

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

Random acts  
of kindness:

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What have you done  
to be kind?

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Strength of the week:

# BRAVERY

When and how have you used bravery this week?  
Don't forget bravery can mean different things to different people.  
What does bravery mean to you?  
Who do you admire that has this strength?

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# GOAL

What would you like to achieve?

Write down a goal, it can be anything you like...

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