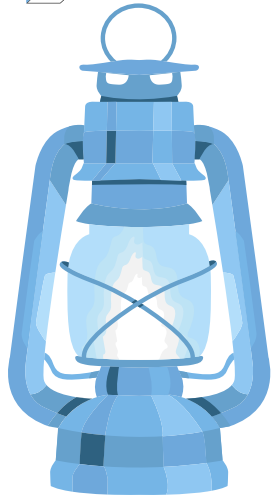


VARSIY // BRANDS

**THE COLLECTIVE**  
STUDENT EMPOWERMENT MONTH



VARSIY // BRANDS

**BELIEVE IN**  
**YOU**

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# FINDING INSPIRATION

## BUILD YOUR OWN 5-DAY JOURNAL

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GREAT GOAL [QUICK-START GUIDE](#)

PLAN, DO, STUDY, GROW LEADERSHIP CYCLE

Use this quick-start guide to inspire and empower your students to plan, do, study, and grow. This guide will launch student planning.

For more 5-Day Journals visit [BelieveInYou.com](http://BelieveInYou.com)

**BELIEVE IN YOU.COM**

Sample GREAT Goal outline to help you run a *Finding Inspiration* campaign during Mental Health Awareness Month.



Goal  
Name

Create meaningful 5-Day Inspiration Journals using the Believe In You Google Template and distribute them to every student in our school during the month of May.

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Reason  
for the Goal

This campaign will provide inspiration and proactive mental health journals to every student in our school. It will also help raise awareness during mental health awareness month and help **break the stigma** around mental health conversations.

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Efforts  
Required

- Gather at least 5 inspirational quotes from teachers, administrators or school staff. Ask them for a favorite quote with a description of why the quote is meaningful.
  - Use the BIY Google Template to create a custom Inspiration Journal.
  - Get permission to electronically send the final Google File to all teachers with an explanation of why and how to use the journal.
  - Launch the campaign on the first Monday in May.
- 



Accountability  
Team

- List student leadership team:
  - List faculty / staff advisors:
  - List any other adults who can support this campaign:
- 



Timeline  
for Results

**Add Dates Below** (Working Backwards)

- Launch the *Finding Inspiration* campaign:
- Distribute journals with instructions to all teachers:
- Use the Google Template to create a custom journal:
- Choose 5 final quotes from the list of quotes gathered:
- Interview faculty and staff member to gather quotes:
- Select and contact faculty and staff asking for an interview:
- Write a script to be used when asking adults for an interview:

Blank GREAT Goal worksheet to help you create your own  
*Finding Inspiration* Mental Health Month Campaign.



Goal  
Name

---



Reason  
for the Goal

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Efforts  
Required

---



Accountability  
Team

---



Timeline  
for Results