

January 2023

MINDFUL MONDAY	TELL ME TUESDAY	WE GOT THIS WEDNESDAY	THANKFUL THURSDAY	FUN FRIDAY
<p>2 SCHOOL CLOSED</p>	<p>3 WRITE A LIST OF YOUR GOALS FOR 2023.</p>	<p>4 CREATE 3 NEW AFFIRMATIONS IN YOUR JOURNAL.</p>	<p>5 LOOK AROUND YOUR HOME/CLASSROOM. FIND AN OBJECT OR THING YOU APPRECIATE. WRITE ABOUT IT.</p>	<p>6 DRAW A SKETCH OF YOUR FAMILY DOING SOMETHING TOGETHER.</p>
<p>9 BREATHE IN AND OUT WHILE COUNTING UNTIL 10. THEN COLLECT YOUR THOUGHTS AND REPEAT: I AM CAPABLE OF BEING THE BEST VERSION OF MYSELF. WRITE IT DOWN IN YOUR NOTEBOOK.</p>	<p>10 CLOSE YOUR EYES AND IMAGINE YOURSELF ONCE YOU HAVE FINISHED SCHOOL. WHAT CAREER WOULD YOU CHOOSE? WHY?</p>	<p>11 DRAW A SKETCH OF YOURSELF SAYING A POSITIVE QUOTE!</p>	<p>12 WRITE ABOUT A FAMILY MEMBER THAT IS SPECIAL TO YOU. TELL ABOUT THE CHARACTER TRAITS YOU ADMIRE MOST.</p>	<p>13 CREATE A POEM ABOUT YOUR FAVORITE TEACHER. SEND THEM AN EMAIL ATTACHING THE POEM!</p>
<p>16 SCHOOL CLOSED</p>	<p>17 WHAT WAS YOUR BIGGEST ACCOMPLISHMENT IN 2022? WRITE ABOUT IT IN YOUR NOTEBOOK.</p>	<p>18 CREATE A COMIC STRIP WITH GROWTH MINDSET QUOTES!</p>	<p>19 THINK OF A FRIEND YOU ARE GRATEFUL FOR AND SEND HER/HIM A THANK YOU EMAIL.</p>	<p>20 CREATE A VISION BOARD NBY DRAWING PICTURES OF THINGS YOU WANT TO ACCOMPLISH.</p>
<p>23 CLOSE YOUR EYES, BREATHE IN AND OUT WHILE COUNTING UNTIL 10. BE AWARE OF YOUR THOUGHTS AND FEELINGS. WRITE DOWN HOW YOU ARE FEELING TODAY AND EXPLAIN WHY.</p>	<p>24 WRITE ABOUT A TIME A FRIEND DID SOMETHING THAT HURT YOU. HOW DID YOU FEEL AND HOW DID YOU REACT? DO YOU THINK YOU COULD HAVE CHANGED THE WAY YOU RESPONDED?</p>	<p>25 WHAT WAS A CHALLENGING THING YOU FACED RECENTLY? WRITE DOWN THE STRATEGIES YOU USED TO OVERCOME THE CHALLENGE.</p>	<p>26 SHOW GRATITUDE BY PERFORMING A RANDOM ACT OF KINDNESS. WRITE DOWN WHAT YOU DID IN YOUR NOTEBOOK.</p>	<p>27 CONTINUE ADDING TO YOUR VISION BOARD. BE CREATIVE! THE POSSIBILITIES ARE ENDLESS!</p>
<p>30 CLOSE YOUR EYES AND BREATHE COUNTING UNTIL 10. THEN COLLECT YOUR THOUGHTS AND REPEAT: I AM GRATEFUL AND READY FOR THE NEW WEEK!</p>	<p>31 LIST 3 THINGS YOU CAN DO TO HELP YOU CHEER UP WHEN YOU FEEL DOWN.</p>	<p>1 WRITE ONE WAY THAT YOU CAN HAVE AN AMAZING DAY.</p>	<p>2 THINK OF SOMETHING YOU ARE GRATEFUL FOR AND WRITE IT DOWN IN YOUR NOTEBOOK.</p>	<p>3 ANALYZE THIS QUOTE: "DEVELOP ENOUGH COURAGE SO THAT YOU CAN STAND UP FOR YOURSELF AND THEN STAND UP FOR SOMEBODY ELSE." ~ MAYA ANGELOU</p>