

VARSITY // BRANDS

BELIEVE IN
YOU

**EMPOWERMENT
JOURNAL**



Go Be Great!



NAME

SCHOOL

GRADE

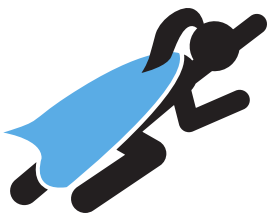
Your personal empowerment story.
Choose how to share your greatness!

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.



**THIS IS
YOUR STORY**

Go Be Great!

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

What is an empowerment journal?

This journal is your guide to unlocking greatness. Within every living thing there is greatness, and every example of greatness is unique. Your greatness must look different from someone else’s greatness. **The world depends on this uniqueness.**

On the pages of this journal, you will discover the gifts you bring with you each and every day. You’ll build the confidence and skills that you’ll use to unlock your greatness.

You will build **self-awareness** skills, like recognizing and discussing your emotions. You’ll learn **self-management** strategies that will help you stay motivated and focused. You will think about **social awareness** as you work to respect the unique greatness of your classmates and friends. You’ll work to build trusting **relationships** with positive communication and encouraging words. And you will practice **decision-making** that will allow you to share your greatness with the world.

This work won’t be easy. You won’t have all of the answers — and that’s okay. No one has ever had all of the answers. And remember, greatness is unlocked through trial and error. It’s okay to make mistakes — that’s how you learn and grow. It’s okay to be afraid — that’s how you show your courage. Every emotion has a purpose, and every mistake has a lesson.

It’s time to unlock your greatness. GO BE GREAT!



Unlock your greatness!

Weeks 1–5 Wellness Log: Physical Activity & Nutrition

Let's track our wellness goals!

Daily Physical Activity: Check the box every day that you are active for 60 minutes or more. Physical activity keeps our bodies strong and our minds focused.

Weekly Nutrition: Check the box every week that you reach your nutrition goal. We need to fuel our bodies with nutritious food that keeps us healthy and strong. That means that on most days, you avoid sugary drinks, and at most meals, you eat a lot of fruits and veggies!

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.

I AM POWERED BY OPTIMISM

Optimism is hopefulness and confidence about the future.
It's feeling good about what's going to happen.



When I say, "It's going to be a great day," it's easier for me to see the greatness all around me. Feeling good about working toward a goal is an important part of reaching that goal.



Success Is Powered by Optimism


Here are some optimistic words and phrases that I can choose to say to myself and others:

- I admire how hard you work.
- You have amazing skills.
- I am brave when I need to be.
- You are so creative.
- Excellent! Fantastic!
- I am happy that you are my friend.
- I learned a meaningful lesson from that mistake.



Sometimes bad things will happen that you can't control. Some days it will be really hard to be optimistic. Positive words help to get us back on track. Your positive words will help a friend who is having a bad day. Just remember, nothing lasts forever. Bad things will come and go. What is always true is this: YOU have greatness that is waiting to be shared with the world.

Monday: Getting to know my emotions (trust).

Why do I feel trust?	When do I feel 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.

Friends trust each other to be good listeners. We trust bridges that we drive on. We have a good feeling that they will stay strong and sturdy.

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

Tuesday: In my own words.

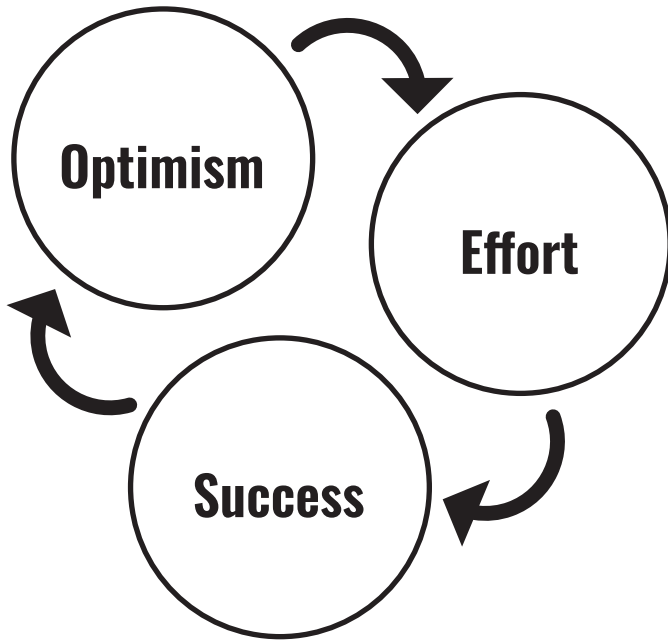
- What does it mean to be trustworthy?

Wednesday: Let's look at optimism.

- What does optimism look like? What does it sound like?



Thursday: The optimism > effort > success loop.



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

Think about a time when you were really excited to try something new. Then, when you gave it a try, you had fun! What happened next? You wanted to try again! **That's the optimism, effort, success loop.**

- Write about one new thing that you really want to try. Why do you want to try it?

Friday: Cause and effect.

This week we have explored trust and optimism. Think about the things that make you feel *trust*. Write a few of those things in the “causes” box to the right.

Causes

Effect




TRUST

Saturday/Sunday: This is your time.

- Think about the past week. Use this space to write anything that's on your mind.

Monday: Getting to know my emotions (enthusiasm).

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

Use the emotion square to think about *enthusiasm*.

Enthusiasm is a good feeling that you get when you are excited about a goal and 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 for 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 own words.

- What does it mean to be enthusiastic?

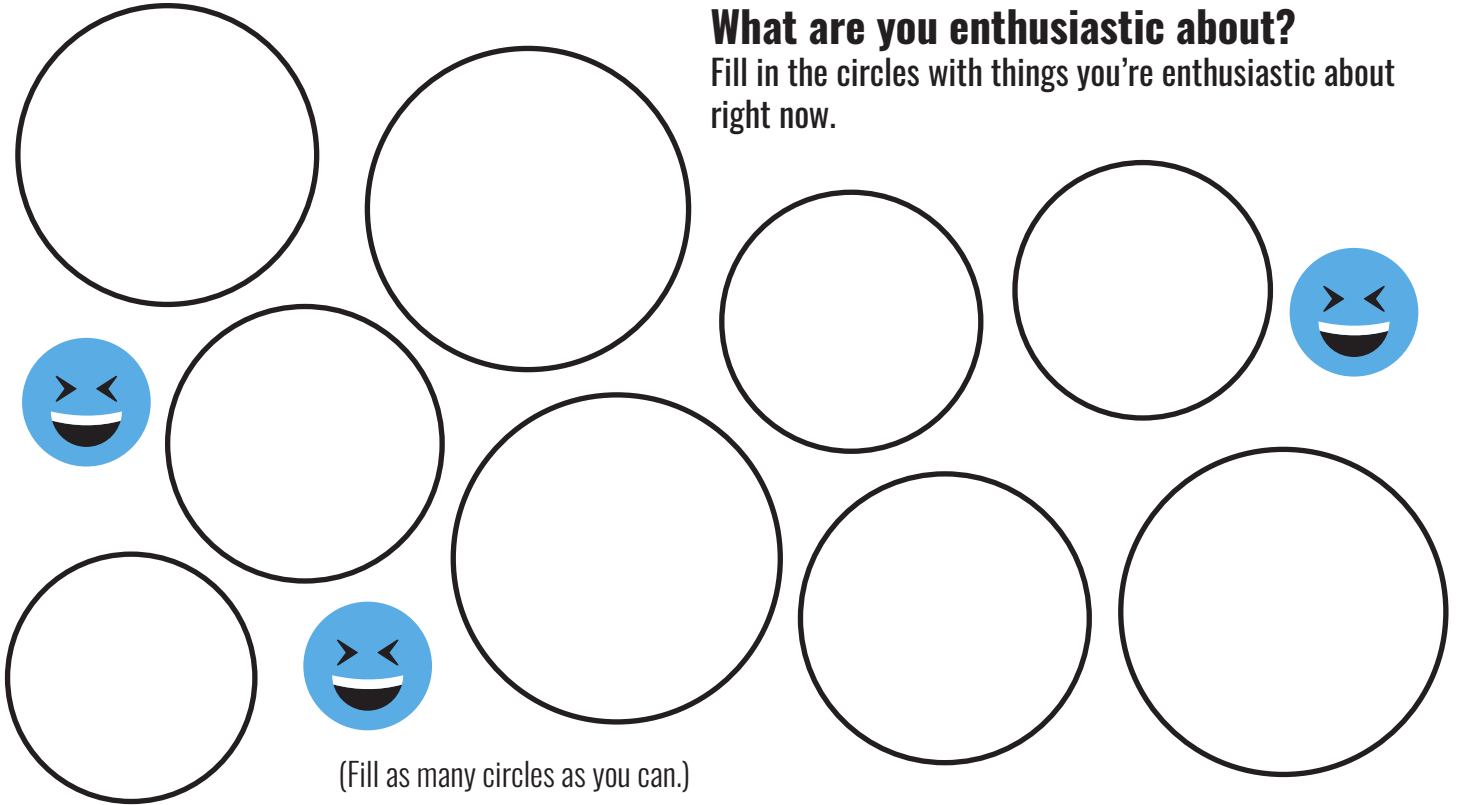
Wednesday: Let's look at enthusiasm.

- What does enthusiasm look like? What does it sound like?

Thursday: Know your enthusiasm.

What are you enthusiastic about?

Fill in the circles with things you're enthusiastic about right now.



(Fill as many circles as you can.)

Friday: Cause and effect.

This week we have explored enthusiasm. Think about the things that make you feel *enthusiastic*. Write a few of those things in the "causes" box to the right.

Causes



Effect

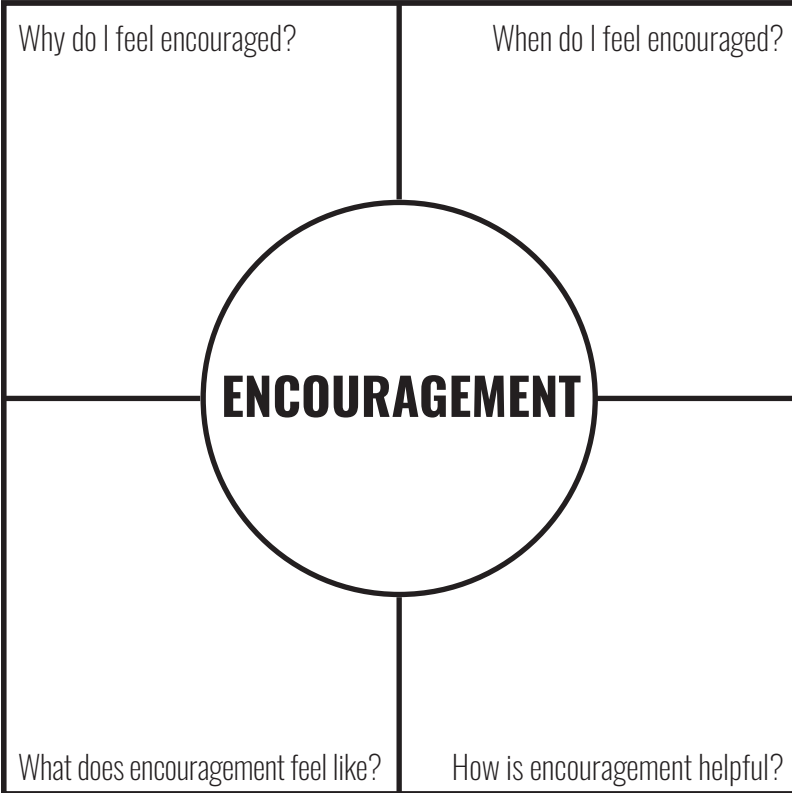


ENTHUSIASTIC

Saturday/Sunday: This is your time.

- Think about the past week. Use this space to write anything that's on your mind.

Monday: Getting to know my emotions (encouragement).

Why do I feel encouraged?	When do I feel encouraged?
 <p>ENCOURAGEMENT</p>	
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're feeling tired or disappointed.

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

Tuesday: In my own words.

- What does it mean to be encouraging for others?

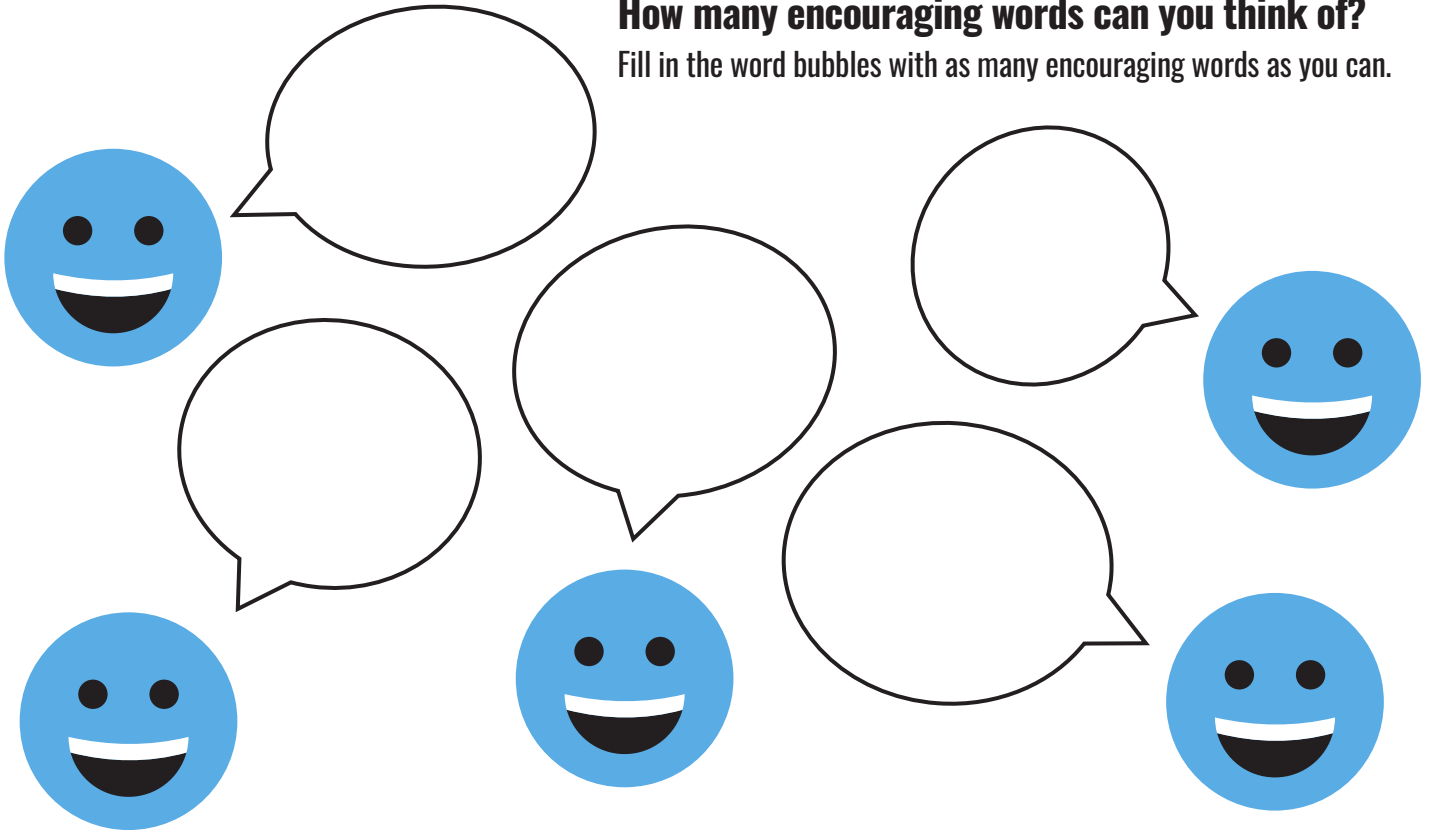
Wednesday: Let's look at encouragement.

- What does encouragement look like? What does it sound like?

Thursday: Encouraging words.

How many encouraging words can you think of?

Fill in the word bubbles with as many encouraging words as you can.



Friday: Cause and effect.

This week we have explored the feeling of *encouragement*. Think about the people and things that *encourage* you. Write a few of those things in the “causes” box to the right.

Causes

Effect



Saturday/Sunday: This is your time.

- Think about the past week. Use this space to write anything that's on your mind.



Monday: Getting to know my emotions (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 sometimes it's not easy to ask for help.

Fear also helps us demonstrate courage. People who act with courage feel fear, but they do what's right even though they are afraid. 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.

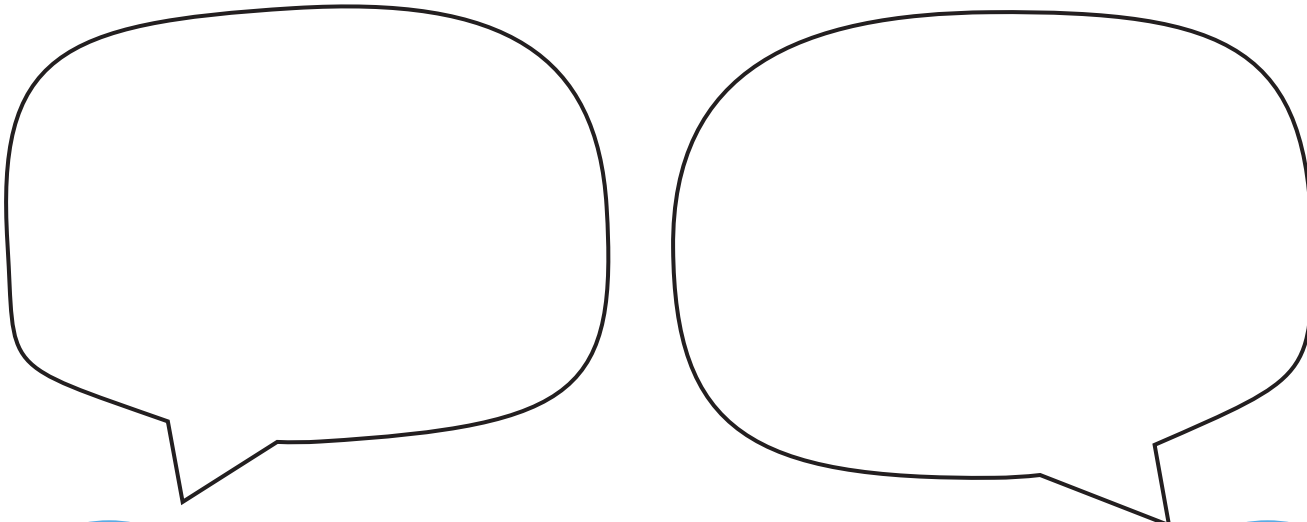
Tuesday: In my own words.

- What does it mean to feel fear?

Wednesday: Let's look at fear.

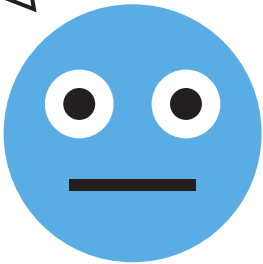
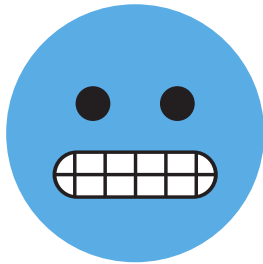
- What does fear look like? What does it sound like?

Thursday: Fear and courage.



Help a friend overcome fear and act with courage!
Use the word bubbles to create a conversation between two friends.

< One friend is afraid. The other friend wants to help. >

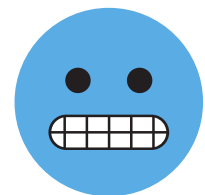


Friday: Cause and effect.

This week we have explored the feeling of *fear*. What makes you afraid? Write a few of those things in the “causes” box to the right.

Causes

Effect




FEAR

Saturday/Sunday: This is your time.

- Think about the past week. Use this space to write anything that's on your mind.

Monday: Getting to know my emotions (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 own words.

- What does it mean to feel motivated?

Wednesday: Let's look at motivation.

- What does motivation look like? What does it sound like?



Thursday: How to make motivation — a recipe.

Let's whip up a batch of *motivation*!

Use the “recipe” card to create instructions for making motivation happen in your life and the lives of your friends and family.

INGREDIENTS:	HOW TO PREPARE:	TIPS FOR SERVING:
(What goes into your motivation?)	(How do you get <i>and</i> stay motivated?)	(How do you use motivation?)

Friday: Cause and effect.

This week we have explored the feeling of *motivation*. What makes you feel motivated? Write a few of those things in the “causes” box to the right.

Causes

Effect



MOTIVATED

Saturday/Sunday: This is your time.

- Think about the past week. Use this space to write anything that's on your mind.

Weeks 6–10 Wellness Log: Physical Activity & Nutrition

Let's track our wellness goals!

Daily Physical Activity: Check the box every day that you are active for 60 minutes or more. Physical activity keeps our bodies strong and our minds focused.

Weekly Nutrition: Check the box every week that you reach your nutrition goal. We need to fuel our bodies with nutritious food that keeps us healthy and strong. That means that on most days, you avoid sugary drinks, and at most meals, you eat a lot of fruits and veggies!

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.

WORKING TOWARD GREAT GOALS



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**

Go Be Great!

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 then work toward a new GREAT 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 new, simple statement is now your goal's name.

R

Reason for Your Goal

Every GREAT goal has a "why" that gives it purpose and direction. How will this goal make your world a better place?

E

Efforts Required

How are you going to achieve your goal? List 4 specific steps that you will take today, tomorrow, next week, and beyond.

A

Accountability Partner

When you tell someone about your goal, it becomes real. List 1 or 2 people you will share your goal with. Ask them to help you stay accountable.

T

Timeline for Your Goal

Today is your starting point. When do you want to achieve your goal? Set a finish line and then place the efforts listed above in order on the timeline.

Goal's Name:

Reason for Your Goal:

		Efforts Required	
>Today...		>Tomorrow...	
>Next Week...		>Beyond Next Week...	

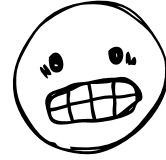
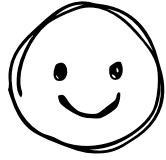
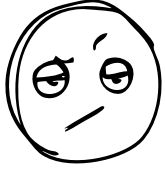
Accountability Partner 1:

Partner 2:

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).



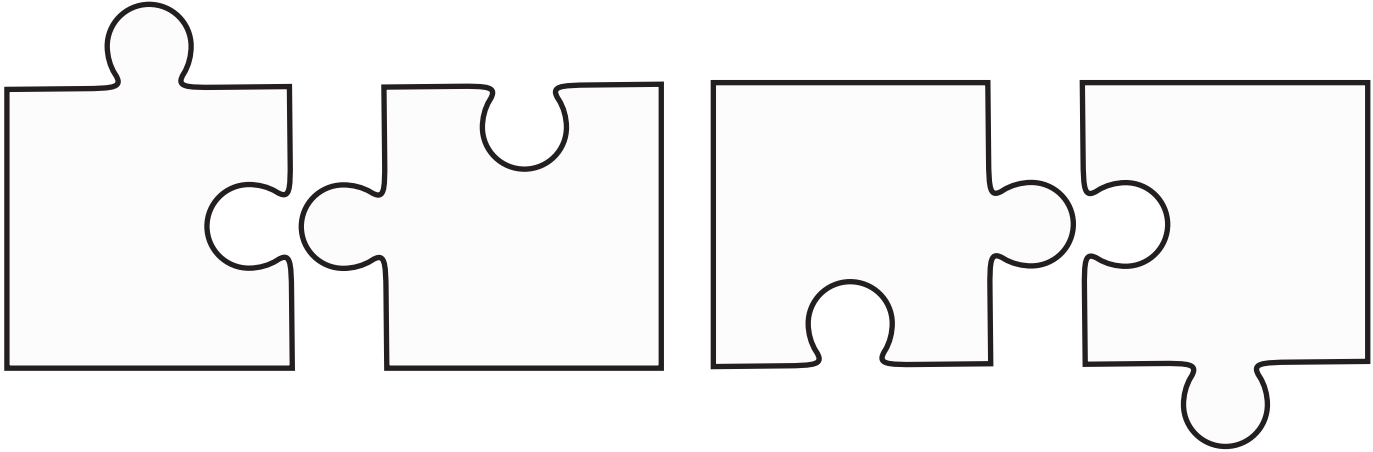
Monday: Piece by piece, we build trust.

TRUST

We build trust with our actions.

Every time you are truthful and reliable for friends or family members, you're teaching them that they can trust you. You're putting the pieces of trust into place.

In each piece of the puzzle below, write something that you can do this week to build people's trust in you.



Tuesday: In my life.

- Trust is related to happiness. How does being trustworthy help make people happy?



Wednesday: Let's relax.

- What does it mean to relax?
- How does trust help a person relax?

Thursday: Let's build T.R.U.S.T.

- Use the letters T-R-U-S-T to build a positive statement that can help you be great.

T
R
U
S
T

Here are some words you can use:
(or you can think of your own words)

Together
Think
Terrific
Time
Total
Truth
Trophy

Repeat
Rest
Right
Recharge
Respect
Realize
Rock

Ultimate
Up
Unbroken
Use
Until
Uplift
Upbeat

Solution
Search
Surprise
Save
Somebody
Soon
Smile

Friday: Cause and effect.

This week we have explored *trust* and how it can help us relax. Think about the things that help you *relax*. Write a few of those things in the “causes” box to the right.

Causes

Effect



RELAXED

Saturday/Sunday: This is your time.

- Think about the past week. Use this space to write anything that's on your mind.

Monday: Let your enthusiasm shine bright.

ENTHUSIASM

Enthusiasm fuels our path to success.

The energy and excitement that you feel when you're working toward a goal is called *enthusiasm*.

People are enthusiastic about things that interest them the most. Let's explore the things that interest you!

Write some things that interest you in the light bulbs below.



Tuesday: In my own words.

People feel enthusiastic when they feel that what they're doing has *purpose*.

- In your own words, what does purpose mean?

Wednesday: Finding purpose.

Think about your favorite subject in school.

- Why does that subject give you a feeling of purpose?

Thursday: Let's build E.N.E.R.G.Y.

- Use the letters E-N-E-R-G-Y to build an enthusiastic statement about your life.

**E
N
E
R
G
Y**

Here are some words you can use:
(or you can think of your own words)

Every
Excitement
Earn
Eager
Effort

New
Name
Nacho
Now
Natural

Real
Race
Ramp

Go
Goal
Glad
Great
Gain

You
Yes
Years
Yippie
Young

Rise
Run
Ray

Friday: Cause and effect.

This week we have explored enthusiasm, purpose, and energy. Think about the things that make you feel *energized*. Write a few of those things in the “causes” box.

Causes

Effect



ENERGIZED

Saturday/Sunday: This is your time.

- Think about the past week. Use this space to write anything that's on your mind.

Monday: Give and receive the gift of encouragement.

ENCOURAGEMENT “Everyone has inside of them a piece of good news. The good news is that you don’t know how great you can be!”
– Anne Frank

Schoolwork *is* important. Lots of people tell you that. But, let’s explore *why* it’s important to *you*.

**Make two lists. List #1 will include amazing things you want to do.
List #2 will match the school subject to the amazing things in list #1.**

List #1: Amazing Things to Do	List #2: Matching School Subjects
Example: Interior Designer -----> Example: Space Station Engineer ----->	<----- Art, Math, Writing <----- Science, Math, Writing

Tuesday: In my life.

- Write 1 or 2 things that you’re good at. How are those things related to your schoolwork?

Wednesday: Love to learn.

- List 2 things that you’d like to learn about. Next to each topic, write 1 person or place that you can use as a resource to jump-start your learning.

TOPIC

RESOURCE

->

TOPIC

RESOURCE

->



Thursday: Be K.I.N.D.

- Encouraging friends and family is an act of kindness. Practice being kind by using the letters K-I-N-D to build a positive statement that can help *others* be great.

K
I
N
D

Here are some words you can use:
(or you can think of your own words)

Key
Kingdom
Knack
Key
King
Know
Kudos

New
Neighbor
Number
Nice
Now
Near
Name

Inspire
In
Impact
Ink
Inch
Is
Idol

Dazzle
Double
Dream
Dude
Devote
Dance
Day

Friday: Cause and effect.

Your encouragement can inspire people toward greatness! Think about the people and things that *inspire* you. Write a few of those things in the “causes” box to the right.

Causes

Effect



INSPIRED

Saturday/Sunday: This is your time.

- Think about the past week. Use this space to write anything that's on your mind.

Monday: Find your way and move through the fear.

FEAR

“Everything you want is on the other side of fear.”

– Jack Canfield

Fear can be our friend. It keeps us safe from danger. It makes us more alert and ready for action. Fear is the only thing that allows us to be courageous. **Without fear, there is no need for courage.**

Acts of courage are all around us. People working in grocery stores while wearing masks are being brave. People who work in doctors’ offices are teaching us courage. Teachers who are working hard to learn new ways to teach are facing their fears in order to help their students. Acts of courage and bravery are all around us.

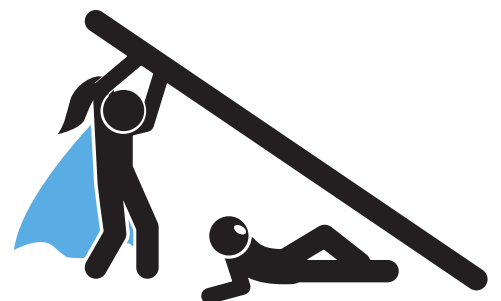
In the past year, how have you faced fear and demonstrated courage?

Tuesday: In my own words.

- What does it mean to be brave?

Wednesday: Let’s look at courage.

- What does courage look like? What does it sound like?



Thursday: Be B.R.A.V.E.

- Embrace and face your fear. Be brave for yourself and the people you love. Use the letters B-R-A-V-E to create a statement of courage that you can share.

B
R
A
V
E

Here are some words you can use:
(or you can think of your own words)

Be
Beautiful
Best
Bright
Boost

View
Very
Vast
Value
Vault

Run
Rad
Ramp
Real
Rare

Excellent
Earn
Epic
Elevate
Energy

Ace
Accept
About

Above
Act
Allow

Friday: Cause and effect.

This week we have explored fear, courage, and bravery. Think about the things that help you feel *brave*. Write a few of those things in the “causes” box.

Causes

Effect



BRAVE

Saturday/Sunday: This is your time.

- Think about the past week. Use this space to write anything that's on your mind.

Monday: Motivation makes it happen.

MOTIVATION

“The future depends on what you do today.”
– Mahatma Gandhi

Inside the word *MOTIVATION* you can make the word *MOTION*. Motivation is your *ENTHUSIASM* in *MOTION*.
Dreams don't become real without action. Goals are not accomplished without movement.

Look back at the **GREAT goal** you set earlier in this journal.

In the space below, write down all of the actions that you've taken to achieve your goal.

If you fill the space — AMAZING! If you don't fill the space, write 1 thing you'll do today to put your goal in motion.

Tuesday: In my life.

- What are some things that motivate you?

Wednesday: Let's look at motivation.

- Who is the most motivated person you know? What do you think keeps them moving?

Thursday: M.O.V.E. toward your goals!

- Use the letters M-O-V-E to create a motivational statement that you can share.

M
O
V
E

Here are some words you can use:
(or you can think of your own words)

Most
Meaningful
Make
My
Map
Major
Main

View
Very
Vast
Value
Vault
Verge
Valor

Of
Okay
Own
Oath
Offer
Occur
Odds

Excellent
Earn
Epic
Elevate
Energy
Eye
Eager

Friday: Cause and effect.

Causes

Effect

This week we revisited motivation. What has *motivated* you toward your GREAT goal? Write a few of those things in the “causes” box to the right.



Saturday/Sunday: This is your time.

- Think about the past week. Use this space to write anything that’s on your mind.



Weeks 11–15 Wellness Log: Physical Activity & Nutrition

Let's track our wellness goals!

Daily Physical Activity: Check the box every day that you are active for 60 minutes or more. Physical activity keeps our bodies strong and our minds focused.

Weekly Nutrition: Check the box every week that you reach your nutrition goal. We need to fuel our bodies with nutritious food that keeps us healthy and strong. That means that on most days, you avoid sugary drinks, and at most meals, you eat a lot of fruits and veggies!

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"/>	Weekly DIY Goal
T: 60 minutes <input type="checkbox"/>	_____
F: 60 minutes <input type="checkbox"/>	_____ <input type="checkbox"/>
S: 60 minutes <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"/>	Weekly DIY Goal
T: 60 minutes <input type="checkbox"/>	_____
F: 60 minutes <input type="checkbox"/>	_____ <input type="checkbox"/>
S: 60 minutes <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"/>	Weekly DIY Goal
T: 60 minutes <input type="checkbox"/>	_____
F: 60 minutes <input type="checkbox"/>	_____ <input type="checkbox"/>
S: 60 minutes <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"/>	Weekly DIY Goal
T: 60 minutes <input type="checkbox"/>	_____
F: 60 minutes <input type="checkbox"/>	_____ <input type="checkbox"/>
S: 60 minutes <input type="checkbox"/>	
S: 60 minutes <input type="checkbox"/>	

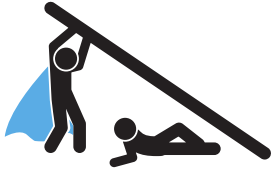
Week 15

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"/>	Weekly DIY Goal
T: 60 minutes <input type="checkbox"/>	_____
F: 60 minutes <input type="checkbox"/>	_____ <input type="checkbox"/>
S: 60 minutes <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 GROW INTO YOUR POTENTIAL

Every person feels hurt and disappointed sometimes.
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, being grateful, and focusing on things you are interested in.



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

Go Be Great!

Weeks 11–15: 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 then work toward a new GREAT 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 new, simple statement is now your goal's name.

R

Reason for Your Goal

Every GREAT goal has a "why" that gives it purpose and direction. How will this goal make your world a better place?

E

Efforts Required

How are you going to achieve your goal? List 4 specific steps that you will take today, tomorrow, next week, and beyond.

A

Accountability Partner

When you tell someone about your goal, it becomes real. List 1 or 2 people you will share your goal with. Ask them to help you stay accountable.

T

Timeline for Your Goal

Today is your starting point. When do you want to achieve your goal? Set a finish line and then place the efforts listed above in order on the timeline.

Goal's Name:

Reason for Your Goal:

		Efforts Required	
>Today...		>Tomorrow...	
>Next Week...		>Beyond Next Week...	

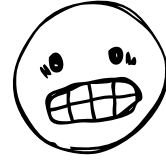
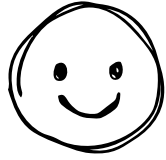
Accountability Partner 1:

Partner 2:

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: Getting to know my emotions (joy).

Why do I feel joy?	When do I feel joy?
	
What does joy feel like?	How is 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 own words.

- What does it mean to be joyful? What brings you joy?

Wednesday: Let's look at joy.

- What does joy look like? What does it sound like?



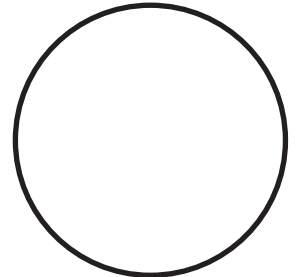
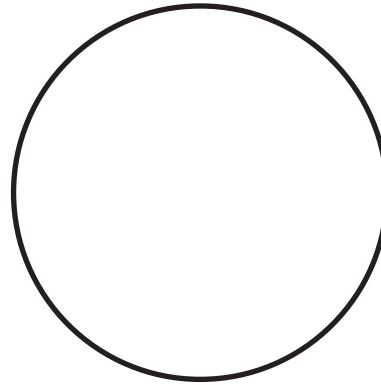
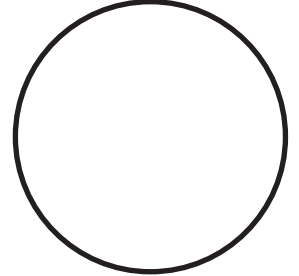
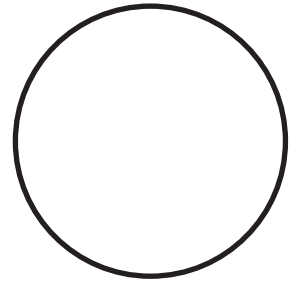
Thursday: Finding joy in the little things.

It's important to find joy in big and little ways.

Big joys come every once in a while.
Little joys can come every day.

For example, a gift on a special occasion is a *big* joy. Eating your favorite piece of fruit is a *little* joy.

Think about the joys in your life.
Write 1 big joy in the big circle.
Write 3 little joys in the small circles.



Friday: Cause and effect.

This week we have explored *joy*.
Think about the things that make you feel *joyful*. Write a few of those things in the "causes" box to the right.

Causes

Effect




JOY

Saturday/Sunday: This is your time.

- Think about the past week. Use this space to write anything that's on your mind.

Monday: Getting to know my emotions (anxiety).

Why do I feel anxious?	When do I feel anxious?
 A central circle containing the word "ANXIETY" in bold, uppercase letters. The circle is centered within a square frame. The square frame is divided into four quadrants by a vertical line and a horizontal line that intersect at the center of the circle. The quadrants are labeled: top-left "Why do I feel anxious?", top-right "When do I feel anxious?", bottom-left "What does being anxious feel like?", and bottom-right "How can feeling anxious be helpful?".	
What does being anxious feel like?	How can feeling anxious be 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 own words.

- What does it mean to be anxious? What is 1 thing that makes you anxious?

Wednesday: Let's look at anxiety.

- What does anxiety look like? What does it sound like?

Thursday: Feel the power of positive self-talk.

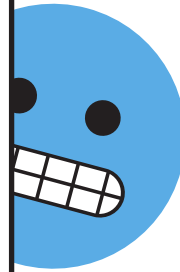
— POSITIVE SELF-TALK —

Write as many positive things as you can in this box.
Then remember to say them to yourself when you're feeling anxious.

BE POSITIVE

One way to feel less anxious is to say positive things to ourselves.

For example:
“If I try my best,
everything will
work out great.”

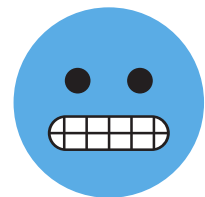


Friday: Cause and effect.

This week we have explored *anxiety*. Think about the things that make you feel *anxious*. Write a few of those things in the “causes” box to the right.

Causes

Effect

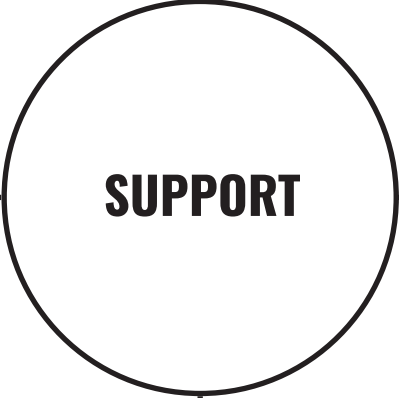


ANXIOUS

Saturday/Sunday: This is your time.

- Think about the past week. Use this space to write anything that's on your mind.

Monday: Getting to know my emotions (support).

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

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

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 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 own words.

- What does it mean to be supported?

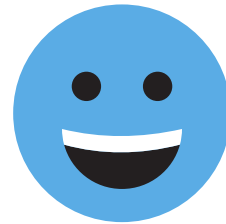
Wednesday: Let's look at support.

- What does support look like? What does it sound like?

Thursday: Be someone who supports someone.

How can we support our classmates and family members?

Use the box below to write about the ways you can support the people in your life.



Friday: Cause and effect.

This week we have explored the feeling of *support*. Think about the people and things that *support* you. Write a few of those things in the “causes” box to the right.

Causes

Effect



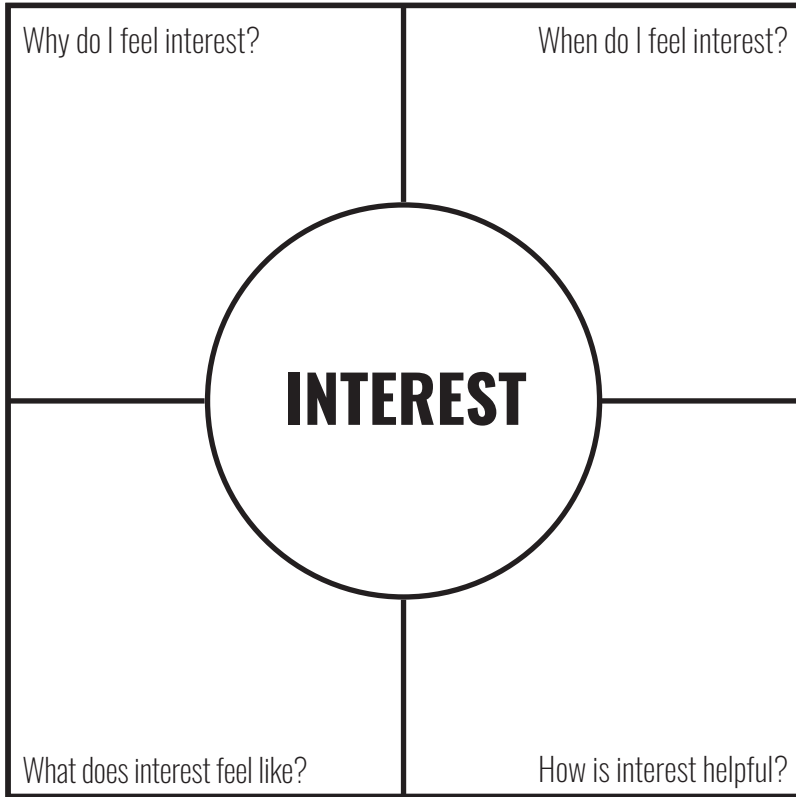
SUPPORTED

Saturday/Sunday: This is your time.

- Think about the past week. Use this space to write anything that's on your mind.



Monday: Getting to know my emotions (interest).

Why do I feel interest?	When do I feel interest?
 <p>INTEREST</p>	
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 own words.

- What does it mean to feel interested in something?

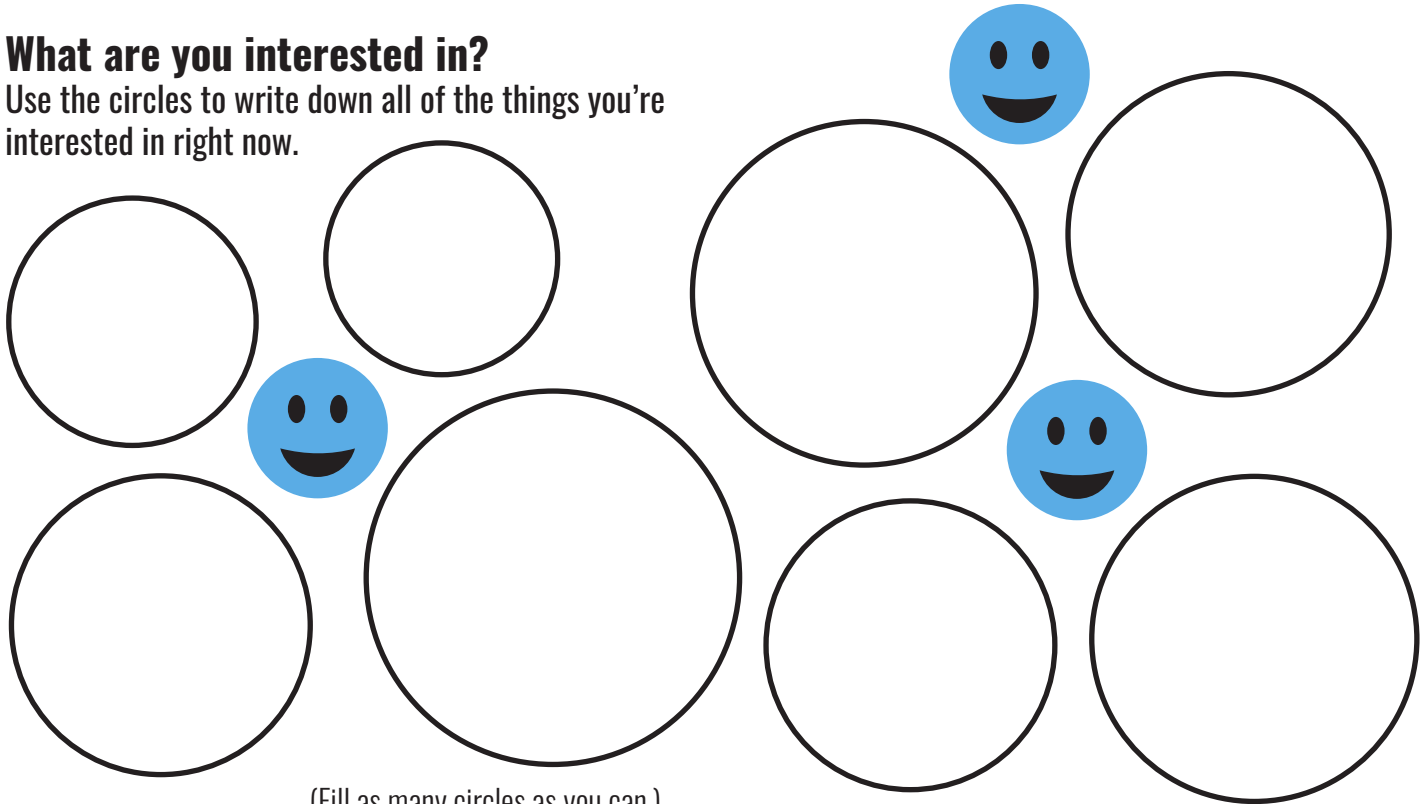
Wednesday: Let's look at interest.

- What does interest look like? What does it sound like?

Thursday: Finding what interests you.

What are you interested in?

Use the circles to write down all of the things you're interested in right now.



(Fill as many circles as you can.)

Friday: Cause and effect.

This week we have explored the feeling of *interest*. What are things that make you feel *interested*? Write a few of those things in the “causes” box to the right.

Causes



Effect



INTERESTED

Saturday/Sunday: This is your time.

- Think about the past week. Use this space to write anything that's on your mind.

Monday: Getting to know my emotions (acceptance).

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

Use the emotion square to think about *acceptance*.

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 make it easy to see how people quickly look for acceptance and how hard it can be to feel like you don't belong.

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 own words.

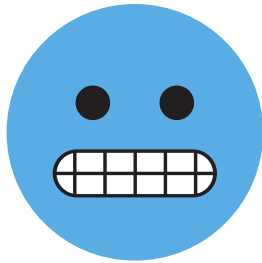
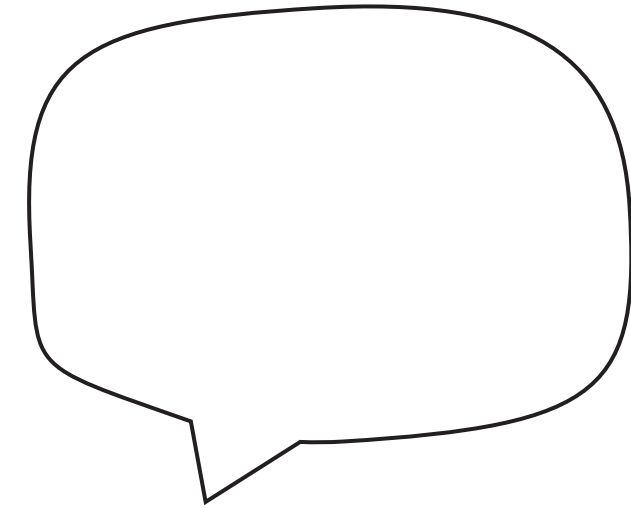
- What does it mean to feel accepted?

Wednesday: Let's look at acceptance.

- What does acceptance look like? What does it sound like?



Thursday: Help someone feel accepted.

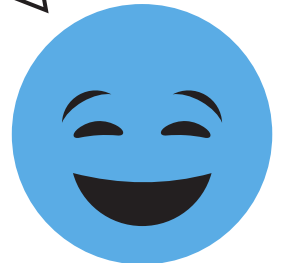


Help a nervous new student feel accepted!

Use the word bubbles to create a conversation between two students.

< One student is nervous about being accepted.

The other student wants to help. >



Friday: Cause and effect.

This week we have explored the feeling of *acceptance*. What makes you feel *accepted*? Write a few of those things in the "causes" box to the right.

Causes

Effect



ACCEPTED

Saturday/Sunday: This is your time.

- Think about the past week. Use this space to write anything that's on your mind.

Weeks 16–20 Wellness Log: Physical Activity & Nutrition

Let's track our wellness goals!

Daily Physical Activity: Check the box every day that you are active for 60 minutes or more. Physical activity keeps our bodies strong and our minds focused.

Weekly Nutrition: Check the box every week that you reach your nutrition goal. We need to fuel our bodies with nutritious food that keeps us healthy and strong. That means that on most days, you avoid sugary drinks, and at most meals, you eat a lot of fruits and veggies!

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.

FIND YOUR VOICE AND USE IT FOR GOOD

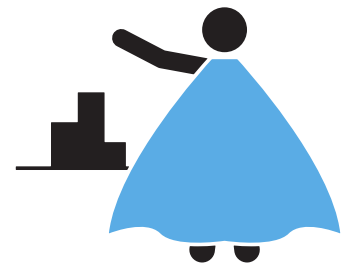
“When the whole world is silent, even one voice becomes powerful.”
– Malala Yousafzai



Personal courage will help you find your unique voice.

Finding your voice takes time, practice, and trial and error.
Everyone says things they wish they didn't say.
Everyone keeps something inside they wish they had said.

Practicing using your voice with kindness and truth.



Kindness /noun/

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

Truth /noun/

The quality of being sincere in action and character.

Go Be Great!

Weeks 16–20: 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 then work toward a new GREAT 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 new, simple statement is now your goal's name.

R

Reason for Your Goal

Every GREAT goal has a "why" that gives it purpose and direction. How will this goal make your world a better place?

E

Efforts Required

How are you going to achieve your goal? List 4 specific steps that you will take today, tomorrow, next week, and beyond.

A

Accountability Partner

When you tell someone about your goal, it becomes real. List 1 or 2 people you will share your goal with. Ask them to help you stay accountable.

T

Timeline for Your Goal

Today is your starting point. When do you want to achieve your goal? Set a finish line and then place the efforts listed above in order on the timeline.

Goal's Name:

Reason for Your Goal:

		Efforts Required	
>Today...		>Tomorrow...	
>Next Week...		>Beyond Next Week...	

Accountability Partner 1:

Partner 2:

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: Gratitude connects you to joy.

JOY

Look for gratitude and you'll find joy.

Gratitude is a feeling you get when you're thankful for something. Joy comes from our connection to that thankful feeling. The more thankful you are, the more joy you will have in your life.

Fill out the gratitude bubbles with people, places, and things that bring you joy.



Tuesday: In my life.

- Joy is related to optimism. How does being optimistic help people be more joyful?

Wednesday: Finding joy through gratitude and optimism.

- Let's connect gratitude, optimism, and joy to school. What is 1 thing about school that you are grateful for? What is 1 thing that you are optimistic about?

Thursday: Let's build J.O.Y.

- Use the letters J-O-Y to build a positive statement that can help you be great.

J
O
Y

Here are some words you can use:
(or you can think of your own words)

Joy
Joke
Justify
Just
Jazzy

Yes
Yay
Young
Yum
You

Optimistic
Open-minded
Outstanding
Open-hearted
Official

Friday: Cause and effect.

This week we have explored *optimism* and how it connects to *joy*. Think about the things that help you feel *optimistic*. Write a few of those things in the “causes” box to the right.

Causes

Effect



OPTIMISTIC

Saturday/Sunday: This is your time.

- Think about the past week. Use this space to write anything that's on your mind.

Monday: Prepare to be great.

ANXIETY

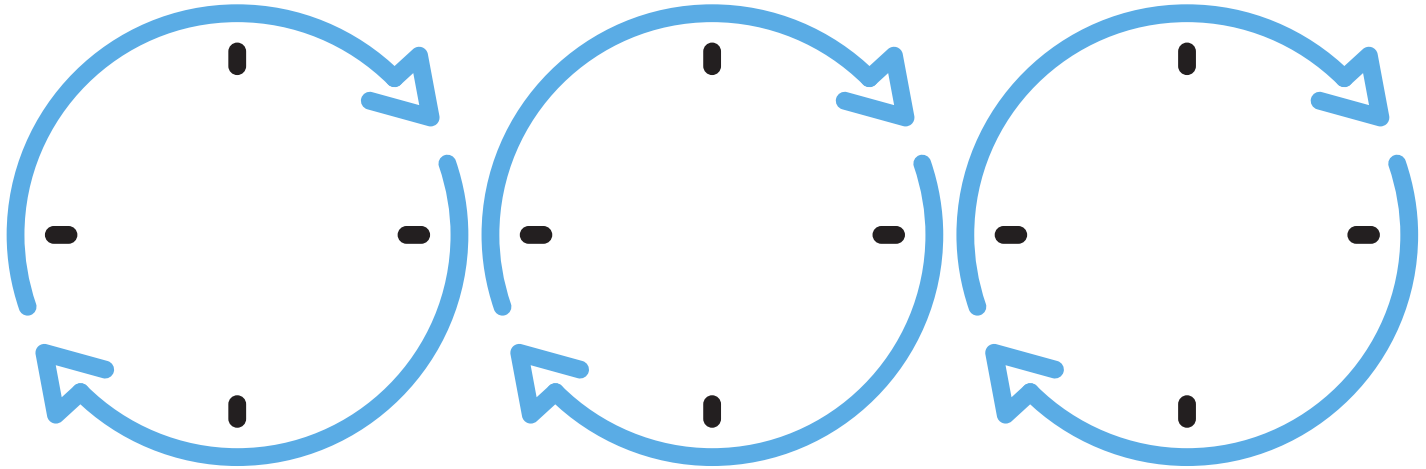
Everyone feels anxious at times.

Anxiety is an emotion that can be helpful because it helps us focus on things that are important. Feeling prepared can help us feel less anxious.

When you put off your schoolwork, it can build up and make you feel anxious.

When you prepare ahead of time and get your work done, it can help you feel less anxious.

In the circles below, write 3 things you can do every day to manage your time and get your schoolwork done.



Tuesday: In my own words.

- What does it mean to be prepared?

Wednesday: Prepare to be anxious.

- There are times when it's natural to feel anxious and nervous. In those times, it's helpful to prepare positive words and thoughts that can help you feel more relaxed. Write 1 very positive statement about being prepared that you can say to yourself when you start to feel anxious.

Thursday: Let's P.R.E.P. to be prepared.

- Use the letters P-R-E-P to build a statement about being prepared.

P
R
E
P

Here are some words you can use:
(or you can think of your own words)

Playful
Patient
Peace
Perfect
Power
People

Relax
Rest
Real
Respect
Recommend
Run

Effective
Easy
Energy
Earn
Effort
Excited

Friday: Cause and effect.

This week we have explored how being *prepared* helps us feel less *anxious*. Think about the things that make you feel *prepared*. Write a few of those things in the “causes” box.

Causes



Effect



Saturday/Sunday: This is your time.

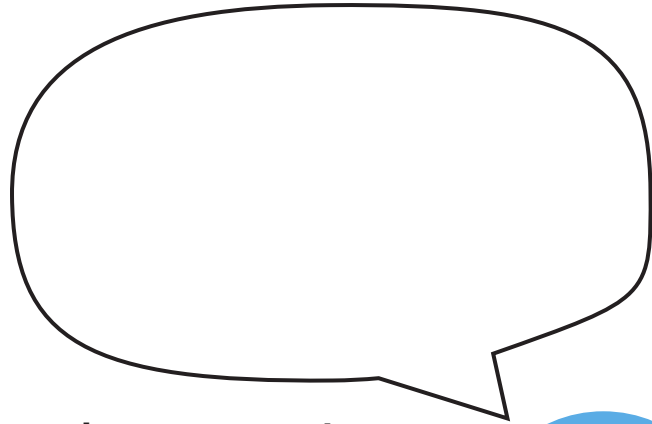
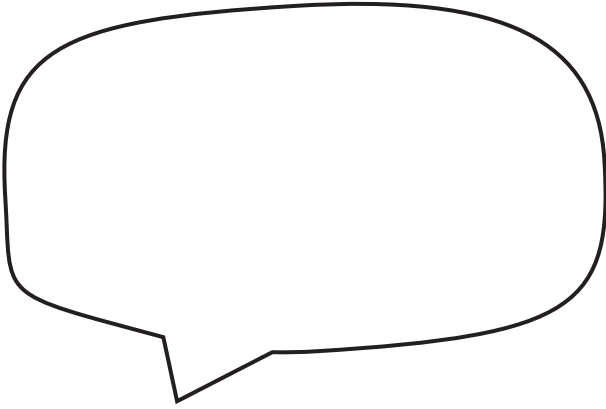
- Think about the past week. Use this space to write anything that's on your mind.



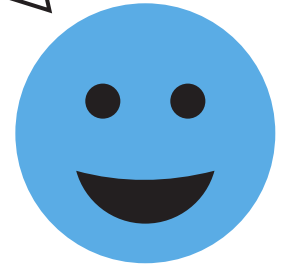
Monday: Support others by being a good listener.

SUPPORT

Good listening is about much more than staying quiet when others are talking. Good listening is a cooperative conversation that helps people feel *supported* and *respected*.



Use the talk bubbles to make up a cooperative conversation that includes a meaningful question. Cooperative conversations include meaningful questions that help the listener learn more about the situation.



Tuesday: In my life.

- Write about a time when you needed support, and a friend or family member was a good listener and helped you feel better. (Or, write about a time when you were a good listener for someone you care about.)

Wednesday: Clear away distractions.

- Good listeners stay focused on conversations and put away any distractions (like phones). What is 1 way that you can put away distractions while listening to a friend? How will that help you be a better listener?

Thursday: Remember to L.I.S.T.E.N.

- Practice being a good listener by using the letters L-I-S-T-E-N to build a positive statement to help you remember how to be a good listener.

L
I
S
T
E
N

Here are some words you can use:
(or you can think of your own words)

Learn
Love
Life
Live
Laugh

Inspire
Is
Impact
Involve
Idea

Support
Smile
Smart
Success
Simple

To
Truth
Time
Trust
Terrific

Easy
Energy
Earn
Effort
Effective

New
Now
Nice
Next
Nature

Friday: Cause and effect.

Cooperative conversations help people feel respected. Think about things that have helped you feel *respected*. Write a few of those things in the “causes” box to the right.

Causes

Effect



RESPECTED

Saturday/Sunday: This is your time.

- Think about the past week. Use this space to write anything that's on your mind.

Monday: Curiosity -> Focus -> Interest

INTEREST

Curiosity is the spark that leads to interest. Interest grows from curiosity. Curiosity is a human instinct that helps us explore things that we think will bring us a reward.

What subjects are you curious about? How can you learn more and develop your interest?

Write topics you're curious about in the magnifying glasses below, then add ideas about where you can go to learn more.



Tuesday: In my own words.

- What does it mean when something is rewarding?

Wednesday: Recognize the rewards.

- What is your favorite subject to learn about? What do you find rewarding about that subject?

Thursday: Your R.E.W.A.R.D.

- Learning is the *reward* for your curiosity. Use the letters R-E-W-A-R-D to create a statement of courage that you can share.

R
E
W
A
R
D

Here are some words you can use:
(or you can think of your own words)

Respect
Rad
Ramp
Real
Rare

Excellent
Earn
Epic
Elevate
Energy

Wonderful
Witty
Wisdom
Wise
Wealth

Ace
Accept
About
Above
Act

Dream
Direction
Done

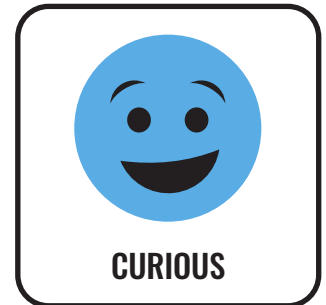
Duty
Deserve
Dive

Friday: Cause and effect.

This week we have explored *curiosity, interest, and rewards*. Think about rewarding things that you are curious about. Write a few of those things in the “causes” box.

Causes

Effect



Saturday/Sunday: This is your time.

- Think about the past week. Use this space to write anything that’s on your mind.



Monday: Be kind to yourself.

ACCEPTANCE

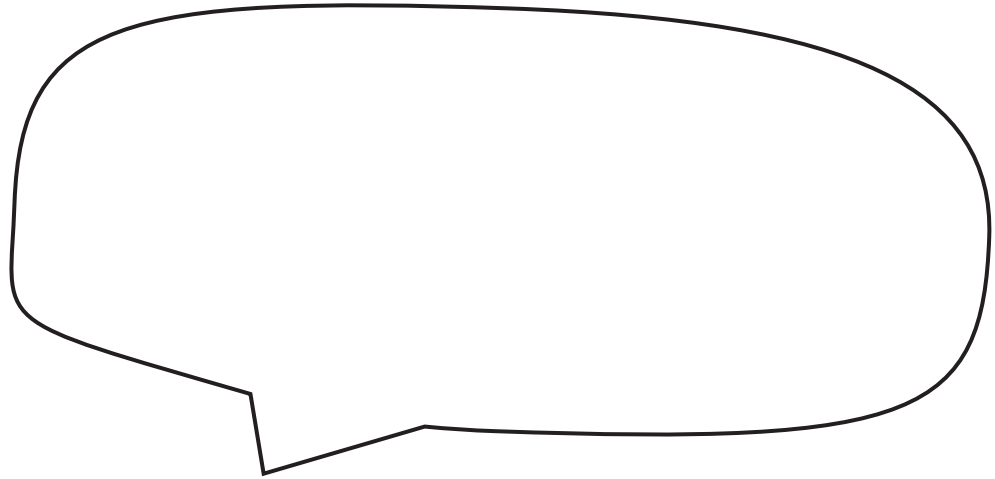
“You are no better than anyone else, and no one is better than you.” – Katherine Johnson

It’s important to show others kindness. It’s equally important to show yourself kindness.

Feeling sad? *Be kind to yourself.* Feeling angry? *Be kind to yourself.*

If you were feeling sad or angry, what kind of things would a friend say to help you feel better?

Fill the talk bubble with kind words that can help you feel better when you’re sad or angry.



Tuesday: In my own words.

- What does being “a good person” mean to you?

Wednesday: Vocabulary matters.

- Let’s build a powerful vocabulary of positive words. Write down as many synonyms for **good** as you can. (*Need to find synonyms? Try an online thesaurus.*)

Thursday: G.O.O.D. is great!

- Use the letters G-O-O-D to create a positive statement that you can share.

G
O
O
D

Here are some words you can use:
(or you can think of your own words)

Great	Optimism
Glory	Open
Genuine	Outstanding
Glad	Opportunity
Gold	Official
Grateful	Over
Guide	Oath
Of	Dream
Okay	Develop
Own	Driven
Oath	Deserve
Offer	Direction
Occur	Done
Odds	Duty

Friday: Cause and effect.

This week we revisited acceptance. What are *good* things you can do to show more *acceptance* for yourself and others? Write a few things in the “causes” box to the right.

Causes

Effect



ACCEPTANCE

Saturday/Sunday: This is your time.

- Think about the past week. Use this space to write anything that’s on your mind.

Weeks 21–25 Wellness Log: Physical Activity & Nutrition

Let's track our wellness goals!

Daily Physical Activity: Check the box every day that you are active for 60 minutes or more. Physical activity keeps our bodies strong and our minds focused.

Weekly Nutrition: Check the box every week that you reach your nutrition goal. We need to fuel our bodies with nutritious food that keeps us healthy and strong. That means that on most days, you avoid sugary drinks, and at most meals, you eat a lot of fruits and veggies!

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

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

– Marian Wright Edelman



The pages of this journal are a conversation.

YOU ARE NOT ALONE. WE BELIEVE IN YOU.

Visit BelieveInYou.com and learn more about the quotes in this book.



We see your effort.
We see your grit.



Grit /noun/

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

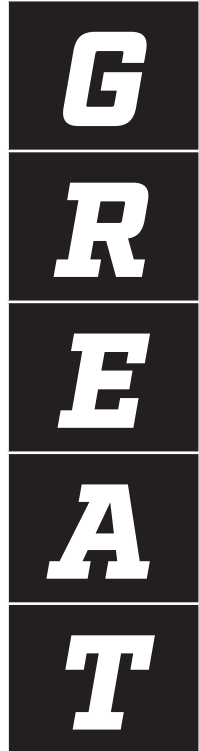
– Defined by Angela Duckworth

Go Be Great!

Weeks 21–25: 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 then work toward a new GREAT 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!**



Goal's Name

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

Reason for Your Goal

Every GREAT goal has a "why" that gives it purpose and direction. How will this goal make your world a better place?

Efforts Required

How are you going to achieve your goal? List 4 specific steps that you will take today, tomorrow, next week, and beyond.

Accountability Partner

When you tell someone about your goal, it becomes real. List 1 or 2 people you will share your goal with. Ask them to help you stay accountable.

Timeline for Your Goal

Today is your starting point. When do you want to achieve your goal? Set a finish line and then place the efforts listed above in order on the timeline.



Goal's Name:

Reason for Your Goal:

		Efforts Required	
>Today...		>Tomorrow...	
>Next Week...		>Beyond Next Week...	

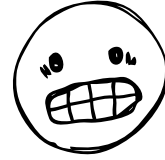
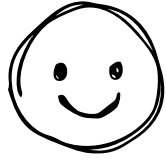
Accountability Partner 1:

Partner 2:

GREAT Goal Timeline

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

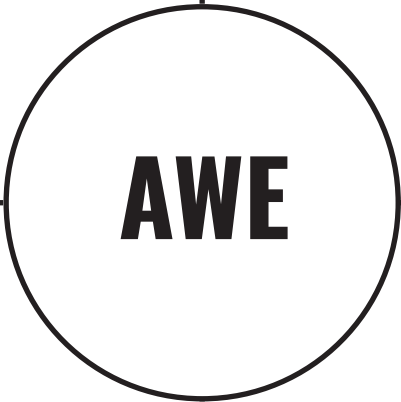
DOODLE PAGE



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



Monday: Getting to know my emotions (awe).

Why do I feel awe?	When do I feel awe?
 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 the why, when, what, and how of awe has impacted your life.

Tuesday: In my own words.

- What does awe mean?

Wednesday: Let's look at awe.

- **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.)

Thursday: Simply awesome.

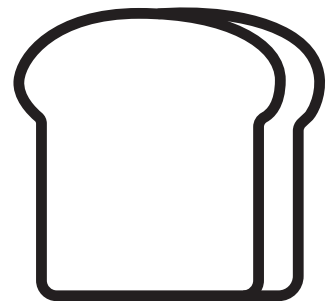
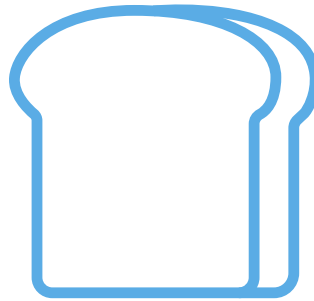
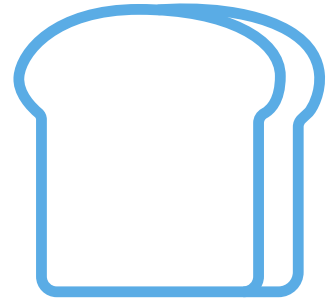
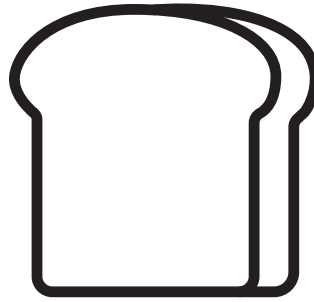
Awesome /adj/ That which inspires awe.

The mountaintop was a place of awesome beauty.

Very few sandwiches are truly awesome.

Remember, awesome things give us a deep sense of being *connected* to the larger world.

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



Friday: Cause and effect.

This week we have explored *awe*. A feeling of awe can be very peaceful. Think about the things that make you feel *peaceful*. Write a few of those things in the “causes” box to the right.

Causes

A large, empty rectangular box with rounded corners and a black border, intended for writing causes.

Effect




Saturday/Sunday: This is your time.

- Think about the past week. Use this space to write anything that's on your mind.



Monday: Getting to know my emotions (distracted).

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

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

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.

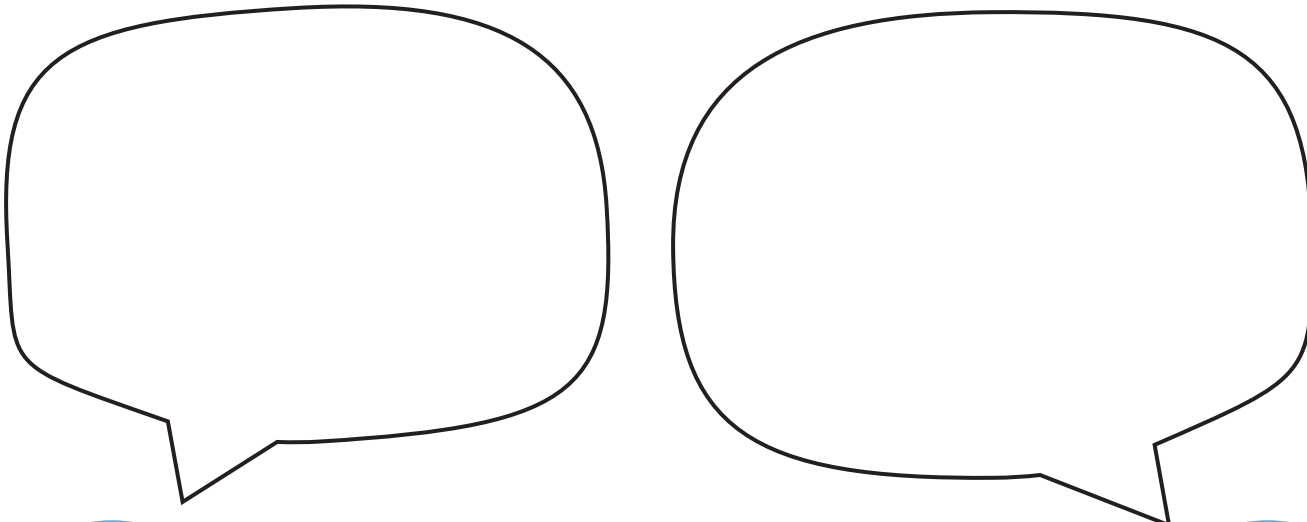
Tuesday: In my own words.

- What does it mean to be distracted?

Wednesday: Let's look at distraction.

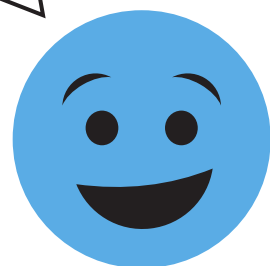

- What does distraction look like? What does it sound like?

Thursday: Recognize distraction and find focus.



Help a friend overcome distraction and find focus!
Use the word bubbles to create a conversation between two friends.

<- One friend is distracted. The other friend wants to help. ->



Friday: Cause and effect.

This week we have explored *distraction*. Think about the things that make you feel *distracted*. Write a few of those things in the “causes” box to the right.

Causes

Effect



DISTRACTED

Saturday/Sunday: This is your time.

- Think about the past week. Use this space to write anything that's on your mind.

Monday: Getting to know my emotions (prepared).

Why do I feel prepared?	When do I feel prepared?
 PREPARED	
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 feeling prepared in your life.

Tuesday: In my own words.

- What does it mean to be prepared?

Wednesday: Let's look at being prepared.

- What does bring prepared look like? What does it sound like?

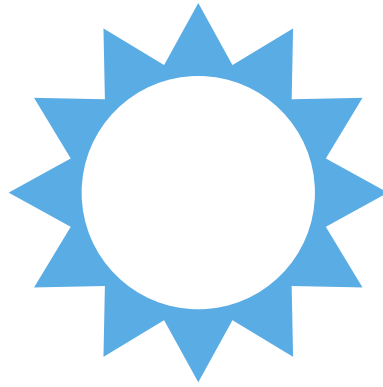
Thursday: Routines help us prepare.

Build a routine to help you prepare for success.

Make 3 lists — 1 under each of the sun and moon symbols below.



1) Things you can do each morning to prepare for the day.



2) Things you can do during the day to prepare for what's to come.



3) Things you can do every night to prepare for the next day.

Friday: Cause and effect.

This week we have explored feeling *prepared*. Think about the ways that you *prepare* to be your best. Write a few of those things in the “causes” box to the right.

Causes

Effect



Saturday/Sunday: This is your time.

- Think about the past week. Use this space to write anything that's on your mind.



Monday: Getting to know my emotions (positive).

Why do I feel positive?	When do I feel positive?
POSITIVE	
What does being positive feel like?	How is being 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 hold on to your positivity going forward and keep 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 own words.

- What does it mean to feel positive?

Wednesday: Let's look at positivity.

- What does feeling positive look like? What does it sound like?

Thursday: Be positive on purpose.

— POSITIVE SELF-TALK —

Pass on the positivity by saying positive things to other people. Write down positive sentences, words, or phrases that you can say to someone that will help them see things in a positive way.

BE POSITIVE

Your positivity can help other people become more positive too!

For example:
“I’m so glad I got to see you today. Thanks for being *great!*”



Friday: Cause and effect.

Causes

Effect

This week we have explored feeling *positive*. What are things that make you feel *positive*? Write a few of those things in the “causes” box to the right.



Saturday/Sunday: This is your time.

- Think about the past week. Use this space to write anything that’s on your mind.

Monday: Getting to know my emotions (surprise).

Why do I feel surprised?	When do I feel surprised?
SURPRISE	
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 own words.

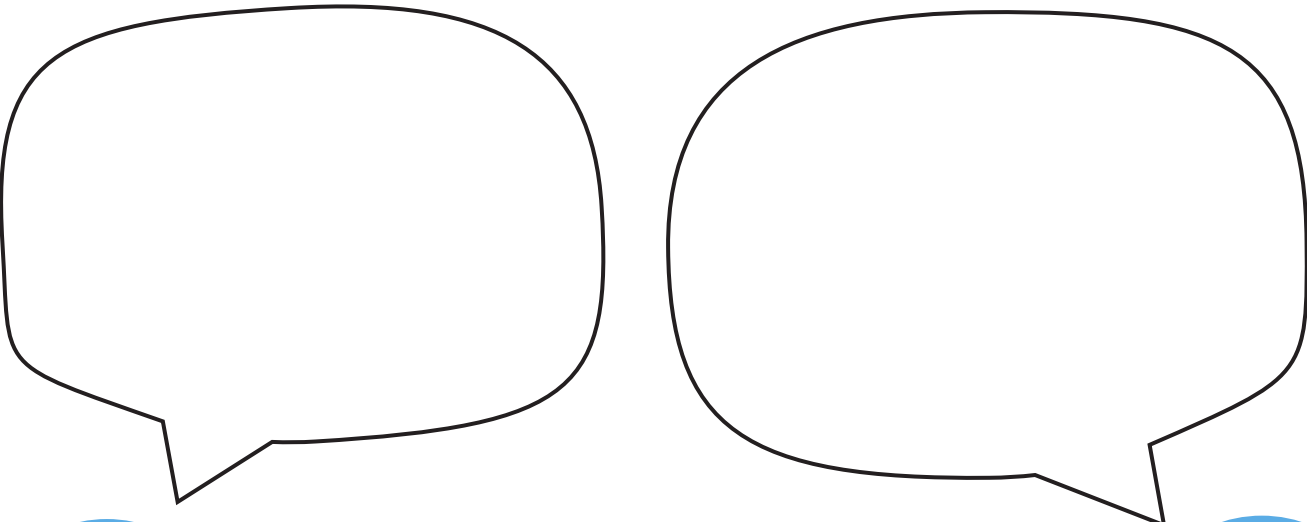
- What does it mean to feel surprised?

Wednesday: Let's look at feeling surprised.

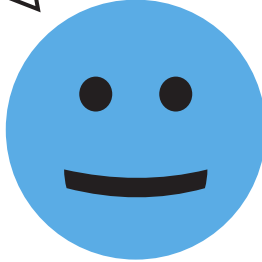
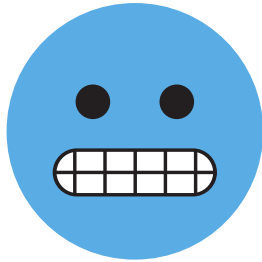
- What does feeling surprised look like? What does it sound like?



Thursday: Help someone feel peaceful.



Help a surprised friend feel more peaceful.
Use the word bubbles to create a conversation between two students.
< One student was surprised and now feels nervous.
The other student wants to help. >



Friday: Cause and effect.

This week we have explored the feeling of *surprise*. What makes you feel *surprised*? Write a few of those things in the “causes” box to the right.

Causes

Effect



ACCEPTED

Saturday/Sunday: This is your time.

- Think about the past week. Use this space to write anything that's on your mind.

Weeks 26–30 Wellness Log: Physical Activity & Nutrition

Let's track our wellness goals!

Daily Physical Activity: Check the box every day that you are active for 60 minutes or more. Physical activity keeps our bodies strong and our minds focused.

Weekly Nutrition: Check the box every week that you reach your nutrition goal. We need to fuel our bodies with nutritious food that keeps us healthy and strong. That means that on most days, you avoid sugary drinks, and at most meals, you eat a lot of fruits and veggies!

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

Go Be Great!

Weeks 26–30: 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 then work toward a new GREAT 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 new, simple statement is now your goal's name.

R

Reason for Your Goal

Every GREAT goal has a "why" that gives it purpose and direction. How will this goal make your world a better place?

E

Efforts Required

How are you going to achieve your goal? List 4 specific steps that you will take today, tomorrow, next week, and beyond.

A

Accountability Partner

When you tell someone about your goal, it becomes real. List 1 or 2 people you will share your goal with. Ask them to help you stay accountable.

T

Timeline for Your Goal

Today is your starting point. When do you want to achieve your goal? Set a finish line and then place the efforts listed above in order on the timeline.

Goal's Name:

Reason for Your Goal:

		Efforts Required	
>Today...		>Tomorrow...	
>Next Week...		>Beyond Next Week...	

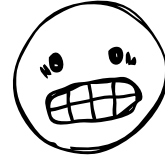
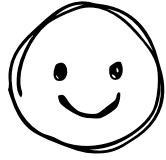
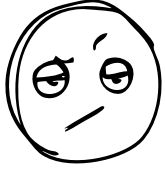
Accountability Partner 1:

Partner 2:

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).



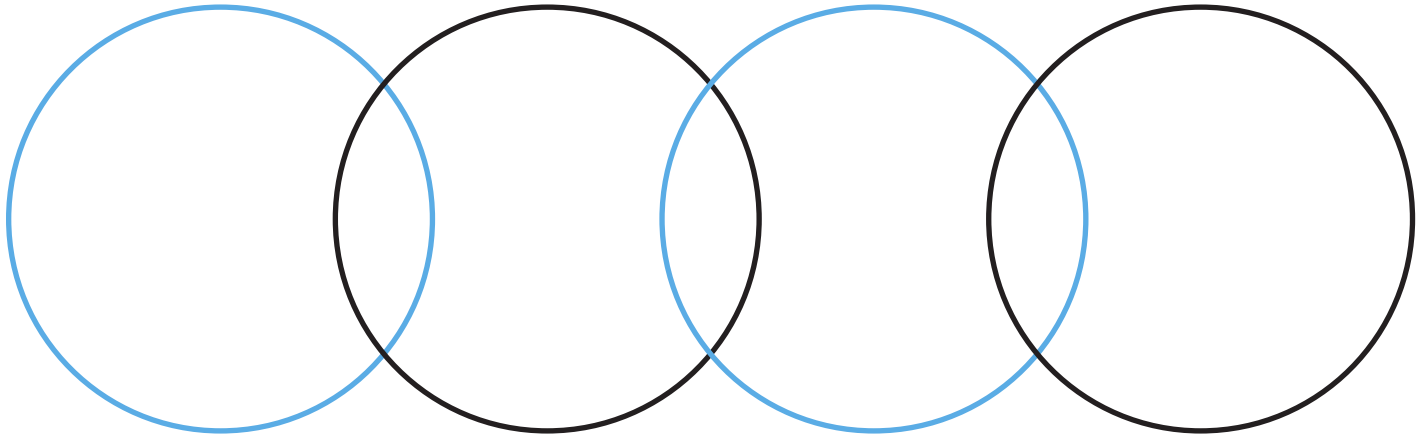
Monday: Awe connects you to community.

COMMUNITY

/noun/ A group of people with something in common.
Communities are built to make life better for everyone.

Most people live in more than 1 community. A family is a community. A group of friends is a community. A school is a community. A neighborhood is a community.

Fill in the circles with the people who make up the communities that you live in.



Tuesday: In my own words.

- A key ingredient to community is concern for others. What does it mean when someone has concern for others?

Wednesday: In my life.

- Write about a time when someone in your community showed concern for someone else.



Thursday: Let's show C.O.N.C.E.R.N.

- Community members show concern for one another. Use the letters C-O-N-C-E-R-N to build a positive statement about building community.

C
O
N
C
E
R
N

Here are some words you can use:
(or you can think of your own words)

Care
Contribute
Can
Carry

Optimism
Open
Outstanding
Over

Now
Natural
New
Necessary

Enjoy
Easy
Earn
Effort

Real
Respect

Relax
Rest

Friday: Cause and effect.

Causes

Effect

This week we have explored *community* and how awesome it is. What are things that people do to build *community*? Write a few of those things in the "causes" box to the right.



Saturday/Sunday: This is your time.

- Think about the past week. Use this space to write anything that's on your mind.

Monday: Distraction reaction.

DISTRACTION

Distractions break your focus and slow you down. Learning how to recognize when you're distracted can help you to refocus and get back on track.

How do you know that you're distracted? Write a description of 3 distractions that sometimes break your focus.



DISTRACTION



DISTRACTION



DISTRACTION

Tuesday: In my own words.

- Choose 1 distraction from above. What's something you can say to remind yourself to refocus and get back on track?

Wednesday: Remind me of that greatness!

- One way to stay focused is to put visual reminders of your goals where it's easy to see them. For example, some people create a vision board with pictures that represent their goals. Some people put inspirational words or quotes on their refrigerators or phone background. Describe what a visual reminder of one of your goals would look like. Where can you hang it?

Thursday: R.E.M.I.N.D. yourself to stay focused.

- Use the letters R-E-M-I-N-D to build a statement that can help you stay focused.

R
E
M
I
N
D

Here are some words you can use:
(or you can think of your own words)

Relax	Easy
Rest	Energy
Real	Earn
Respect	Effort
Run	Excited

Motivate	Idea
Make	Imagine
Major	Ice
Mindful	Is
Meaning	Ignore

Now	Done
No	Dart
Need	Day
Never	Draw
New	Deal

Friday: Cause and effect.

This week we have explored how *reminders* can help us get *focused* after a *distraction*. Think about the things that *remind* you to stay focused. Write a few of those things in the “causes” box.

Causes

Effect



FOCUSED

Saturday/Sunday: This is your time.

- Think about the past week. Use this space to write anything that's on your mind.

Monday: Preparation is all in the planning.

PREPARED

Let's talk about how to make a plan.

Following a plan to make a plan seems like a good idea — right?!
Let's give it a try. Make a plan for getting your schoolwork done this week.

Step 1: Figure out what's important.

Write the most important thing to think about as you make your plan.

Step 2: Organize your time.

Now that you know what's important, give it the time it needs. Next, focus on other things you need to do and put them in order of importance.

Step 3: Get started!

Plans can't work unless you start the work of making them work. Now that you know what's important and your time is organized, *get moving!* What will you do first?

Tuesday: In my life.

- **Think about an assignment for school that you did well and were proud of. Write down 2 or 3 important things that you did to be successful while working on that assignment. (Success doesn't mean perfection. Pick something that you were proud of, even if you didn't get a perfect grade.)**

Wednesday: Plan to be productive.

- **When are you most productive? In other words, when do you get the most stuff done? Maybe it's after school. Maybe it's after dinner. Maybe it's Sunday morning. Write about the time of day or week when you're super good at getting a lot of stuff done.**

Thursday: Prioritize the P.L.A.N.

- Stick to the *plan*! Use the letters P-L-A-N to build a positive statement to help you remember to *plan*.

P
L
A
N

Here are some words you can use:
(or you can think of your own words)

Piece	Let
Part	Learn
Power	Love
Patiently	Life
Perform	Live
Practice	Laugh
Achieve	New
Always	Now
Amazing	Nice
Action	Next
Awesome	Nature
Agree	Need

Friday: Cause and effect.

Think about all that you've learned about planning. What specific part about following a plan can help you feel *prepared*? Write a few of those things in the "causes" box.

Causes

Effect



Saturday/Sunday: This is your time.

- Think about the past week. Use this space to write anything that's on your mind.

Monday: Choosing positivity.

POSITIVITY

The world needs more positive people. Be one. You have the power to make the places you go more positive. It's a superpower that you can choose every day.

Let's think about the *where* and *how* of making the world a more positive place.

Make two lists. List #1 will include places that you spend time.

List #2 will match that place with something that you can do to make it more positive.

List #1: Places I spend time.	List #2: Positive things.
Example: My family's kitchen. ----->	<----- I can help put away clean dishes.

Tuesday: In my life.

- What is the most positive thing that you did today? How did that positive act make the world a more positive place?

Wednesday: Find positive people.

- Make a list of really positive people. What about each person tells the world that they are positive?



Thursday: Your C.H.O.I.C.E.

- Making the *choice* to be *positive* isn't always easy. Use the letters C-H-O-I-C-E to create a statement that reminds you to choose positivity every day.

**C
H
O
I
C
E**

Here are some words you can use:
(or you can think of your own words)

Care	Help
Confident	Home
Contribute	How
Can	Happy
Calm	Have
Courage	Hope
One	Idea
Our	Into
Open	It's
Once	If
Often	Ink
Excellent	Easy
Earn	Elevate
Epic	Energy

Friday: Cause and effect.

This week we have explored choosing to be *positive*. Think about the things that have made your life more *positive*. Write a few of those things in the "causes" box.

Causes

Effect



POSITIVE

Saturday/Sunday: This is your time.

- Think about the past week. Use this space to write anything that's on your mind.

Monday: The surprising benefits of being surprised.

SURPRISE

Events, people, and places that are *surprising* are easier to remember and stay in our memories longer.

Do you want people to remember how positive and thoughtful you are? Surprise them!

Pick a person you care about who could use some thoughtful positivity. Now, what can you do to give them a positive surprise? Cards, notes, and artwork are a few ideas. Write the details about your idea in the space below.

— SURPRISE —

Tuesday: In my own words.

- What does being “thoughtful” mean to you?

Wednesday: In my life.

- Write about a time when someone surprised you in a *positive* and *thoughtful* way. How did it make you feel?

Thursday: Surprise yourself! Take A.C.T.I.O.N.

- Sometimes we need to find ways to surprise ourselves. Use the letters A-C-T-I-O-N to create a statement that will remind you to act bravely and surprise yourself!

**A
C
T
I
O
N**

Here are some words you can use:
(or you can think of your own words)

Act
Amazing
Awesome
Achieve
Ability

Care
Clever
Cheerful
Cook
Cake

Treat
True
Transform
Try
This

Idea
Imagine
Into
Ice Cream
Is

Offer
Over
Outdoor
Of
Out

Nice
New
Now
Need
News

Friday: Cause and effect.

Causes

Effect



MOTIVATED

This week we revisited *surprise* and how it can help make things memorable. What are some memories that surprised you? Write a few things in the “causes” box to the right.

Saturday/Sunday: This is your time.

- Think about the past week. Use this space to write anything that’s on your mind.

Weeks 31–35 Wellness Log: Physical Activity & Nutrition

Let's track our wellness goals!

Daily Physical Activity: Check the box every day that you are active for 60 minutes or more. Physical activity keeps our bodies strong and our minds focused.

Weekly Nutrition: Check the box every week that you reach your nutrition goal. We need to fuel our bodies with nutritious food that keeps us healthy and strong. That means that on most days, you avoid sugary drinks, and at most meals, you eat a lot of fruits and veggies!

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.

EMPOWERMENT IS YOUR FUTURE

Build an optimistic future.
Be kind to yourself and others.
Grow into your unique greatness.
We Believe In You. Go Be Great!



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

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

Go Be Great!

Weeks 31–35: 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 then work toward a new GREAT 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 new, simple statement is now your goal's name.

R

Reason for Your Goal

Every GREAT goal has a "why" that gives it purpose and direction. How will this goal make your world a better place?

E

Efforts Required

How are you going to achieve your goal? List 4 specific steps that you will take today, tomorrow, next week, and beyond.

A

Accountability Partner

When you tell someone about your goal, it becomes real. List 1 or 2 people you will share your goal with. Ask them to help you stay accountable.

T

Timeline for Your Goal

Today is your starting point. When do you want to achieve your goal? Set a finish line and then place the efforts listed above in order on the timeline.

Goal's Name:

Reason for Your Goal:

		Efforts Required	
>Today...		>Tomorrow...	
>Next Week...		>Beyond Next Week...	

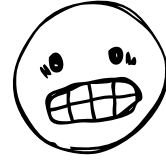
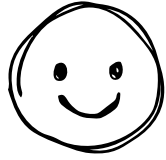
Accountability Partner 1:

Partner 2:

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: Getting to know my emotions (optimism).

Why do I feel optimistic?	When do I feel optimistic?
	
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 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 in your life.

Tuesday: In my own words.

- What does it mean to be optimistic?



Wednesday: In my mind.

- You can train your brain to be more optimistic by simply thinking positive and happy thoughts. Think of a challenge that you or someone you know is faced with right now. Next, write a description of a positive outcome for that challenge.

Thursday: Make the best of the sun and the rain.

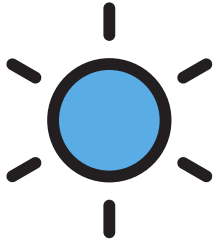
A part of being optimistic is understanding what you can and cannot control.

If you can't control a situation — it's okay, make the best of what you're given.

If you can control it — great! Make the best of what you're given.

The weather is something that we definitely can't control.

Look at the 3-day weather forecast shown below. Underneath each day, write about how you will make the best of the weather forecast for that day.



Friday



Saturday



Sunday

Friday: Cause and effect.

This week we have explored optimism. Think about the things that make you feel *optimistic*. Write a few of those things in the “causes” box to the right.

Causes

Effect



OPTIMISTIC

Saturday/Sunday: This is your time.

- Think about the past week. Use this space to write anything that's on your mind.

Monday: Getting to know my emotions (relaxation).

Why do I feel relaxed?	When do I feel relaxed?
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. It's easier to get work done. Things take 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 own words.

- What does it mean to be relaxed?

Wednesday: Let's look at relaxation.

- What does relaxation look like? What does it sound like?

Thursday: Take a relaxing breath.

Mindful breathing can quickly help us relax our mind and body.

Practice *equal breathing*. Then write 2 sentences about how this breathing practice helped you relax.



Step 1: Breathe with either your nose or mouth.

**Inhale slow and steady
to a 4-count.**



Step 2:

**Hold your breath for a
4-count.**



Step 3:

**Exhale slow and steady to
a 4-count.**

Now, how do you feel?

Write your answer below.

Friday: Cause and effect.

This week we have explored *relaxation*. Think about the things that make you feel *relaxed*. Write a few of those things in the “causes” box to the right.

Causes

Effect




RELAXED

Saturday/Sunday: This is your time.

- Think about the past week. Use this space to write anything that’s on your mind.

Monday: Getting to know my emotions (commitment).

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

Use the emotion square to think about *commitment*.

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, which keeps effort strong. It also decreases the chance that you'll quit 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 own words.

- What does commitment mean?

Wednesday: In my life.

- Some people are committed to a friendship. Some people are committed to the work that they're interested in. Some people are committed to a team or club. What are you committed to, and how do you show your commitment?



Thursday: Commit to it in words and actions.

Most people work toward a goal, but don't make a true commitment to success.
To make a true commitment, you need to make your feelings known in 2 important ways.

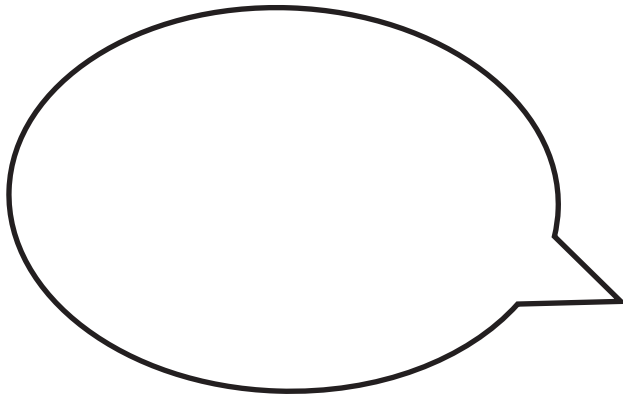
Name your commitment: _____

(What is the goal you're working toward? For example: "I am committed to learning how to play the drums.")

True commitment step 1.

Tell someone you are committed.

In the word bubble below, write something that you can say to let someone know you're making a big commitment.



True commitment step 2.

Take actions to show the world you are committed.

In the box below, write 1 thing that you will do every day and 1 thing you will do each week to work toward your goal.

Friday: Cause and effect.

This week we have explored *commitment*. Think about your interests and which ones you're *committed* to. Write those things in the "causes" box to the right.

Causes

Effect




COMMITTED

Saturday/Sunday: This is your time.

- Think about the past week. Use this space to write anything that's on your mind.

Monday: Getting to know my emotions (involvement).

Why do I feel involvement?	When do I feel involved?
 INVOLVEMENT	
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 own words.

- What does involvement mean?

Wednesday: Let's look at involvement.

- What does involvement look like? What does it sound like?

Thursday: Community and common purpose.

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 show. 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 write about 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?

Friday: Cause and effect.

This week we have explored the feeling of *involvement*. What are things that make you feel *involved* in your community? Write a few of those things in the "causes" box to the right.

Causes

Effect

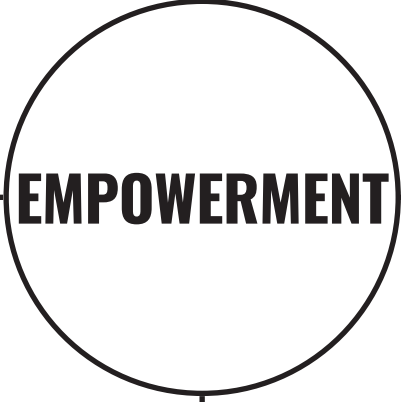


INVOLVED

Saturday/Sunday: This is your time.

- Think about the past week. Use this space to write anything that's on your mind.

Monday: Getting to know my emotions (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 *empowerment*.

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 own words.

- What does it mean to feel empowered?

Wednesday: Let's look at empowerment.

- What does empowerment look like? What does it sound like?



Thursday: Personal power is about positive choices.

Plug in to your personal power.

Babies are not born with a lot of personal power. Your power grows over time, just like your body.

Personal power is not about control over other people. It's about control over your thoughts and actions.

When negative thoughts creep in, choose to focus on positive thoughts.

When you have a choice between right and wrong, choose what's right, every time.

You have goals. Building personal power is about making positive choices.

Write a powerful and positive self-talk statement you can choose when a negative thought creeps into your mind.

Write a powerful self-talk reminder that will help you make positive and constructive decisions.



Friday: Cause and effect.

This week we have explored the feeling of *empowerment*. What makes you feel *empowered*? Write a few of those things in the “causes” box to the right.

Causes

Effect



EMPOWERED

Saturday/Sunday: This is your time.

- Think about the past week. Use this space to write anything that's on your mind.

Weeks 36–40 Wellness Log: Physical Activity & Nutrition

Let's track our wellness goals!

Daily Physical Activity: Check the box every day that you are active for 60 minutes or more. Physical activity keeps our bodies strong and our minds focused.

Weekly Nutrition: Check the box every week that you reach your nutrition goal. We need to fuel our bodies with nutritious food that keeps us healthy and strong. That means that on most days, you avoid sugary drinks, and at most meals, you eat a lot of fruits and veggies!

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.

YOU ARE THE FUTURE

Your unique voice is important to the world.

Be kind to yourself and others.

It's time to Go Be Great!



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

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

Go Be Great!

Weeks 36–40: 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 then work toward a new GREAT 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 new, simple statement is now your goal's name.

R

Reason for Your Goal

Every GREAT goal has a "why" that gives it purpose and direction. How will this goal make your world a better place?

E

Efforts Required

How are you going to achieve your goal? List 4 specific steps that you will take today, tomorrow, next week, and beyond.

A

Accountability Partner

When you tell someone about your goal, it becomes real. List 1 or 2 people you will share your goal with. Ask them to help you stay accountable.

T

Timeline for Your Goal

Today is your starting point. When do you want to achieve your goal? Set a finish line and then place the efforts listed above in order on the timeline.

Goal's Name:

Reason for Your Goal:

		Efforts Required	
>Today...		>Tomorrow...	
>Next Week...		>Beyond Next Week...	

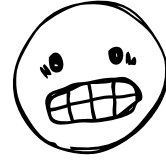
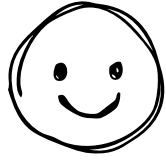
Accountability Partner 1:

Partner 2:

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: Trust connects you to optimism.

OPTIMISM **Trust yourself. Trust the future.**
Trust is the foundation of optimism and positive thinking.

Effort is the tool you use to build the future you want.

If you trust yourself to put in the work — you can also trust in the future you're creating.

Write about 2 different times that your effort helped you build a positive future.

Effort example number 1:

Effort example number 2:

Tuesday: In my own words.

- What does it mean to be dependable?

Wednesday: Find the connection.

- How is effort related to being dependable?



Thursday: Put in the E.F.F.O.R.T. to be optimistic.

- Use the letters E-F-F-O-R-T to build a statement that helps you stay optimistic.

**E
F
F
O
R
T**

Here are some words you can use:
(or you can think of your own words)

Energy
Excellent
Earn
Eager
Echo

Fix
Favorite
Feed
Fuel
Fast

One
Owe
Odds
Once
Oath

Repeat
Right
Recharge
Respect
Rock

Together
Time
Total

Truth
Tough
Think

Friday: Cause and effect.

Causes

Effect



BEST EFFORT

This week we have explored *effort* and how it helps build a positive future. Think about the reasons why you give your best *effort*. Write a few of those things in the “causes” box to the right.

Saturday/Sunday: This is your time.

- Think about the past week. Use this space to write anything that’s on your mind.

Monday: Finding ways to relax.

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.

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

Tuesday: In my own words.

- How many different ways to relax can you think of and write in this space?

Wednesday: Find space to relax.

- Many people have places where they feel more relaxed. Write about 1 place where you feel relaxed. Why is that place relaxing for you?

Thursday: Reminder to R.E.L.A.X.

- Use the letters R-E-L-A-X to help you remember that it's important to unwind.

R
E
L
A
X

Here are some words you can use:
(or you can think of your own words)

Real
Release
Rise
Ray

Effort
Easy
Earn
Energy

Live
Love
Laugh
Listen

Air
Above
Agree
Alive

fiX
eXit
neXt
fiX

For the letter X, it's okay to use a word that contains the letter. You don't need to use a word that starts with X.

Friday: Cause and effect.

This week we have explored ways to *relax*. Think about the things that make you feel *relaxed*. Write a few of those things in the "causes" box to the right.

Causes

Effect



RELAXED

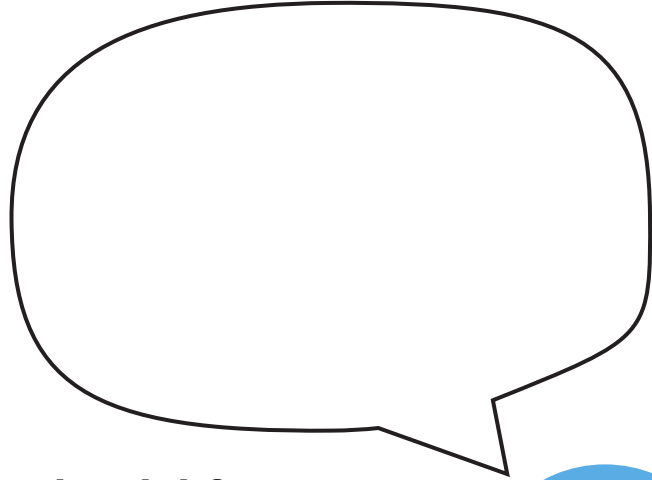
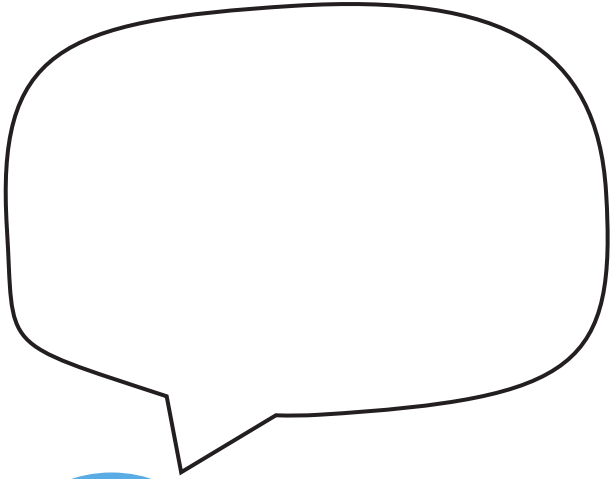
Saturday/Sunday: This is your time.

- Think about the past week. Use this space to write anything that's on your mind.

Monday: Make a commitment.

COMMITMENT

Make a commitment and give your best effort.
That means asking for help when you need it.

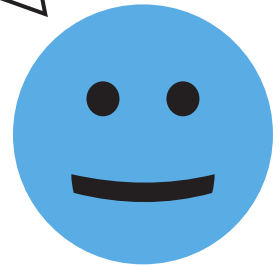


How do you ask for help?

Use the word bubbles to create a helpful conversation.

< One student needs help and is asking for it.

The other student wants to help. >



Tuesday: In my life.

- When have you asked for help? Write about a time when you asked for help and someone gave you support and helped you keep your commitment.

Wednesday: Pay it forward.

- When have you helped someone keep their commitment? Write about a time when someone asked you for help, and you gave that person support and helped them keep a commitment.

Thursday: Ask for H.E.L.P. when you need it.

- There are people in your life who want to help you. Remind yourself to ask for help by using the letters H-E-L-P to build a positive reminder.

H
E
L
P

Here are some words you can use:
(or you can think of your own words)

Have	Every
Honor	Energy
Hope	Earn
Hold	Effort
How	Engine
High	Entire
Hero	Enjoy

Live	People
Listen	Positive
Learn	Prove
Like	Power
Lesson	Past
Lucky	Play
List	Peace

Friday: Cause and effect.

This week we have explored how important it is to ask for (and give) *help*. Think about the reasons why someone might ask for help. Write a few of those things in the “causes” box to the right.

Causes

Effect



HELPFUL

Saturday/Sunday: This is your time.

- Think about the past week. Use this space to write anything that’s on your mind.

Monday: Find involvement by looking for opportunity.

INVOLVEMENT

Follow your interest. Find an opportunity.
Get involved in something positive.

Opportunity /noun/ A momentary chance that makes it possible to do something.

There are opportunities for you to get involved in something positive all around you.

Here are 3 important steps for finding an opportunity to be great.

- **Look for opportunity.** When was the last time you looked for an opportunity to be great?
- **Read and research your interests.** Reading helps you know what opportunity looks like. When was the last time you read about something you were interested in getting involved in?
- **Be brave and go for it!** When was the last time you saw an opportunity and jumped on it?

Tuesday: In my own words.

- Imagine finding a great opportunity to get involved in a club, activity, or group that you've wanted to join for a long time. Now, write a micro-story below about what happened.

Wednesday: Look on the bright side.

- What's the best thing that could happen if you joined a new activity? Give details.



Thursday: L.O.O.K. for the opportunity to get involved.

- Opportunity is there — Look for it! Use the letters L-O-O-K to create a statement that reminds you to look for opportunities to be great.

L
O
O
K

Here are some words you can use:
(or you can think of your own words)

Like	One
Let	Oath
Leap	Own
Luck	Okay
Live	Once
Laugh	Out
Learn	Offer

Often	Know
Occur	Kid
Other	Keep
Ocean	Key
Outgoing	Kite
Outdone	Kept
Obvious	Kick

Friday: Cause and effect.

This week we have explored involvement. Think about the things that make you want to be *involved*. Write a few of those things in the “causes” box.

Causes

Effect



INVOLVED

Saturday/Sunday: This is your time.

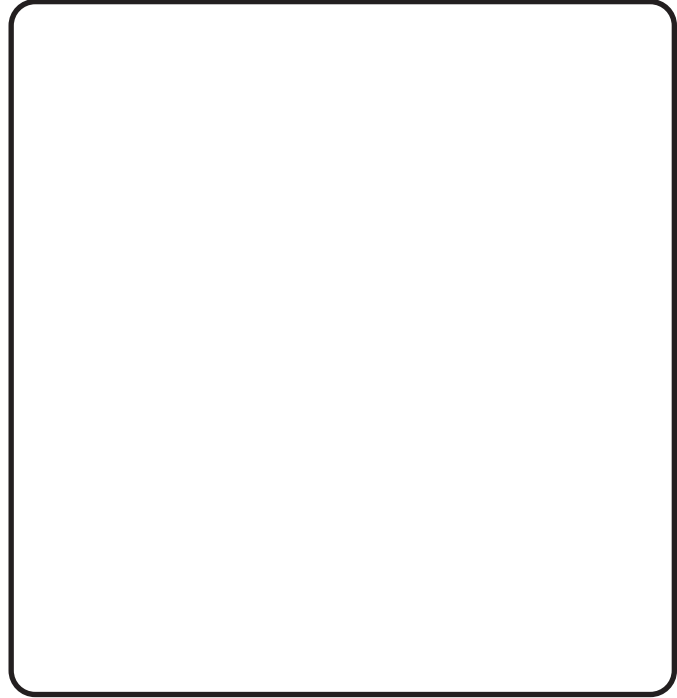
- Think about the past week. Use this space to write anything that’s on your mind.

Monday: Find the confidence.

EMPOWERMENT

“With confidence, you have won before you have started.”
– Marcus Garvey

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



It's time to find the confidence to share your greatness!

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.

Tuesday: In my life.

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

Wednesday: Let's look at confidence.

- How can confidence help you as you find new ways to *Go Be Great*?

Thursday: Go be GREAT!

- Use the letters G-R-E-A-T to write a statement that you can use to motivate yourself this summer.

**G
R
E
A
T**

Here are some words you can use:
(or you can think of your own words)

Go	Rise
Gift	Reach
Get	Real
Goal	Ready
Gifts	Rock

Earn	Act
Epic	Action
Elevate	Ace
Energy	Agree
Everywhere	Arms

Trust	Test
True	Teach
Try	Tool

Friday: Cause and effect.

This week we talked about confidence. What are some things that have helped you feel more *confident* this school year? Write a few of those things in the “causes” box to the right.

Causes

Effect



Saturday/Sunday: This is your time.

- Think about the past week. Use this space to write anything that's on your mind.

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 new, simple statement is now your goal's name.

R

Reason for Your Goal

Every GREAT goal has a "why" that gives it purpose and direction. How will this goal make your world a better place?

E

Efforts Required

How are you going to achieve your goal? List 4 specific steps that you will take today, tomorrow, next week, and beyond.

A

Accountability Partner

When you tell someone about your goal, it becomes real. List 1 or 2 people you will share your goal with. Ask them to help you stay accountable.

T

Timeline for Your Goal

Today is your starting point. When do you want to achieve your goal? Set a finish line and then place the efforts listed above 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 Partner 1:

Partner 2:

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).

