Accomplishment + optimism_
SHORT TERM TARGETS
WHY?: by understanding that being successful in your senior schooling is about following step by
HOW: break down large tasks into smaller ones and then set time targets to complete each of them, to be strategically moving towards accomplishing what you have set out to do. Put these targets in your phone and on a forward planner on your bedroom wall (visual reminders are very effective). Setting short term targets is a proven way to avoid procrastination and feelings of not coping. Acknowledgement: McKnight & Kashdan
DO: how could breaking tasks into smaller ones and setting time targets to do each one help you?
What benefits would come from entering due dates and short term targets in your phone with reminders and on a forward planner?
How could the resilience skill, Thinking Flexibly, help you to do this? (page 118)
Forgiveness Strengths Week
Mahatma Gandhi once shared, "the weak can never forgive. Forgiveness is an attribute of the strong." Forgiveness unties emotional knots. What are three things you need to forgive others or yourself for?
1
2
3
What went well this week?
1
2
3

j	MONDAY				
		ž	/mins	^z zz	/hrs
7	TUESDAY				
		ž	/mins	^z zz z	/hrs
8	WEDNESDAY				
		Ž,	/mins	^z zzZ	/hrs
9	THURSDAY				
		<u> </u>	/mins	^z z z	/hrs
10	FRIDAY	20			
		<u> </u>	/mins	^z zz	/hrs
11	SATURDAY	<u> </u>			
12	SUNDAY				

THINGS TO DO – WEEK:	June 2022
MONDAY	<i>U</i>
UESDAY	
(FRUFAR IV	
/EDNESDAY	
HURSDAY	
ITOKOBAT	
RIDAY	
communication/Comments	
	lardian:
Weekly Big Fow's Check In	

For each of your Big Four, colour in how you did this week.







