

Being the Best I Can Be Journal



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Day 28

Think about what is more important to you - getting something right every time with little effort or giving something 100% effort but not always getting it right.

Day 29

What would be your ideal day?

Day 30

Think about how you feel when you have tried your hardest to achieve your goals and other people are proud of you.

Day 5

What three things make you smile?

Day 6

Think about how it feels when you make someone else smile.

Day 7

What are your best qualities?

Day 8

Think about what qualities you admire in others.



Day 9

What three things can you do to become more confident?

Day 10

Think about what confidence looks like in other people.

Day 11

How does it feel when you are proud of yourself?

Day 24

Think about how it feels when someone shows you they care about you.

Day 25

Do you sometimes give up when things get difficult?

Day 26

Create a negative to positive thought board. Write a negative thought down and change it to become a positive thought.

Day 27

What has been the most important day of your life so far?



Day 21

What is the one thing you would like to learn but you can't do alone?

Day 22

Think about who can help you to learn this and ask them for support.

Day 23

How can you show other people that they are important to you?

Day 12

Decide what your main goal is.

Day 13

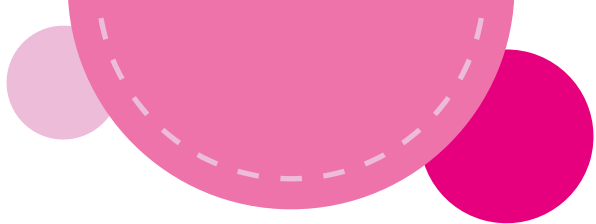
What barriers may stop you from achieving your goal?

Day 14

Create a three-step plan to achieve your goal.

Day 15

Who are your favourite people in your life?



Day 16

Think about what words your best friend would use to describe you.

Day 17

What habit do you want to change?

Day 18

Create a positive affirmation to say every morning.

Day 19

What are you afraid to do?

Day 20

Make a list of activities you would like to try that you haven't tried before.
