

MARCH 2023

MINDFUL MONDAY	TELL ME TUESDAY	WE GOT THIS WEDNESDAY	THANKFUL THURSDAY	FUN FRIDAY
<div>27</div> <div>CLOSE YOUR EYES AND BREATHE COUNTING UNTIL 10. THEN COLLECT YOUR THOUGHTS AND REPEAT: I AM READY FOR THIS WEEK!</div>	<div>28</div> <div>TELL 3 WAYS YOU CAN HELP MAKE SOMEONE ELSE FEEL GOOD.</div>	<div>1</div> <div>#I BELIEVE IN MYSELF  DRAW A SKETCH OF YOURSELF AND WRITE ABOUT HOW YOU CAN BELIEVE IN YOURSELF.</div>	<div>2</div> <div>WRITE A THOUGHTFUL NOTE TO A PARENT OR GRANDPARENT ABOUT WHAT MAKES THEM SPECIAL.</div>	<div>3</div> <div>DO YOU HAVE A <b>STRONG WOMAN</b> IN YOUR LIFE? (FOR EXAMPLE: MOTHER, GRANDMOTHER, AUNT, OR A TEACHER) WHAT CHARACTER TRAITS DO YOU ADMIRE ABOUT THEM? WHY?</div>
<div>6</div> <div>REPEAT THESE WORDS: EVERY DAY MY LIFE IS GETTING BETTER AND BETTER. I AM WORTHY. I LOVE MYSELF.</div>	<div>7</div> <div>WOULD YOU RATHER HAVE ONE LOYAL BEST FRIEND OR 10 DECENT FRIENDS? WHY?</div>	<div>8</div> <div>WRITE THREE THINGS YOU CAN SAY INSTEAD OF “I GIVE UP” WHEN YOU ARE DOING SOMETHING DIFFICULT.</div>	<div>9</div> <div>WRITE A THANK YOU LETTER TO YOURSELF.  WRITE ABOUT ALL THE GREAT QUALITIES YOU HAVE.</div>	<div>10</div> <div><u>ANALYZE THIS QUOTE:</u> “NO ONE CAN MAKE YOU FEEL INFERIOR WITHOUT YOUR CONSENT.” -ELEANOR ROOSEVELT</div>
<div>13</div> <div>COMPLETE THE SENTENCE: TODAY I FEEL... EXPLAIN.</div>	<div>14</div> <div>WHAT IS ONE THING YOU ARE AFRAID OF?  HOW CAN YOU TRY TO FACE YOUR FEAR?</div>	<div>15</div> <div>DEFINE THE WORD: “SUCCESS.”  WHAT DOES SUCCESS MEAN TO YOU?</div>	<div>16</div> <div>SEND AN EMAIL TO A TEACHER THANKING THEM FOR SOMETHING THEY TAUGHT YOU THIS YEAR.</div>	<div>17</div> <div><u>ANALYZE THIS QUOTE:</u> “IF YOU DON’T SEE A CLEAR PATH FOR WHAT YOU WANT, SOMETIMES YOU HAVE TO MAKE IT YOURSELF.”— MINDY KALING</div>
<div>20</div> <div>TO IMPROVE YOUR LIFE, YOU HAVE TO IMPROVE YOUR THOUGHTS. WHAT ARE YOUR THOUGHTS RIGHT NOW?</div>	<div>21</div> <div>WHO IS YOUR ROLE MODEL? WHAT QUALITIES DOES YOUR ROLE MODEL HAVE?</div>	<div>22</div> <div>DEFINE THE MEANING OF GROWTH MINDSET AND FIXED MINDSET.  WRITE ONE ORIGINAL GROWTH MINDSET QUOTE.</div>	<div>23</div> <div>SHOW GRATITUDE BY SAYING THANK YOU TO ONE IMPORTANT PERSON IN YOUR LIFE.</div>	<div>24</div> <div><u>ANALYZE THIS QUOTE:</u> “AT THE END OF THE DAY, WE CAN ENDURE MUCH MORE THAN WE THINK WE CAN.” — FRIDA KAHLO</div>
<div>27</div> <div>LOOK AROUND YOU. WHAT DO YOU SEE? WHAT DO YOU HEAR? WHAT DO YOU FEEL? BE PRESENT AT THE MOMENT. WRITE DOWN ALL YOUR FEELINGS.</div>	<div>28</div> <div>WOULD YOU RATHER BE GIVEN \$1000 OR HAVE THE CHARITY OF YOUR CHOICE BE GIVEN \$10,000?</div>	<div>29</div> <div>WEDNESDAY WILL EITHER MAKE YOU OR BREAK YOU. YOU ARE EITHER ON THE UPWARD TREND OR THE DOWNWARD SLIDE TO THE END OF THE SCHOOL WEEK. WHICH ARE YOU?</div>	<div>30</div> <div>WRITE A THANK YOU LETTER TO MR. GREEN. LIST ALL THE REASONS YOU ARE GRATEFUL FOR HIM. PUT THE LETTER IN HIS MAILBOX.</div>	<div>31</div> <div><u>ANALYZE THIS QUOTE:</u> “IF THERE’S ONE THING I’VE LEARNED IN LIFE, IT’S THE POWER OF USING YOUR VOICE.” — MICHELLE OBAMA</div>