

BEST SELF TIMELINE



Reflect on the week and write down moments when you showed your 'best self'.

E.g. You may have helped your teammate find their football boots, helped the adults in your house make dinner, or showed kindness to a friend.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



BEING MY BEST SELF



What was the best thing you did today?

Did you smile today? What was it that made you smile?

How do you feel when you smile?

What three things can you do to become more confident?

How does it feel when you are proud of yourself?

What are your skills and talents?

Decide what your main goal is.

What barriers may stop you from achieving that goal?
