

Move, Thrive, & Manage Your Time!



Circle a trait you'd like to work on this week

- gratitude** *Kindness* *Love*
- PERSPECTIVE** *Humor* **TEAMWORK**
- PERSEVERANCE** *Spirituality*
- honesty* **HUMILITY** *zest*

How was my day today?



Month

Day

Date

TO DO

GOALS

What are my top three priorities this week?

What do my parents need me to do this week?

What can I do this week to make next week easier for myself?
