

# My Week: \_\_\_\_\_

Monday

Tuesday

Wednesday

Thursday

Friday

Pick a relevant thought to write about:

- Challenged myself by
- Took criticism positively by
- My genius moment was
- Learned from this mistake
- Maximized my effort on
- Persisted when
- Took a risk by
- My mindset was
- Tackled this problem
- Instead of giving up, I
- Remained positive despite
- Not there yet but learning...
- Improved by
- Failed but learned
- Moved from Plan a to Plan B
- Didn't give up and
- Practiced this 'til I got it
- Was brave enough to try
- Faced a problem and
- Time and effort paid off when
- Pepped talked myself to
- Found it hard but
- Focused on improving
- Turned around this negative thought