

Day	Take time to reflect - write / draw / add pictures of great memories from this week.
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	

GRATITUDE:

Write down three things
that you are grateful for?

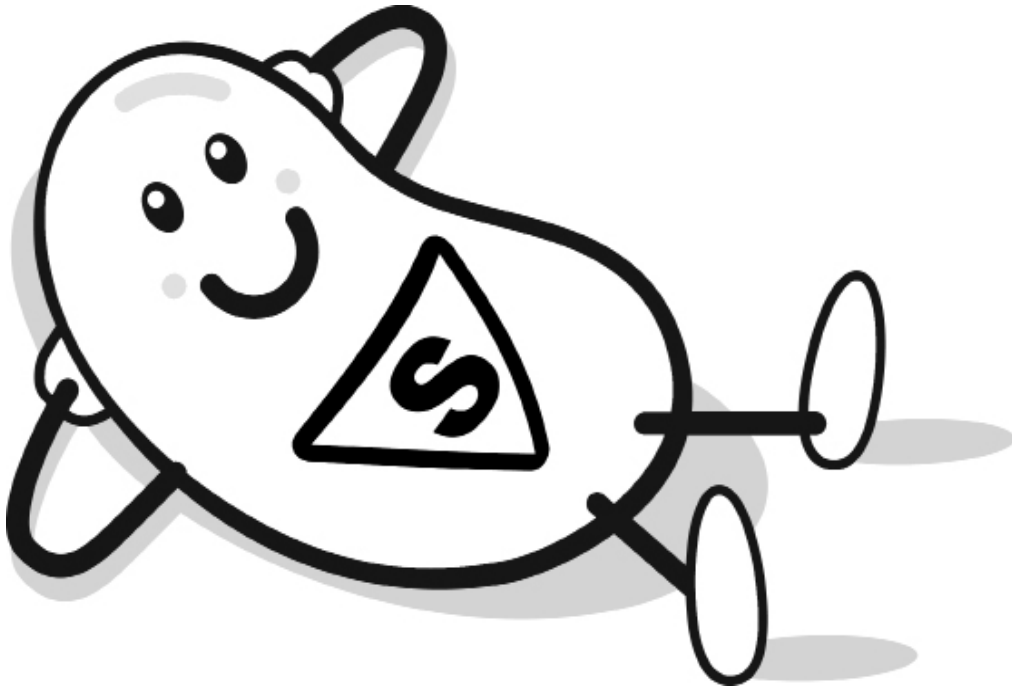
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Strength of the week:

HUMOUR

How have you been funny this week?

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Who do you know that has the top strength of humour?

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