**Strengths and Challenges**

**WEEK 1**

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| **Monday** |
| How are you feeling today? *Choose one.* Why are you feeling this way? What are your top five qualities? If you are struggling, to think about positive qualities, try to think what a friend would say about you. What strategy can you try to use to be more optimistic?  |

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| **Tuesday** |
| How are you feeling today? *Choose one.* Why are you feeling this way? Compliment yourself. Make a list of five compliments you would give yourself. What strategy can you try to use to be more optimistic?  |

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| **Wednesday** |
| How are you feeling today? *Choose one.* Why are you feeling this way? Imagine you are a superhero. What is your name and what is your superpower? What strategy can you try to use to be more optimistic?  |

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| **Thursday** |
| How are you feeling today? *Choose one.* Why are you feeling this way? What was your greatest success? What challenges did you overcome to get there? How did it make you feel when you finally succeeded?What strategy can you try to use to be more optimistic?  |

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| **Friday** |
| How are you feeling today? *Choose one.* Why are you feeling this way? Positive affirmations are statements you say to yourself to keep your thinking on track. Some examples might be, “I like who I am”, “Today is going to be a great day.” What strategy can you try to use to be more optimistic?  |

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| **Day** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| How are you feeling today? *Choose one.* Why are you feeling this way? Create your own activities for your learners. What strategy can you try to use to be more optimistic?  |

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| **Day** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| How are you feeling today? *Choose one.* Why are you feeling this way? Create your own activities for your learners. What strategy can you try to use to be more optimistic?  |

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| **Day** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| How are you feeling today? *Choose one.* Why are you feeling this way? Create your own activities for your learners. What strategy can you try to use to be more optimistic?  |