

Week 31

Daily Physical Activity	Weekly Nutrition Goal
M: 60 minutes <input type="checkbox"/>	1/2 of my plate is fruits & veggies <input type="checkbox"/>
T: 60 minutes <input type="checkbox"/>	No sugary drinks <input type="checkbox"/>
W: 60 minutes <input type="checkbox"/>	
T: 60 minutes <input type="checkbox"/>	Weekly DIY Goal
F: 60 minutes <input type="checkbox"/>	_____
S: 60 minutes <input type="checkbox"/>	_____ <input type="checkbox"/>
S: 60 minutes <input type="checkbox"/>	

Week 32

Daily Physical Activity	Weekly Nutrition Goal
M: 60 minutes <input type="checkbox"/>	1/2 of my plate is fruits & veggies <input type="checkbox"/>
T: 60 minutes <input type="checkbox"/>	No sugary drinks <input type="checkbox"/>
W: 60 minutes <input type="checkbox"/>	
T: 60 minutes <input type="checkbox"/>	Weekly DIY Goal
F: 60 minutes <input type="checkbox"/>	_____
S: 60 minutes <input type="checkbox"/>	_____ <input type="checkbox"/>
S: 60 minutes <input type="checkbox"/>	

Week 33

Daily Physical Activity	Weekly Nutrition Goal
M: 60 minutes <input type="checkbox"/>	1/2 of my plate is fruits & veggies <input type="checkbox"/>
T: 60 minutes <input type="checkbox"/>	No sugary drinks <input type="checkbox"/>
W: 60 minutes <input type="checkbox"/>	
T: 60 minutes <input type="checkbox"/>	Weekly DIY Goal
F: 60 minutes <input type="checkbox"/>	_____
S: 60 minutes <input type="checkbox"/>	_____ <input type="checkbox"/>
S: 60 minutes <input type="checkbox"/>	

Week 34

Daily Physical Activity	Weekly Nutrition Goal
M: 60 minutes <input type="checkbox"/>	1/2 of my plate is fruits & veggies <input type="checkbox"/>
T: 60 minutes <input type="checkbox"/>	No sugary drinks <input type="checkbox"/>
W: 60 minutes <input type="checkbox"/>	
T: 60 minutes <input type="checkbox"/>	Weekly DIY Goal
F: 60 minutes <input type="checkbox"/>	_____
S: 60 minutes <input type="checkbox"/>	_____ <input type="checkbox"/>
S: 60 minutes <input type="checkbox"/>	

Week 35

Daily Physical Activity	Weekly Nutrition Goal
M: 60 minutes <input type="checkbox"/>	1/2 of my plate is fruits & veggies <input type="checkbox"/>
T: 60 minutes <input type="checkbox"/>	No sugary drinks <input type="checkbox"/>
W: 60 minutes <input type="checkbox"/>	
T: 60 minutes <input type="checkbox"/>	Weekly DIY Goal
F: 60 minutes <input type="checkbox"/>	_____
S: 60 minutes <input type="checkbox"/>	_____ <input type="checkbox"/>
S: 60 minutes <input type="checkbox"/>	

Weekly DIY Goal: Create a Do-It-Yourself (DIY) Goal each week. This goal can be anything! Get 8 hours of sleep each night, learn a new song on an instrument, call your favorite aunt or uncle, develop a new skill. It can literally be anything that is productive and helps you become a better version of you. You can even stretch a goal from one week to the next. These short-term goals should be fun and rewarding.

EMPOWERMENT IS YOUR FUTURE

Be involved in proactively building an optimistic future.

Be kind to yourself and others.

Allow your body and mind to relax and grow into greatness.



We Believe In You. Go Be Great!



Greatness is a state of mind that starts small and grows through time, trust, and focused determination.

Kindness is a choice made by the greatest contributors in every community and in every generation.



Believe /verb/

To know and feel sure that someone is capable of a particular action. To have faith.



“Do not let what you cannot do interfere with what you can do.”

– John Wooden

Weeks 31–35: GREAT GOAL WORKSHEET

It's time to set a new GREAT goal! People who do great things are people who set goals and then work toward achieving those goals. If you're still working toward your last GREAT goal, that's okay. Use this page to revisit your goal and update any information that you need to update.

If you are ready for a new GREAT goal, don't forget to celebrate the achievement of your last goal!

- G** **Goal's Name**
Describe your goal in 5 words or less. Congratulations! This simple statement is your goal's name.
- R** **Reason for Your Goal**
Every GREAT goal has a "why" that gives it purpose and direction.
- E** **Efforts Required**
How will you achieve the goal? List 4 steps you will take today, tomorrow, next week, and beyond.
- A** **Accountability Partner**
Telling someone about your goal makes it real. List the people you will share your goal with.
- T** **Timeline for Your Goal**
Today is your starting point. Set a finish line and place your efforts in order on the timeline.

Goal's Name:

Reason for Your Goal:

Efforts Required

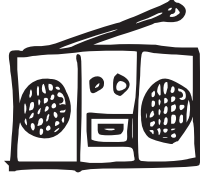
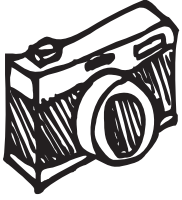
>Today...	>Tomorrow...
>Next Week...	>Beyond Next Week...

> Accountability Partners:

GREAT Goal Timeline

Today	Tomorrow	Next Week	Beyond	Finish Line
Date:	Date:	Date:	Date:	Date:
Effort:	Effort:	Effort:	Effort:	Effort:


DOODLE PAGE



Doodling is scientifically shown to be awesome for you.
Use this space for doodle therapy (LOL).



Monday: Emotional awareness – *optimism*.

Why do I feel optimistic?	When do I feel optimistic?
 OPTIMISM	
What does optimism feel like?	How is feeling optimistic helpful?

Use the emotion square to think about *optimism*.

Optimism is a decision to trust in the future. This journal started with a look at the hopeful confidence that optimism can bring to daily life.

Optimism is a choice — but it's not always an easy choice. Sometimes it takes courage to trust the future.

Also, optimism is never an excuse for putting in less effort or allowing distractions to consume our focus.

Use the box to the left to explore what optimism means to you. Think about the why, when, what, and how of optimism.



Tuesday: In my life.

- Write about a time in your life when you felt optimistic. What about that time period made it possible for you to trust in the future?

Wednesday: Think about it.

- As the school year starts to come to an end, how has optimism shaped your overall attitude in the past 30 weeks?

Thursday: Trust in the future.

Future /noun/ The time to come.

No one can stop the future from turning into the present.

But we can trust that our focus and effort will help shape the future in a positive way.

Think about the good things that can happen if we work hard and stay optimistic.

**In the 3 boxes, write 3 different possibilities for your future life.
Each possibility should be positive, fun, and different than the others.**

Future 1

Future 2

Future 3

Gratitude Friday.


- Each Friday, you will use this space to express gratitude. Choose 1 future from the boxes above. Write a few sentences about why you're grateful for this future possibility.

Saturday/Sunday: Weekly reflection.

- Think about the past week. What have you learned about optimism?



Monday: Emotional awareness – *relaxation*.

Why do I feel relaxed?	When do I feel relaxed?
 RELAXATION	
What does being relaxed feel like?	How is feeling relaxed helpful?

Use the emotion square to think about feeling *relaxed*.

When your body and mind are relaxed, your blood-flow increases and it's easier for your body to access energy.

A calm and clear mind can stay positive, focused, and creative. Productivity and achievement seem to require less effort and your body's systems can more easily keep you healthy and protected.

In other words, relaxation is really good for you.

Use the box to the left to explore relaxation. Think about the why, when, what, and how of relaxation in your life.



Tuesday: In my life.

- Where do you feel most relaxed? What is it about that place that you find relaxing?

Wednesday: Think about it.

- Where do you spend most of your time? What can you do to make that place feel more relaxing?

Thursday: Self-talk for relaxation.

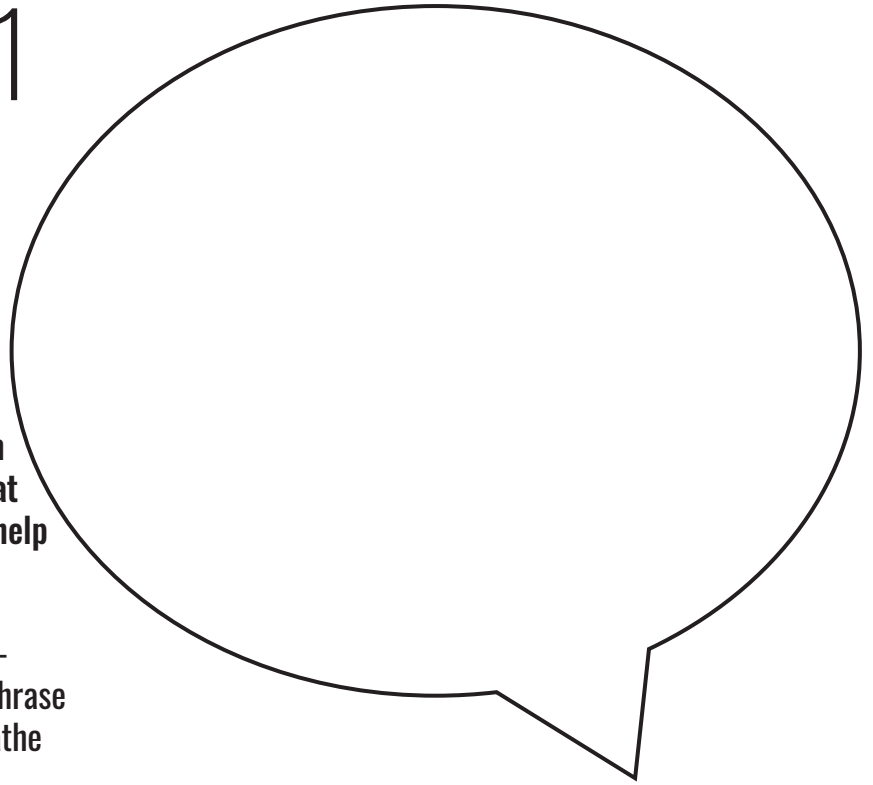
SELF-TALK 101

> Find a relaxing voice.

When you feel nervousness or stress start to rise in your inner voice, make a small shift toward neutral.

It's not easy to go from nervous to calm in less than a minute. Neutral words that remind you to stop a negative loop can help you make the shift back to positive.

- In the talk bubble, first write, "Stop — change your thoughts." Then write a phrase you can use to remind yourself to breathe and relax.




Gratitude Friday.

- Remember that relaxing place you wrote about on Tuesday? When you need to relax and settle your nerves, think about that place. Write a short note of gratitude for that relaxing place. Repeat these words of gratitude when stress starts to bubble up in your mind.

Saturday/Sunday: Weekly reflection.

- Think about the past week. What have you learned about relaxation?

Monday: Emotional awareness – *commitment*.

Why do I feel committed?	When do I feel committed?
	
What does being committed feel like?	How is feeling committed helpful?

Use the emotion square to think about feeling *committed*.

The feeling of being committed to something grows stronger when we tell another person that we are making the commitment. That's why GREAT goals require an accountability partner.

Feeling committed provides motivation and focus to keep effort strong. It also decreases the chance of quitting before reaching a goal.

Use the box to the left to write ideas about what feeling committed means to you. Think about the *why*, *when*, *what*, and *how* of being committed in your life.



Tuesday: In my life.

- What goal are you committed to? Have you told someone about your commitment? If so, how did it affect your focus and determination? If not, why not?

Wednesday: Think about it.

- In your own words, what does it mean to follow through on a commitment?

Thursday: Keep moving forward.

When you are committed to a goal, failures and setbacks become speed bumps, not stop signs.



As you work toward a big goal, setbacks will happen. When you hit a speed bump, the question will be, “How do I get back on track?”

That’s when you can use a strong reminder — one that represents a vision of the end result of your grit — to tell yourself why you’re working toward your goal.

Think of a visual reminder that you can put in your phone or on the wall in your room.

Once you think of that reminder, answer the question in the text box to the right.

What does your visual reminder represent?

Why did you choose it as your reminder?

Gratitude Friday.

- **Think of someone in your life who helps to remind you to stay on the path toward your goals. Maybe they don’t even know they’re helping you stay on track. Write a short note of gratitude to share with them via text or direct message. (Share. You’ll be glad you did.)**

Saturday/Sunday: Weekly reflection.

- **Think about the past week. What have you learned about commitment?**



Monday: Emotional awareness – *involvement*.

Why do I feel involved?	When do I feel involved?
What does being involved feel like?	How is feeling involved helpful?

Use the emotion square to think about feeling *involved*.

Feeling left out can unleash a serious storm of negative self-talk. Feeling involved gives purpose to our relationships and helps us feel valued in our social circles.

The idea is to become involved in positive things, in positive ways, with positive people. This positive process can be easier when we seek out people who share our interests.

Use the box to the left to write some ideas about what feeling involved means to you. Think about the why, when, what, and how of involvement in your life.



Tuesday: In my life.

- Write about 1 thing that you're involved in. Why did you get involved? How does being involved make you feel?

Wednesday: Think about it.

- Getting involved in an activity or social group can take courage. Negative self-talk can stop us before we start. Write about a time when you were nervous about getting involved but you did it anyway.

Thursday: Define it — community and common purpose.

Building community requires people to get involved.

Communities are made up of people.

Without involvement, community does not exist.

Communities are built around shared ideas and common purpose. A drama club becomes a community as its members work to put on a production. A team becomes a community as teammates work hard together. Classrooms become communities when classmates support each other's goals and dreams.

Think about a social group that you are involved in. Some examples might include a small group of friends, a team, a club, or a neighborhood organization.

Use the text boxes to the right to define your community and think about the common purpose of its members.

Write the name and a short description of your community.

What is the common purpose of this community?

What's your role in working toward this common purpose?

What can you do to help others feel involved?

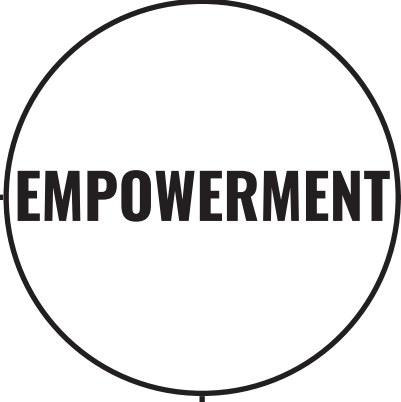
Gratitude Friday.

- Think about the community you described above. Write 3 sentences about why you're grateful for your involvement with that group of people.

Saturday/Sunday: Weekly reflection.

- Think about the past week. What have you learned about involvement in your community?

Monday: Emotional awareness – *empowerment*.

Why do I feel empowered?	When do I feel empowered?
	
What does empowerment feel like?	How is feeling empowered helpful?

Use the emotion square to think about feeling *empowered*.

Empowerment is the process of becoming stronger and more confident, especially in controlling your life and claiming your rights.

This empowerment journal was designed to help you become mentally and emotionally stronger. Its exercises were designed to boost your confidence. It's time to claim your rights.

Use the box to the left to write ideas about what feeling empowered means to you. Think about the why, when, what, and how of empowerment in your life.



Tuesday: In my life.

- **Claiming your rights isn't always dramatic or obvious. You have the right to get an education — so in a way, doing your homework is an act of empowerment. Write about 1 other act of empowerment that you have taken and explain how that act is helping you control your life.**

Wednesday: Think about it.

- **Your unique voice has been developed by your unique talents and the unique experiences that you've had. How are you using your unique voice to help empower other people you care about?**

Thursday: Plug in to your personal power.

Personal power develops over time.

Babies are not born with a lot of personal power. All humans have the potential to expand their power.

Personal power is not about control over other people. It's about control over your thoughts and personal decisions. ***It's about being proactive and not reactive.*** Let's look at the difference.

Proactive /adj/ (a person or action) that creates or controls a situation through planning and decision-making that shapes the end result.

Reactive /adj/ (a person or action) that responds to events without planning or preconceived goals.



You have goals. **The next step in building personal power is developing a proactive mode of operation.**

List 2 things that you did today to be proactive.

- 1.
- 2.

List different things that you will do tomorrow to be proactive.

- 1.
- 2.

How will these specific actions help you achieve your goal?



Gratitude Friday.

- Think of someone in your life who is helping you build your personal power. Write a short note of gratitude to share with them via text or direct message. (Share. You'll be glad you did.)

Saturday/Sunday: Weekly reflection.

- Think about the past week. What did you learn about empowerment?



Weeks 36–40 Wellness Log: Physical Activity & Nutrition

Track your wellness goals.

Daily Physical Activity: Check the box every day that you are active for 60 minutes or more. Physical activity will keep your body strong and your mind focused. It's a tool for self-regulation and disease prevention.

Weekly Nutrition: Check the box each week that you reach your nutrition goal. That means that on most days, you avoid sugary drinks, and at most meals, you fill half of your plate with vegetables and fruits.

Week 36

Daily Physical Activity	Weekly Nutrition Goal
M: 60 minutes <input type="checkbox"/>	1/2 of my plate is fruits & veggies <input type="checkbox"/>
T: 60 minutes <input type="checkbox"/>	No sugary drinks <input type="checkbox"/>
W: 60 minutes <input type="checkbox"/>	
T: 60 minutes <input type="checkbox"/>	Weekly DIY Goal
F: 60 minutes <input type="checkbox"/>	_____
S: 60 minutes <input type="checkbox"/>	_____ <input type="checkbox"/>
S: 60 minutes <input type="checkbox"/>	

Week 37

Daily Physical Activity	Weekly Nutrition Goal
M: 60 minutes <input type="checkbox"/>	1/2 of my plate is fruits & veggies <input type="checkbox"/>
T: 60 minutes <input type="checkbox"/>	No sugary drinks <input type="checkbox"/>
W: 60 minutes <input type="checkbox"/>	
T: 60 minutes <input type="checkbox"/>	Weekly DIY Goal
F: 60 minutes <input type="checkbox"/>	_____
S: 60 minutes <input type="checkbox"/>	_____ <input type="checkbox"/>
S: 60 minutes <input type="checkbox"/>	

Week 38

Daily Physical Activity	Weekly Nutrition Goal
M: 60 minutes <input type="checkbox"/>	1/2 of my plate is fruits & veggies <input type="checkbox"/>
T: 60 minutes <input type="checkbox"/>	No sugary drinks <input type="checkbox"/>
W: 60 minutes <input type="checkbox"/>	
T: 60 minutes <input type="checkbox"/>	Weekly DIY Goal
F: 60 minutes <input type="checkbox"/>	_____
S: 60 minutes <input type="checkbox"/>	_____ <input type="checkbox"/>
S: 60 minutes <input type="checkbox"/>	

Week 39

Daily Physical Activity	Weekly Nutrition Goal
M: 60 minutes <input type="checkbox"/>	1/2 of my plate is fruits & veggies <input type="checkbox"/>
T: 60 minutes <input type="checkbox"/>	No sugary drinks <input type="checkbox"/>
W: 60 minutes <input type="checkbox"/>	
T: 60 minutes <input type="checkbox"/>	Weekly DIY Goal
F: 60 minutes <input type="checkbox"/>	_____
S: 60 minutes <input type="checkbox"/>	_____ <input type="checkbox"/>
S: 60 minutes <input type="checkbox"/>	

Week 40

Daily Physical Activity	Weekly Nutrition Goal
M: 60 minutes <input type="checkbox"/>	1/2 of my plate is fruits & veggies <input type="checkbox"/>
T: 60 minutes <input type="checkbox"/>	No sugary drinks <input type="checkbox"/>
W: 60 minutes <input type="checkbox"/>	
T: 60 minutes <input type="checkbox"/>	Weekly DIY Goal
F: 60 minutes <input type="checkbox"/>	_____
S: 60 minutes <input type="checkbox"/>	_____ <input type="checkbox"/>
S: 60 minutes <input type="checkbox"/>	

Weekly DIY Goal: Create a Do-It-Yourself (DIY) Goal each week. This goal can be anything! Get 8 hours of sleep each night, learn a new song on an instrument, call your favorite aunt or uncle, develop a new skill. It can literally be anything that is productive and helps you become a better version of you. You can even stretch a goal from one week to the next. These short-term goals should be fun and rewarding.

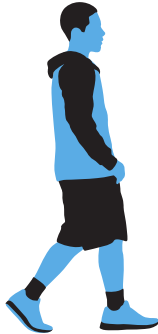
YOU ARE THE FUTURE

Your unique voice is important to the collective good.

Be kind to yourself and others.

Continue to grow, struggle,
succeed, fall, rise, and celebrate.

We Believe In You. Go Be Great!



Effort is the difference between moving forward and staying in one place. Put in the effort and move forward.

Patience is a requirement. Be patient with yourself. Be patient with everyone around you. We need each other.



Unique /adjective/

Being the only one of its kind. Unlike anything else.



“To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment.”

– Ralph Waldo Emerson

Weeks 36–40: GREAT GOAL WORKSHEET

It's time to set a new GREAT goal! People who do great things are people who set goals and then work toward achieving those goals. If you're still working toward your last GREAT goal, that's okay. Use this page to revisit your goal and update any information that you need to update.

If you are ready for a new GREAT goal, don't forget to celebrate the achievement of your last goal!

G	Goal's Name Describe your goal in 5 words or less. Congratulations! This simple statement is your goal's name.
R	Reason for Your Goal Every GREAT goal has a "why" that gives it purpose and direction.
E	Efforts Required How will you achieve the goal? List 4 steps you will take today, tomorrow, next week, and beyond.
A	Accountability Partner Telling someone about your goal makes it real. List the people you will share your goal with.
T	Timeline for Your Goal Today is your starting point. Set a finish line and place your efforts in order on the timeline.

Goal's Name:

Reason for Your Goal:

Efforts Required

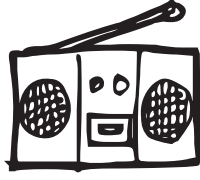
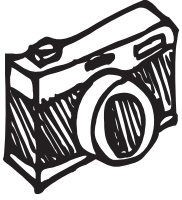
>Today...	>Tomorrow...
>Next Week...	>Beyond Next Week...

> **Accountability Partners:**

GREAT Goal Timeline

Today	Tomorrow	Next Week	Beyond	Finish Line
Date:	Date:	Date:	Date:	Date:
Effort:	Effort:	Effort:	Effort:	Effort:

DOODLE PAGE



Doodling is scientifically shown to be awesome for you.
Use this space for doodle therapy (LOL).



Monday: Making the connections to *optimism*.

1 TRUST

Trust is the foundation of optimism and positive thinking. Trust yourself.

2 ACTION

Trust yourself and take action toward your goals with positive intent.

3 OPTIMISM

Positive intent allows you to look at an obstacle or challenge with optimism.

Obstacles are opportunities for you to grow. They require you to develop skills and demonstrate courage.

This viewpoint is called *positive intent*.

It means working toward a positive path forward no matter what situation you're in.

Describe an obstacle you've had to overcome in your life (or one that someone else overcame).

Tuesday: In my life.

- Think back to the obstacle you described above. Describe the actions that were taken in order to find a positive path forward.

Wednesday: Think about it.

- Think about how well you trust yourself. Some people trust themselves in one area, but not another. For example, some people can trust themselves to wake up on time for school, but they can't trust themselves with a bag of delicious potato chips. That's pretty normal. **Write about 1 thing that you can trust yourself with and 1 thing that you can't (yet).**

Thursday: Purposeful practice: *optimism.*



*Think about a current challenge or potential obstacle that could slow progress toward your goals.
Now, think of the lessons you've learned from challenges in your past.*

- **What lesson have you learned from past struggles that will help you face this new challenge? What dependable actions will you take as a result of what you've learned?**

Gratitude Friday.

- **Think of someone in your life who is dependable and helps you stay optimistic. Write a short note of gratitude to share with them via text or direct message. (Share. You'll be glad you did.)**

Saturday/Sunday: Weekly reflection.

- **Think about the past week. What have you learned about *optimism*?**



Monday: Making the connections to *relaxation*.

1 AWARENESS

Identify your emotions and understand how they make you feel.

2 REGULATION

Breathe and think about what's happening around you. Mindfully regulate your response.

3 RELAXATION

Relaxation improves your mood, helps your body heal, and improves your overall health.

Which relaxation method works for you? Answer the 3 questions below.

- Does listening to music help you relax? What artists and songs are the most relaxing?
- Does exercising help you relax? A short walk helps most people feel more relaxed. What type of exercise is relaxing for you?
- What is 1 other thing you can do to help yourself relax when you need to?

Tuesday: In my life.

- Try 4-7-8 breathing. Close your mouth. Breathe in your nose to a 4-count. Hold it for 7. Exhale through your mouth to an 8-count. Repeat 3 times. How do you feel? Write your answer below.

Wednesday: Try again.

- Try equal breathing. Choose your nose or your mouth. Inhale to a 4-count. Hold for a 4-count. Then exhale to a 4-count. (Try 5-, 6-, or 7-count.) How do you feel? Write your answer below.

Thursday: Purposeful practice: *relaxation.*



Answer the questions to create a proactive plan for mindful relaxation.

- **WHAT IS YOUR SELF-TALK MINDFUL REMINDER? WRITE IT BELOW.**
- **WHICH BREATHING TECHNIQUE WORKS THE BEST FOR YOU?**
- **NOW WHAT? WRITE A CONFIDENT SELF-TALK STATEMENT TO USE WHEN YOU FIND RELAXATION.**

Gratitude Friday.

- Choose any person in your life that you care about and are grateful for. Write them a short note of gratitude — just because it's Friday. (Share. You'll be glad you did.)

Saturday/Sunday: Weekly reflection.

- Think about the past week. What have you learned about *relaxation*?

Monday: Making the connections to *commitment*.

1 DECIDE

A decision to commit should be made with mindful consideration.

SHARE

After the decision is made, share that decision with a person you trust.

COMMIT

Sharing a commitment makes it real. Now, it's all about the follow-through.

Choose 2 of your personal commitments. Then answer the questions below.

1. What is one thing you are committed to?

Who have you shared this decision with?

2. What is another thing you are committed to?

Who have you shared this decision with?

Tuesday: In my life.

- In your life right now, what is the one thing that you're most committed to? Why do you think you are so committed?

Wednesday: It's okay to ask for support.

- Imagine that a friend or family member told you that they were committing to something. What could you say to them that would be encouraging and supportive?



Thursday: Purposeful practice: *commitment and follow-through.*



Make it personal. Take it personal. Taking ownership and control over commitments greatly improves your follow-through.

- **WHAT DOES OWNING A DECISION LOOK LIKE?**
- **WHAT IS AN ACTION PLAN?**
- **CAN YOU EXPLAIN WHAT "WORK, WIN, REPEAT" MEANS?**

Gratitude Friday

- Choose any person in your life who has followed through on a commitment. Write them a short note of gratitude and say thank you for being a role model. (Share. You'll be glad you did.)

Saturday/Sunday: Weekly reflection.

- Think about the past week. What have you learned about *commitment* and *follow-through*?

Monday: Making the connections to becoming *involved*.

1 INTEREST

Know your interests and seek out resources.

2 OPPORTUNITY

When an opportunity becomes available — jump in and check it out.

3 INVOLVEMENT

Keep an open mind, be patient, and find ways to contribute.

There's always a first day — a first day of school; a first day of practice; a first day of the rest of your life. Have the courage to show interest, find opportunity, and get involved. That's how progress is made.

In the space below, write an interest that you have not yet been involved with.

Next, list resources that may be available to help you get involved.

Tuesday: In my life.

- Getting involved with something doesn't have to mean a formal club. Reading a book about a topic that interests you is the first step in getting involved with that topic. **What topic have you been involved with for a while that doesn't include a formal club, team, or community?**

Wednesday: Think about it.

- What do you think of when you hear the word "*volunteer*"? Maybe you think of cleaning at an animal shelter, or helping at a school event. Volunteering can be very rewarding and helps to build community. You can even start by "*volunteering*" to wash dishes at your house. **If you had to choose something to volunteer for by tomorrow, what would it be and why?**

Thursday: Purposeful practice: *community contribution.*

What have you done in the past week to make your community more positive?

Remember, think about a small community (like a circle of friends) or a larger community (like your school).

- Fill the blue word boxes with positive actions you've taken in the past week.
- Fill the black word boxes with positive actions you can take next week.

Gratitude Friday.

- Think about your talents and abilities. Making people smile is a great talent — just saying. Write a short gratitude statement with details about why you're grateful for your talents and abilities.

Saturday/Sunday: Weekly reflection.

- Think about the past week. What have you learned about becoming involved?

Monday: Making the connections to *empowerment*.

1 EFFORT

Put the time and effort into learning and growing as a human being.

CONFIDENCE

Feel the results of your effort and allow your confidence to grow. You're making a contribution!

EMPOWERMENT

You're stronger and more confident every day. Control your life and claim your rights.

Your empowerment grows stronger when other members of your community are empowered too.

Encourage your people to develop their interests, find their confidence, and live an empowered life.

Who are your people? Write the names of people you can encourage and empower.

Next to their names, write 1 or 2 ideas about how you can help them experience empowerment.

Tuesday: In my life.

- What is the best thing that happened in your life this school year?

Wednesday: Think about it.

- Do you think you've become more confident this school year? In what ways has your confidence grown? Give examples.

Thursday: Purposeful practice: *empowerment.*

[What's next?]
Write it down...

You're growing mentally stronger every day.

What do you want to accomplish this summer?

Dream big, set goals, take action. Use the space to the right to brainstorm what your summer goals will look like and how you'll work to accomplish them.

Gratitude Friday.

- It's the final Gratitude Friday of the school year! What is the 1 thing that you're most grateful for this school year? Write a short note to express your thanks!

Saturday/Sunday: Weekly reflection.

- Think about the entire school year. What have you learned about empowerment?



SUMMER: GREAT GOAL WORKSHEET

It's time to set a summer GREAT goal! Over this past school year, you've done a lot of social and emotional hard work. Now, you're ready for a summer of progress! It's time to create a GREAT goal to carry your focused effort through the next few months.

G

Goal's Name

Describe your goal in 5 words or less. Congratulations! This simple statement is your goal's name.

R

Reason for Your Goal

Every GREAT goal has a "why" that gives it purpose and direction.

E

Efforts Required

How will you achieve the goal? List 4 steps you will take today, tomorrow, next week, and beyond.

A

Accountability Partner

Telling someone about your goal makes it real. List the people you will share your goal with.

T

Timeline for Your Goal

Today is your starting point. Set a finish line and place your efforts in order on the timeline.

Goal's Name:

Reason for Your Goal:

Efforts Required

>Today...	>Tomorrow...
>Next Week...	>Next Month...
>The Month After...	>The Finish Line...

> **Accountability Partners:**

GREAT Goal Timeline

Today	Tomorrow	Next Week	Beyond	Finish Line
Date:	Date:	Date:	Date:	Date:
Effort:	Effort:	Effort:	Effort:	Effort:

WE ARE PROUD OF YOU!

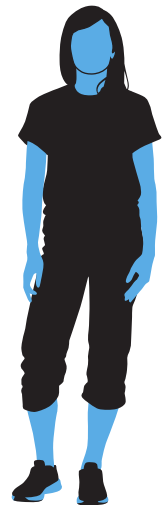
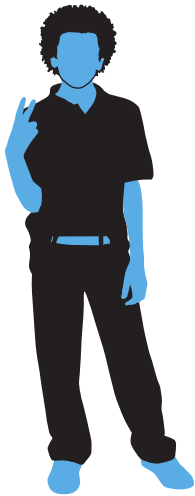
Your personal power is directly connected to your unique voice and your ability to learn from your personal experiences. Use that power and transform your world.

.....

This year has been:

challenging
strange
empowering
stressful
meaningful
important

.....



YOU DID IT!

.....

“All of our dreams can come true if we have the courage to pursue them.”

– Walt Disney

www.BelieveInYou.com

ABOUT VARSITY BRANDS

The core mission of **VARSIY BRANDS** is to elevate student experience in **SPORT, SPIRIT & ACHIEVEMENT**. We are a company built upon the shared dreams and goals of our people.

The employees of **VARSIY BRANDS** are mothers, fathers, aunts, uncles, grandparents, sisters, brothers, daughters, and sons. Within our own families and communities, we have very high aspirations for our nation's students, and extreme optimism that this generation will build a brighter future.

To that end — we must do our part. As a corporate partner to schools, we strive each and every day to empower students with the confidence and skills they need to change our world for the better.

The **BELIEVE IN YOU** empowerment journals, video series, and national school tour are expressions of our collective hopes and dreams. We need you to **GO BE GREAT** every day. We **BELIEVE IN YOU**.

For more information about the social and emotional learning work of **VARSIY BRANDS** please visit [**BELIEVEINYOU.COM**](https://believeinyou.com).

