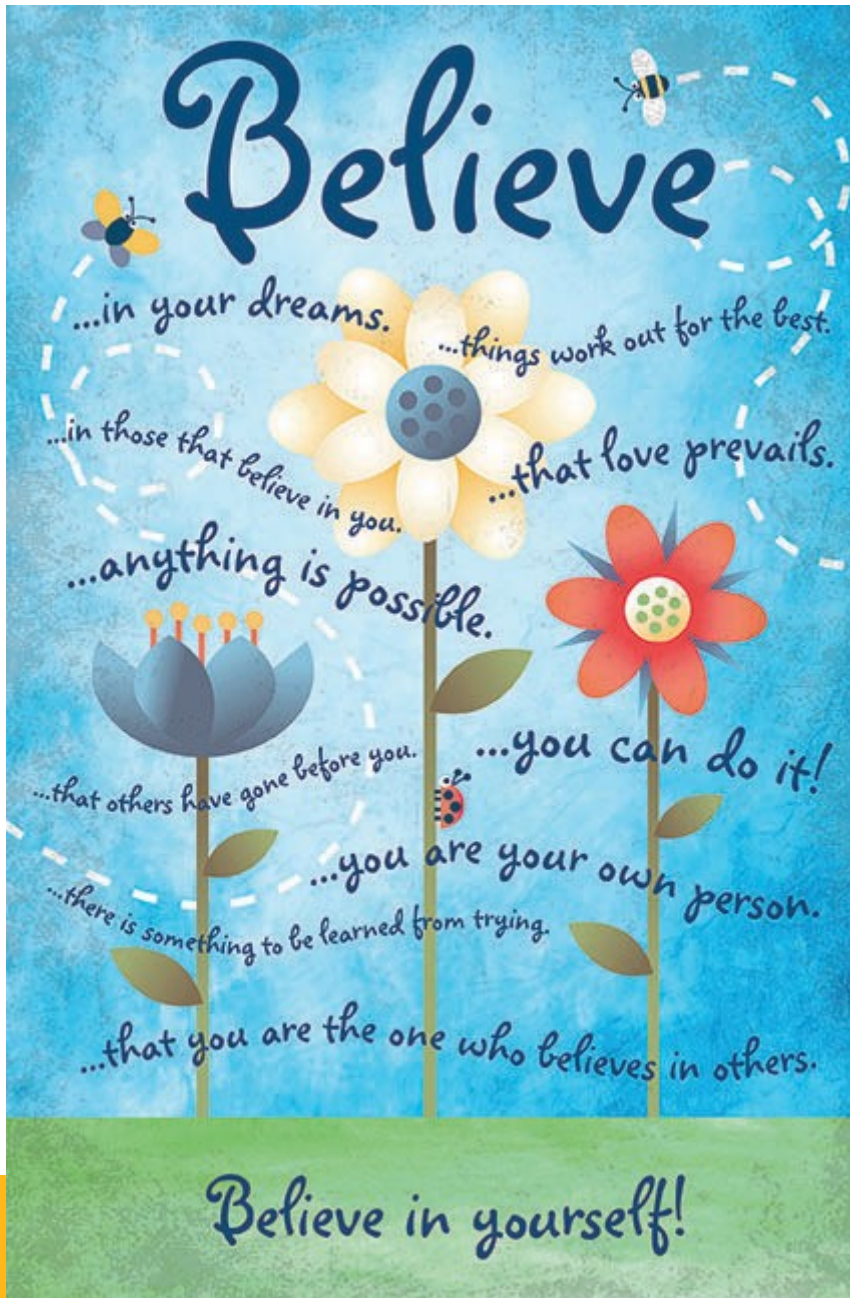




My wellbeing journal

Name: _____





ACTION CALENDAR: HAPPIER JANUARY 2021



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



"Happiness is when what you think, what you say, and what you do are in harmony" - Gandhi

4 Write a list of things you feel grateful for in life and why

5 Look for the good in others and notice their strengths

6 Take five minutes to sit still and just breathe

7 Learn something new and share it with others

8 Say positive things to the people you meet today

9 Get moving. Do something physically active (ideally outdoors)

10 Thank someone you're grateful to and tell them why

11 Switch off all your tech 2 hours before bedtime

12 Connect with someone near you - share a smile or chat

13 Be gentle with yourself when you make mistakes

14 Take a different route today and see what you notice

15 Eat healthy food which really nourishes you today

16 Get outside and notice five things that are beautiful

17 Contribute positively to a good cause or your community

18 Focus on what's good, even if today feels tough

19 Get back in contact with an old friend you miss

20 Go to bed in good time and give yourself time to recharge

21 Take a small step towards an important goal

22 Try out something new to get out of your comfort zone

23 Plan something fun and invite others to join you

24 Put away digital devices and focus on being in the moment

25 Decide to lift people up rather than put them down

26 Say hello to a neighbour and get to know them better

27 Challenge your negative thoughts and look for the upside

28 Ask other people about things they've enjoyed recently

29 Use one of your personal strengths in a new way

30 Count how many people you can smile at today

31 Write down your hopes or plans for the future



ACTION FOR HAPPINESS

www.actionforhappiness.org

Monday

Tuesday

Wednesday

Thursday

Friday

What Is Growth Mindset?

You have a growth mindset if:

- you love a challenge;
- you use your mistakes as a chance to learn and improve;
- you believe that practice makes perfect.



"I have not failed, I've just found 10,000 ways that won't work."

Thomas Edison



My goals for this week:



I want to get better at

.....

Because.....

.....



Rate the Day



I enjoy, or I enjoyed-

.....

Monday

Tuesday

Wednesday

Thursday

Friday

BRAVE

LOYAL

FUNNY

TALENTED

INTELLIGENT

MOTIVATED

RELIABLE

RESPECTFUL

EASY-GOING

CONFIDENT

COOL

RESPONSIBLE

KIND

OPTIMISTIC

STRONG

GIFTED

HARDWORKING

PATIENT

SMART

RESILIENT

MOTIVATED

WISE

ADVENTUROUS

LEADER

UNIQUE

AMAZING

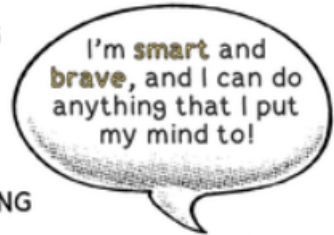
GENEROUS

FRIENDLY

NICE

UNDERSTANDING

CARING



I am



I know this because...

I am



I know this because...

Rate the Day



There is no magic to achievement.
It's really about hard work,
choices and persistence.

Michelle Obama



Monday

Tuesday

Wednesday

Thursday

Friday



I am good at:



English	Maths	Science
Geography	History	Music
Drama	PE	ICT
PSHE	RE	MFL
DT	Art	Food tech
Reading	Talking	Listening

I am good at.....

I know this because.....

Don't Panic!



Sometimes, when we are faced with a challenge or problem, we can become anxious and give up without really trying.

Instead of instantly turning on fixed mindset thoughts, stop, take some deep breaths, calm down and approach your task with a growth mindset.



Rate the Day



I enjoy, or I enjoyed-

.....

Monday

Tuesday

Wednesday

Thursday

Friday



DEVELOPING A **GROWTH MINDSET**

INSTEAD OF.....	TRY THINKING....
I'm not good at this	What am I missing?
I give up	I'll use a different strategy
It's good enough	Is this really my best work?
I can't make this any better	I can always improve
This is too hard	This may take some time
I made a mistake	Mistakes help me to learn
I just can't do this	I am going to train my brain
I'll never be that smart	I will learn how to do this
Plan A didn't work	There's always Plan B
My friend can do it	I will learn from them



I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed."

Michael Jordan



I have worked really hard to be better at

I am working hard to be

Rate the Day



Monday

Tuesday

Wednesday

Thursday

Friday

2 funny things about me:

1 thing I love about myself:



My self-love blocks

3 qualities I have:

4 ways I make people happy:

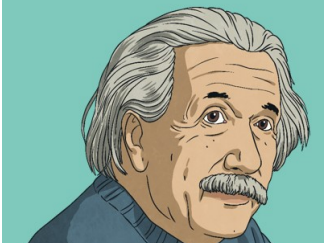


5 things I did well this week:



'It's not that I'm so smart; I just stay with problems longer.'

Albert Einstein





Growth Mindset

i l b q u e s t i o n h
g h t r y g d l c v e d
q j h d g q p p d e f s
l q a o r z b a i k f k
m i h q o p p w f c o e
m m n b w o k j f o r e
i p g r q s u g i s t p
s r o a n i w l c t y g
t o a i q t y e u g o o
a v l n d i p a l s r i
k e o s r v f r t d j n
e y s m v e f n c s n g



brain
grow
try
learn

question
keep going
goal
effort

positive
mistake
difficult
improve

