

List 5 things that you have grown at/in this week:

Give your biggest weakness and how you are going to improve it:

Circle either: meditation, gratitude or social skills and practise it every day for the next week.

Day 1: Set Goals

* Set aside 30mins to reflect on both personal and professional goals. Then create a list and write down 1 big goal for both and 2 smaller, day-to-day goals for example brush teeth every morning and evening. Then create a plan of action in order to achieve your larger goal.

Day 2: Practise Gratitude and Positivity

* As soon as you wake up write down 6 things that you’re grateful for and stick them up or place them somewhere that you will regularly see them. Then throughout the day practise positivity, notice all of the good things in your life. Take a moment just to stop and breathe, notice how beautiful life really is.

Day 3: Time Management

* Assess how you're spending your time and identify any areas where you're wasting time or not being productive. Create a daily schedule or to-do list to help you stay focused and make the most of your time.

Day 4: Mindfulness and Self-Care

* Take some time to practice mindfulness, whether through meditation, deep breathing, or simply paying attention to your thoughts and feelings. Also, prioritize self-care by doing something that makes you happy and relaxed.

Day 5: Improvement and Growth

* Challenge yourself to learn something new or try a new activity that pushes you out of your comfort zone. It could be taking a class, trying a new hobby, or reading a book on a topic you're interested in.

Day 6: Improving Social Skills and Relationships

* Focus on improving your communication skills and building stronger relationships with the people in your life. Practice active listening, expressing yourself clearly, and showing empathy and understanding.

Day 7: Reflection

* Take some time to reflect on the past week and how you've grown and improved. Write down any accomplishments or insights which you've gained. In the box below complete all of the sections and stick to them. I hope this helped, best of luck and always keep improving!