

VARSITY  BRANDS



# EMPOWERMENT JOURNAL



# BELIEVE IN YOU

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

NAME \_\_\_\_\_

SCHOOL \_\_\_\_\_

GRADE \_\_\_\_\_



# WHAT IS EMPOWERMENT?

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

## STUDENTS HAVE THE RIGHT TO...

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



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

# What is an empowerment journal?

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

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

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

***We Believe In You.***

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

Believe In You

# Weeks 1 – 5 Wellness Log: Physical Activity & Nutrition

Track your wellness goals.

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

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

## Week 1

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

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

# OPTIMISM AND TRUST

Optimism is hopefulness and confidence about the future.

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

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



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

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

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



**Optimism is a decision to trust in the future.**

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

**YES, OPTIMISM IS A CHOICE.**



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

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



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

– Kevin Atlas

## Monday: Emotional Awareness – Trust

|  |                       |
|--|-----------------------|
| Why do I feel trust?   | When do I feel trust? |
| <div style="border: 2px solid black; border-radius: 50%; width: 150px; height: 150px; margin: 0 auto; display: flex; align-items: center; justify-content: center;"><b>TRUST</b></div> |                       |
| What does trust feel like?   | How is trust helpful? |

**Use the emotion square to think about *trust*.**

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

Trust is the foundation of a positive relationship. It's important to be able to trust others. It's also important for others to be able to trust you.

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

.....

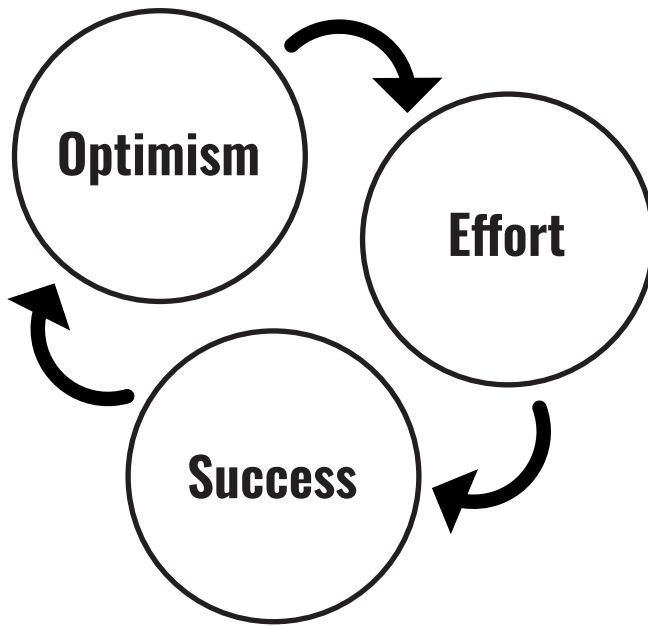
## Tuesday: In my life.

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

## Wednesday: Let's think about optimism.

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

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



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

Optimism fuels our effort and helps drive our success.

**That's the optimism, effort, success loop.**

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

## Gratitude Friday.


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

## Saturday/Sunday: Weekly reflection.

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



## Monday: Emotional Awareness – Enthusiasm

|  |                              |
|--|------------------------------|
| Why do I feel enthusiastic?  | When do I feel enthusiastic? |
| <div style="text-align: center;"><br/><b>ENTHUSIASM</b></div> |                              |
| What does enthusiasm feel like?  | How is enthusiasm helpful?   |

**Use the emotion square to think about *enthusiasm*.**

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

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

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

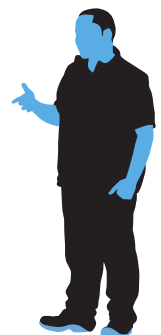
.....

## Tuesday: In my life.

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

## Wednesday: Enthusiasm helps optimism come alive!

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





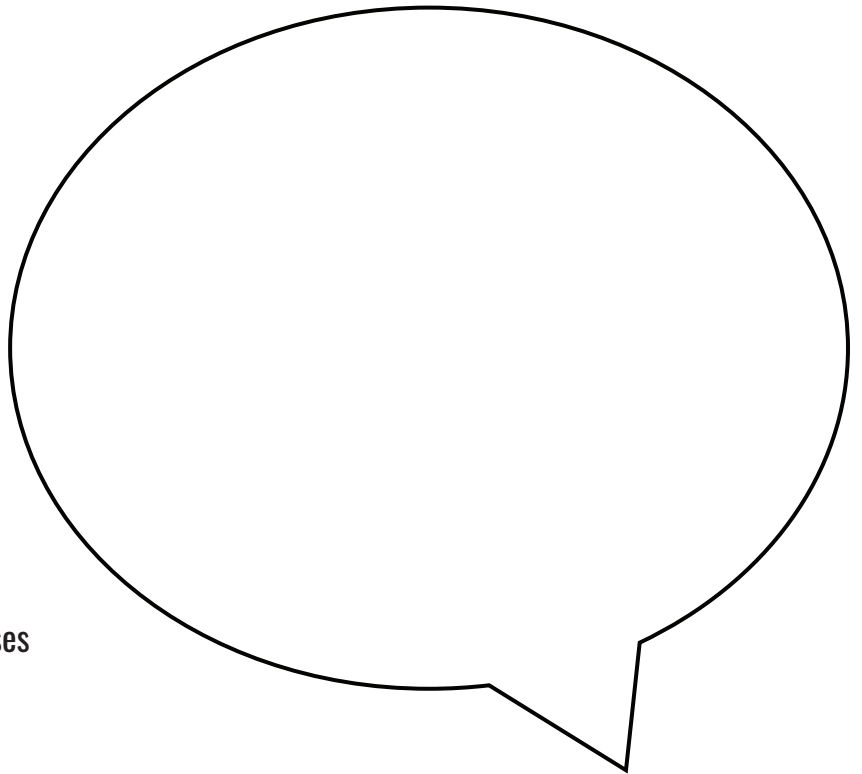
## Thursday: Positive self-talk fuels enthusiasm.

# SELF-TALK 101

### > The words that you say to yourself matter.

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

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




## Gratitude Friday.

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

## Saturday/Sunday: Weekly reflection.

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

## Monday: Emotional Awareness – Encouragement

|   |                               |
|---|-------------------------------|
| Why do I feel encouraged?   | When do I feel encouraged?    |
| <br><b>ENCOURAGEMENT</b> |                               |
| What does encouragement feel like?  | How is encouragement helpful? |

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

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

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

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

.....

## Tuesday: In my life.

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

## Wednesday: Everyone needs encouragement.

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

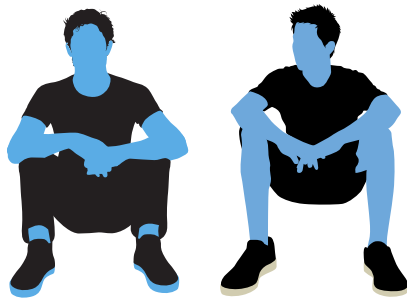
## Thursday: Practicing encouragement.

# Write it down...

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

**Like with all skills, supporting others takes practice.**

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



## Gratitude Friday.

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

## Saturday/Sunday: Weekly reflection.

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

## Monday: Emotional Awareness – Fear

|   |                      |
|---|----------------------|
| Why do I feel fear?   | When do I feel fear? |
| <div style="border: 2px solid black; border-radius: 50%; width: 150px; height: 150px; margin: 0 auto; display: flex; align-items: center; justify-content: center;"><b>FEAR</b></div> |                      |
| What does fear feel like?   | How is fear helpful? |

### Use the emotion square to think about *fear*.

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

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

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

.....

## Tuesday: In my life.

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

## Wednesday: Think about it.

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

## Thursday: Courage and the fear of missing out.

### It's a real thing...

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

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

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

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

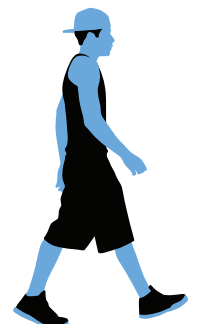
- **Strong:** Be firm. Don't let pressure change your mind.
- **Actions:** Remove yourself from the pressure. You might have to physically get up and leave a conversation.
- **Follow Through:** Once you create a way out of the situation, follow through with your plan.
- **Empower:** Others may feel the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

## Gratitude Friday.

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

## Saturday/Sunday: Weekly reflection.

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



## Monday: Emotional Awareness – Motivation

|   |                            |
|---|----------------------------|
| Why do I feel motivated?  | When do I feel motivated?  |
| <div style="border: 2px solid black; border-radius: 50%; width: 150px; height: 150px; margin: 0 auto; display: flex; align-items: center; justify-content: center;"><b>MOTIVATION</b></div> |                            |
| What does motivation feel like?   | How is motivation helpful? |

**Use the emotion square to think about *motivation*.**

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

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

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

.....

## Tuesday: In my life.

- What motivates you? Is there a song, a movie, or a book that provides you with motivation every time it touches your life? Write down all the things (and the people) that have given you motivation through the years.

## Wednesday: Think about it.

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

## Thursday: Motivation to climb a mountain.

### The art of getting over it...

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

$$M+C+D=GRIT$$

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

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

What was the obstacle that you overcame?

What was your motivation for overcoming the obstacle?

What gave you courage?

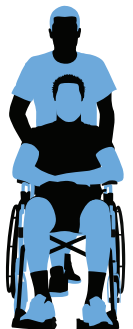
How did you demonstrate determination?

## Gratitude Friday.

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

## Saturday/Sunday: Weekly Reflection.

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



# Weeks 6 – 10 Wellness Log: Physical Activity & Nutrition

Track your wellness goals.

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

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

## Week 6

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

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



# GREAT GOALS AND PURPOSEFUL PRACTICE

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

.....

## Reaching a goal requires focus and effort

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

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

.....

### **Action Plan /noun/**

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

### **Accountability /noun/**

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

.....

“When you take risks you learn that there will be times when you succeed and times when you fail and both are equally important.” – **Ellen DeGeneres**

# Weeks 6 – 10: GREAT GOAL WORKSHEET

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

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

**G****Goal's Name**

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

**R****Reason for your Goal**

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

**E****Efforts Required**

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

**A****Accountability Partner**

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

**T****Timeline for your Goal**

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

**Goal's Name:****Reason for your Goal:**

Efforts Required

&gt;Today...

&gt;Tomorrow...

&gt;Next Week...

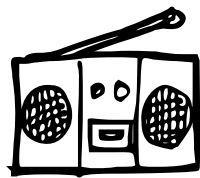
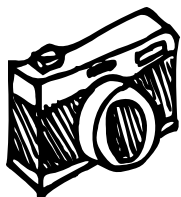
&gt;Beyond Next Week...

> **Accountability Partners:**

Great Goal Timeline

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

# DOODLE PAGE



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



## Monday: Making the connections to *trust*.

1

### TRUST

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

### BEHAVIOR

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

2

### CONFIDENCE

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

3

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

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

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

## Tuesday: In my life.

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

## Wednesday: I can trust myself.

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



## Thursday: Purposeful practice: *trust*.



Look at the example statements in the circles above.

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

## Gratitude Friday.

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

## Saturday/Sunday: Weekly reflection.

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

## Monday: Making the connections to *enthusiasm*.

**1**

### ENTHUSIASM

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

### INTEREST

You are enthusiastic about things that interest you.

**2**

### ENJOYMENT

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

**3**

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

## Tuesday: In my life.

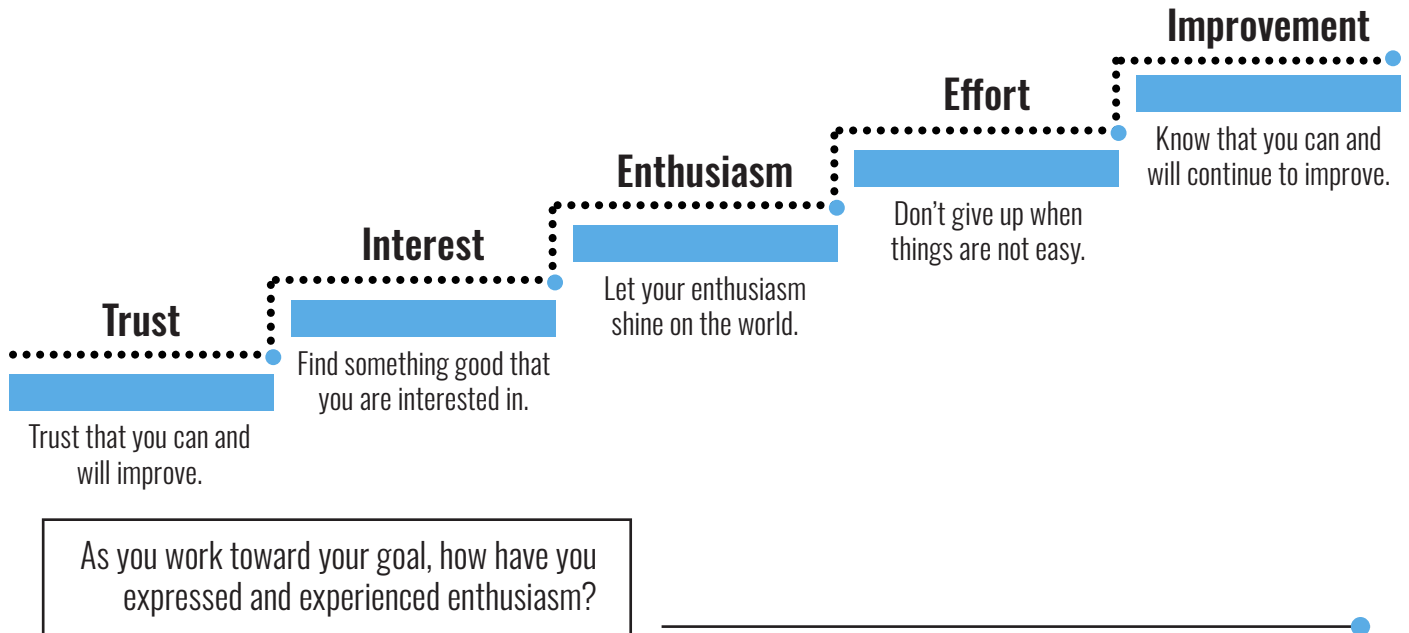
- Reflect on what you wrote yesterday about your enthusiasm. What subjects in school can help you build your knowledge and skill, and drive your interest and enjoyment?

## Wednesday: My enthusiastic people.

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

## Thursday: Growth mindset is fueled by enthusiasm.

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

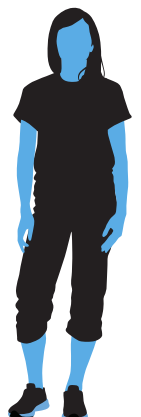


## Gratitude Friday.

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

## Saturday/Sunday: Weekly reflection.

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



## Monday: Making the connections to *encouragement*.

**1**

### ENCOURAGEMENT

Find opportunities to give people encouragement.

### COMMUNICATION

Use positive communication to build people up.

**2**

### SELF-CONFIDENCE

See the difference that your encouragement can make.

**3**

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

## Tuesday: Unique greatness.

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

## Wednesday: Everyone needs encouragement.

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





## Thursday: Practicing encouragement.



Who will you encourage and celebrate?

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

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

## Gratitude Friday

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

## Saturday/Sunday: Weekly reflection.

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

## Monday: Making the connections to *fear*.

### 1 FEAR

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

### 2 COMMITTED ACTION

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

### 3 COURAGE

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

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

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

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

## Tuesday: In my life.

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

## Wednesday: Think about it.

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

## Thursday: Practicing Courage



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

## Gratitude Friday.

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

## Saturday/Sunday: Weekly reflection.

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



## Monday: Making the connections to *motivation*.

**1**

### MOTIVATION

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

### EFFORT

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

**2**

### ACHIEVEMENT

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

**3**

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

## Tuesday: In my life.

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

## Wednesday: Think about it.

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



## Thursday: Motivating Your Potential



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

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

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

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

## Gratitude Friday.

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

## Saturday/Sunday: Weekly reflection.

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