

Six-Week Challenge - Personal Journal

	Week One	Week Two	Week Three	Week Four	Week Five	Week Six
Day One	Let somebody else go first	Hold a door	Participate	Be proud of yourself	Pay attention to your words	Do NOT join in!
Day Two	Hug somebody	Pick something up	Follow the rules	Forgive yourself	Compliment someone	Kindness takes courage
Day Three	Say "hi"	Help somebody struggling	Being a team	Breathe	Someone you dislike (name not necessary)	Make your grandma proud
Day Four	Observe kind acts	Anticipate ways to help	Don't get distracted	Eat your favorite fruit or veggie	Jealousy into appreciation	Defuse bad texts
Day Five	Say "thank you"	Clean up after yourself	Appreciate your teacher	Appreciate yourself	Be a friend	Who do you want to be?

Notes: