



# Monday

# Tuesday



# Wednesday

My intentions are...

I will challenge myself to...

I will stay on target by...

A new strategy I will try is...

My pep talk to me is...

3 things I will definitely get done are...

I will make an impact by...

I will break out of my comfort zone and...

I will make somebody's day by...

To remain positive, I will...

A thought I need to change is...

Somebody would thank me for...

I was active this week by...

This really made me smile....

I was positively impacted by...

An experience that taught me something was...

I was inspired by.....



Thursday

Friday

Reflections

A large rectangular box with a black border, intended for writing reflections. It features two pairs of dots in the corners: two dots in the top-left corner and two dots in the bottom-right corner.



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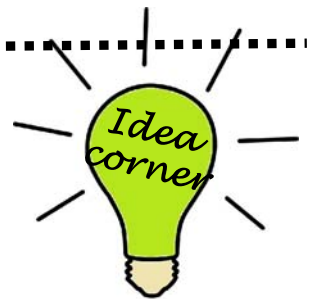
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Thursday Friday

Reflections

