

# DAY 1

## TOP 10 STRENGTHS

Today's challenge is to write down 10 strengths that you have. This can be anything ranging from what you like about yourself, to a skill you are good at.

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

5 \_\_\_\_\_

6 \_\_\_\_\_

7 \_\_\_\_\_

8 \_\_\_\_\_

9 \_\_\_\_\_

10 \_\_\_\_\_

# DAY 2

## GOAL SETTING

Write down 3 goals you would like to accomplish.

Choose 1 goal and on the next page create a smart goal for yourself.

These can be big, small, short-term, or long-term. Try not to set limits on what you are thinking of.

GOAL-1

GOAL-2

GOAL-3

# DAY 2(2)

## SET SMART GOALS

Choose a goal from above and make it SMART..

My goal is:

**S**  
SPECIFIC

What do I want to happen?

**M**  
MEASUREABLE

How will I know when I have achieved my goal?

**A**  
ATTAINABLE

Is the goal realistic and how will I accomplish it?

**R**  
RELEVANT

Why is my goal important to me?

**T**  
TIMELY

What is my deadline for this goal?

# DAY 3

## POSITIVE SELF TALK

Today's challenge is to write 5 positive self-talk statements that you can tell yourself throughout the day. These are things you would like to believe about yourself. It can be anything, but ensure it is believable and positive!

Example : "I am a confident person, I can do anything I set my mind to."

1.

2.

3.

4.

5.

# DAY 4

## 5 THINGS PEOPLE SAY ABOUT YOU

Ask 2 people if they can tell you 2-to 3 of your strengths.

These can be specific attributes or compliments.

1

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2

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3

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4

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5

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# DAY 5

## TAKE ACTION

Identify one thing that scares you and take action.

For example if you are afraid of talking to stranger. Then go out in your neighborhood and make a conversation with a few people. Write your thoughts after the activity.

What exactly happened? And how did you feel during the activity?

Do you feel more confident after taking action. What can you do to improve yourself next time?