



Lifeforforkids

**21 DAY CHALLENGE:
CHARACTER
STRENGTHS**

21 DAY CHALLENGE: CHARACTER STRENGTHS



HELLO FRIEND

Have you ever thought about what makes you, you?

Your CHARACTER STRENGTHS are the parts of your personality that help to make you who you really are.

Knowing your CHARACTER STRENGTHS helps you to understand what makes you tick and will enable you to see yourself in a positive light.

The purpose of this CHALLENGE is to help you feel more positive, be happier and to understand YOU much better than you do now.

We do this in 2 ways:

1. by helping you to understand in more detail how you already use the the 24 CHARACTER STRENGTHS.
2. By giving you plenty of opportunities to practice the STRENGTHS in new ways so that you can flourish and become the best you, you can be.

However, our challenges are only for those who are brave enough and are willing to commit to completing them. If that sounds like you, then sign your name on the dotted line below and let's have some fun:

Signed: _____

date __/__/__

TRACK YOUR PROGRESS

Check each day off as you complete your tasks.

What happens if you miss a day?

Don't worry, just pick up where you left off... tomorrow is another day!

| DAY |
|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|
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21 DAY CHALLENGE: POSITIVITY PORTFOLIO

HOW THE CHALLENGE WORKS

For the next 24 days you will have 3 missions to complete each day:

 **MORNING:** a quick mission to help you to focus on your use of the daily CHARACTER STRENGTH

DAY: a series of tasks that will help you to express and practice the CHARACTER STRENGTH of the day

 **NIGHT:** a night mission that will bring together what you have learned and send you to sleep feeling great.

Each activity is really easy to do and will only take you a minute or two.

To make life easier, we printed off our workbook and left it next to our bed, that way we remembered to do each morning activity when we woke up, and to do our night activity just before bedtime.

It was also easy to read through the daily activities to see which ones we would complete and we could tick off the ones we'd done at the end of the day too.

Write down where you will leave your workbook and when you will do your missions below:

I will leave my workbook:

I will do my morning mission:

I will read my daily missions:

I will do my night mission:

ARE YOU READY?

That's it!

It's pretty straightforward and easy to do.

We hope that you have fun exploring your CHARACTER STRENGTHS as you begin to discover WHO you really are and WHAT you are capable of.

Good luck!

The Lifehacksforkids Team

DAY 1: CREATIVITY

When you are CREATIVE you go beyond normal rules and traditional ways of doing things in order to produce ideas that are original. CREATIVITY is when you use your imagination to connect dots in a new way to the benefit of yourself and others.



MORNING: remember a time (the best time) when you showed your CREATIVITY, write down what happened below:

DAY: practice your CREATIVITY today by...
check off each one of the below that you manage to do:

- Have something different for breakfast.
- Take a different route to school.
- Can you make some art out of objects lying around the house?
- Write a short poem about CREATIVITY.
- Come up with 2 new ideas to solve a problem that you (or someone else) have.
- Share an idea during class.
- Make up a silly song about somebody or something.
- Change your going to bed routine.

NIGHT: write down one reason why you are grateful for your CREATIVITY below:

DAY 2: CURIOSITY

When you are **CURIIOUS** you like to explore, you are interested in learning more about the world and what is in it. **CURIIOUS** people ask lots of questions and are eager to learn and discover new things.



MORNING: remember a time when you showed your **CURIIOUS** best, write down what happened below:

DAY: practice your **CURIOSITY** today by...
check off each one of the below that you manage to do:

- Research where your breakfast comes from or how it's made.
- Learn a random new word and use it today.
- Spend 15 minutes researching your favourite hobby/ pastime/ thing to do.
- Ask a teacher a question in your favourite subject.
- Listen to some new music on YouTube, how do you feel afterwards?
- What is your favourite film? Why do you like it so much do you think?
- Ask a friend/ relative what their favourite place is- ask them 3 follow up questions.
- Try a new food today.

NIGHT: write down one reason why you are grateful for your **CURIOSITY** below:

DAY 3: JUDGMENT

The character strength of JUDGMENT means that you think things through and examine them from all sides. You do not jump to conclusions, and you rely only on solid evidence to make your decisions. You are able to change your mind.



MORNING: remember a time when you showed your strength of JUDGMENT, write down what happened below:

DAY: practice your JUDGMENT today by...
check off each one of the below that you manage to do:

- Decide what you are going to have for breakfast.
- Click here to learn about probability.
- Do something today that somebody else would usually do for you.
- Ask someone for their opinion on Donald Trump.
- Instead of following your normal routine- decide to do ONE thing differently today.
- What is ONE area of your daily life you could improve.
- Look at the label on some food you are eating- decide whether you should eat it.
- Think of a past event- brainstorm different things you could have done differently.

NIGHT: write down one reason why you are grateful for your JUDGMENT below:

DAY 4: LOVE OF LEARNING

LOVE OF LEARNING is all about mastering new skills and learning new things for the pure pleasure and enjoyment that learning something brings you.



MORNING: remember a time when you showed your LOVE OF LEARNING, write down what happened below:

DAY: practice your LOVE OF LEARNING today by...
check off each one of the below that you manage to do:

- Start reading a new non-fiction book or article.
- Ask a friend to tell you something about themselves that you don't already know.
- What is the best thing you learned this week?
- Learn 5 new words and their meanings.
- Go to a museum or art gallery, or research a painting online.
- How many different nationalities in your class? Research where a classmate comes from.
- Think of something boring e.g. cleaning your teeth... find out how toothpaste is made.
- Ask your parent/ caregiver about one of their passions... why do they find it interesting?

NIGHT: write down one reason why you are grateful for your LOVE OF LEARNING below:

DAY 5: PERSPECTIVE

Having PERSPECTIVE means that you have a way of looking at the world that makes sense to you and others, you will be able to see the bigger picture and people will seek your advice, insight and wisdom.



MORNING: remember a time when you showed PERSPECTIVE in your life, write down what happened below:

DAY: practice your PERSPECTIVE today by...
check off each one of the below that you manage to do.

- Sit at a different chair at breakfast and dinner.
- Ask a friend about their views on a subject e.g. climate change or space travel.
- Ask a grandparent for a piece of advice- something they would do if they were your age.
- If you could go back in time by 1 year, what advice would you give yourself?
- If you could give your best friend some advice, what would you say?
- If you could visit anywhere in the world right now, where would you go and why?
- When someone talks today, listen carefully to what they say and the words they use.
- If you could solve one world problem, what would it be and why?

NIGHT: write down one reason why you are grateful for your PERSPECTIVE below.

DAY 6: BRAVERY

When you are BRAVE you stand up for what is right or what you believe, in even if there is an opposing view. You take action even when the situation is difficult or you are a bit scared. Being BRAVE means that you are not afraid to take on challenges.



MORNING: remember a time when you showed how BRAVE you can be, write down what happened below:

DAY: practice your BRAVERY today by...
check off each one of the below that you manage to do:

- Do ONE thing today that you would normally put off doing.
- Notice when someone does something BRAVE- tell them you are impressed by their BRAVERY.
- Say "Hello" to somebody you wouldn't normally.
- Ask a question, or give an answer in class.
- Apologise to someone who you have wronged in the past.
- BE YOURSELF today, don't worry what anyone else thinks or says.
- Do as you say, make sure that you keep ALL of your commitments today.
- Help someone else who needs it today.

NIGHT: write down one reason why you are grateful for your BRAVERY below:

DAY 7: PERSEVERANCE

When you PERSEVERE you keep going, you try to complete the task you have set yourself, even if it takes a long time. You like to finish what you start and work hard and keep your focus (regardless of obstacles or distractions) until you do.



MORNING: remember a time when you really showed your PERSEVERANCE, write down what happened below:

DAY: practice your PERSEVERANCE today by...
check off each one of the below that you manage to do:

- Write down 5 things you wish to accomplish today... and make sure that you DO them.
- Visualise yourself successfully completing all that you want to during the day.
- Ask for help if you need it... don't be afraid.
- What have you been putting off doing? Spend just 10 minutes working on it today.
- When you accomplish something (no matter how small) say "WELL DONE" to yourself.
- Whatever happens today, keep a POSITIVE attitude.
- If something goes wrong, ask yourself what you learned and what you will do differently.
- Find a quote about PERSEVERANCE that you like and memorise it.

NIGHT: write down one reason why you are grateful for your PERSEVERANCE below:

DAY 8: HONESTY

When you are HONEST not only do you speak the truth, you also behave in a way that is truthful to who you really are as a person. You won't worry too much what others think or say either, you know who you are and what is important to you.



MORNING: remember a time when you showed your HONESTY, write down what happened below:

DAY: practice your HONESTY today by... check off each one of the below that you manage to do:

- Describe how you are feeling right now?
- Ask other people how they are feeling... listen to their words- are they being honest?
- Make yourself a promise today and stick to it.
- If you don't want to do something and have a valid reason- say "NO" and explain why.
- Who have you been only partially true with? Contact them and tell them the whole TRUTH.
- Be ready and be on time today.
- Make a note of each time you aren't 100% honest, at the end of the day ask yourself why.
- BE yourself today... act as the genuine you, follow your gut.

NIGHT: write down one reason why you are grateful for your HONESTY below:

DAY 9: ZEST

ZEST describes your approach to living your life. With ZEST you have fun, lots of energy and you immerse yourself in each and every experience. You always give your best and life is like an adventure where the ups and downs are to be enjoyed.



MORNING: remember a time when you showed your ZEST for life, write down what happened below:

DAY: practice your ZEST today by...
check off each one of the below that you manage to do:

- Jump out of bed and do 10 push ups- smile as you do them.
- Commit to giving 100% to everything that you do today.
- See if you can make your energy rub off on someone else.
- Wear something bright and colourful today.
- Do something physical today, run, go for a walk, swim or go for a bike ride.
- Try or do something completely new today.
- SMILE at everyone that you see today- give them your best SMILE.
- Spend 5 minutes writing down your dreams and hopes for your future- don't hold back.

NIGHT: write down one reason why you are grateful for your ZEST below:

DAY 10: LOVE

LOVE is about being close to other people- family, friends, boyfriend/ girlfriend and others who play a big role in your life . You care deeply for them and they also care deeply for you, their feelings matter to you.



MORNING: remember a time when you showed your LOVE to someone, write down what happened below:

DAY: practice your LOVE today by...
check off each one of the below that you manage to do:

- Tell someone today how much you appreciate them and why you appreciate them.
- Whenever someone you care about talks to you, ask them questions and really listen.
- Give some spare change to someone who needs it.
- What do you love doing? Make sure you make some time for that today.
- Do something unexpected and nice for someone: maybe make them a snack or a drink.
- Share a positive event with a friend, something that you did together that was fun.
- Forgive yourself for a mistake you made in the past... let it go.
- Replace any negative thoughts by saying "I love myself"- say it 5 times in your head.

NIGHT: write down one reason why you are grateful for LOVE below:

DAY 11: KINDNESS

KINDNESS is when you find pleasure in helping other people. You can always find the time to do things for other people and you like to look after them. You do good deeds for others for their benefit are very generous with what your time and energy.



MORNING: remember a time when you showed your KINDNESS, write down what happened below:

DAY: practice your KINDNESS today by... check off each one of the below that you manage to do:

- Be kind to everyone that you meet today.
- Listen to your friends without judging them in any way.
- Give some old clothes, games, or toys to charity- maybe one that helps less fortunate kids.
- Ask someone who you don't know that well " How are you?".
- Lend a friend your favourite book.
- Write a thank-you note to somebody.
- Give someone you know a big hug.
- Clean up or help to prepare a meal without being asked.

NIGHT: write down one reason why you are grateful for KINDNESS below:

DAY 12: SOCIAL INTELLIGENCE

Your SOCIAL INTELLIGENCE helps you to understand yourself and other people better. SOCIAL INTELLIGENCE helps you to get along with people as well as understand what they might be thinking or feeling, it also helps you feel comfortable in different situations.



MORNING: remember a time when you showed your SOCIAL INTELLIGENCE, write down what happened below:

DAY: practice your SOCIAL INTELLIGENCE today by...
check off each one of the below that you manage to do:

- Note down how you feel 5 times today- get really SPECIFIC, don't just say "fine".
- At the same time, see if you can work out how the person next to you is feeling too.
- Listen, listen, listen. Can speak less than 100 words today? Try, see what happens.
- Watch a conversation from afar, can guess what is being said?
- In conversation, use your imagination to see, hear, feel what happened to the other person.
- Watch your parent/ caregiver or teacher interact with other adults- what can you learn?
- Watch how your friends interact with each other, what do you notice?
- Was today a good day... how do you know?

NIGHT: write down one reason why you are grateful for your SOCIAL INTELLIGENCE below:

DAY 13: TEAMWORK

TEAMWORK means you work well in a group situation. You do your bit and work hard to make sure that the group is successful. You support everybody who is in the group (leaders and members) and your goal is to achieve the best result for the team (not for you personally).



MORNING: remember a time when you showed your TEAMWORK strength, write down what happened:

DAY: practice your TEAMWORK today by...
check off each one of the below that you manage to do:

- Join a team if you haven't already- the best way to learn is through experience.
- If you play games online, do co-op play with your friends- how do you play together?
- Why not become a mentor for someone younger than you- help them achieve a goal.
- Make sure that you try and involve other people in group interactions today.
- Help out around the house: tidy up your things, or help to prepare a meal.
- If you have one, encourage a sibling to help you.
- Think of ONE way that you can improve a family routine- propose this at dinner.
- Volunteer to take on some extra workload at home.

NIGHT: write down one reason why you are grateful for TEAMWORK below:

DAY 14: FAIRNESS

FAIRNESS means that you have a strong sense of what is right and, you will always try to act in agreement with this whatever your personal feelings or situation. You believe that all people should be treated in the same way and you are good at understanding somebody else's point of view.



MORNING: remember a time when you showed your FAIRNESS, write down what happened below:

DAY: practice your FAIRNESS today by...
check off each one of the below that you manage to do:

- When/ if you make a mistake today- own up and accept responsibility.
- Include and involve someone in your group today who is normally an outsider.
- Is there a situation in your life you think is unfair? What can you do about it?
- Ask your parent/ caregiver how they try to be fair to everyone in the family.
- Are you being unfair to anyone in your life? Take a positive step to change this.
- Are you too hard on yourself in certain situations? If so, resolve to be fairer to yourself.
- Are there any rules that you would like to change? Speak to someone about this.
- Has someone been unfair to you? Talk to them about it- explain how you feel.

NIGHT: write down one reason why you are grateful for your strength of FAIRNESS below:

DAY 15: LEADERSHIP

When you show LEADERSHIP you encourage others to complete a task. You enjoy planning and organising whilst making sure that things get done. It's also important to listen to the members of your team and to develop good relationships with them. You will also enjoy taking on responsibility.



MORNING: remember a time when you showed your LEADERSHIP, write down what happened below:

DAY: practice your LEADERSHIP today by...
check off each one of the below that you manage to do:

- What can you take more responsibility for at school? Volunteer to do so.
- Is there anything at home you can take responsibility for to help out and/or get done?
- Motivate and inspire yourself to give your absolute best today.
- See if you can inspire or motivate someone else today.
- Organise a play date, a sleep over or an activity for your friends.
- Decide on as many things as you can- decide what you eat, wear, watch, play, work etc...
- Watch how your teacher/ parent leads today- what do you notice about their style?
- Be positive in ALL of your interactions with people today.

NIGHT: write down one reason why you are grateful for your strength of LEADERSHIP below.

DAY 16: FORGIVENESS

When you show FORGIVENESS you let go of hurt feelings and you are willing to give people another chance. You don't believe in or seek revenge when someone does something bad to you and you accept that nobody is perfect and that we all make mistakes. You are quick to move on and to build bridges with others.



MORNING: remember a time when you showed FORGIVENESS, write down what happened below:

DAY: practice your FORGIVENESS today by... check off each one of the below that you manage to do:

- Think of an bad experience in your past, write 1 good thing that happened as a result.
- If someone has done you wrong, forgive them in person or at least in your mind- let it go.
- If you see someone who is angry, put yourself in their shoes, can you understand why?
- Think of someone you don't like that much, write down 3 positive things about them.
- Forgive yourself for something that you have done wrong- let it go.
- When you make a mistake, accept it and move on- it's ok to make mistakes.
- If you have hurt someone else, apologise to them and ask for forgiveness.
- Are you behaving in a way that causes pain to others? Resolve now to change.

NIGHT: write down one reason why you are grateful for your strength of FORGIVENESS below:

DAY 17: HUMILITY

When you show your HUMILITY you let your achievements speak for themselves, you don't need to show off. You have a healthy, realistic view of yourself- you can see your strengths and your weaknesses. You are happy to be yourself and you do not feel the need to be in the spotlight or be treated differently.



MORNING: remember a time when you showed HUMILITY, write down what happened below:

DAY: practice your HUMILITY today by...
check off each one of the below that you manage to do:

- Ask an adult to tell you ONE area of your life that you could improve in.
- Praise somebody today for something that they do or compliment them on how they look.
- Ask somebody for advice or to help you do something.
- Be positive and don't complain about anything today.
- What is ONE thing about yourself that you would like to improve?
- Think about 3 good things in your life- spend 1 minute feeling grateful for them.
- Go last: wait to get on the bus, serve yourself last at mealtimes, wait your turn to speak.
- Don't gossip or talk about others behind their back, say only nice things about people.

NIGHT: write down one reason why you are grateful for your strength of HUMILITY below:

DAY 18: PRUDENCE

PRUDENCE is when you behave in a way that helps you to achieve your long-term goals and objectives. You like to plan ahead and think things through before you act or speak. You don't take any unnecessary risks or do things that you might later regret... it's better to be safe than sorry.



MORNING: remember a time when you showed PRUDENCE, write down what happened below:

DAY: practice your PRUDENCE today by... check off each one of the below that you manage to do:

- Count to 3 in your head before you speak today.
- Think about the effects of your next decision in 3 months' time.
- Think of 3 ways that you can save energy around the home,
- Are you saving any money? If not, make a plan to do so. If so, can you save a bit more?
- Are you working hard enough to achieve the results you want? If not, make a new plan.
- Avoid eating any unhealthy food today- no biscuits, chocolate, fizzy drinks or sugar.
- Ask an adult how they go about making big decisions.
- Make sure you go to be on time... your body and mind need sleep to work at their best.

NIGHT: write down one reason why you are grateful for your strength of PRUDENCE below:

DAY 19: SELF-REGULATION

SELF-REGULATION is the ability to be in control of your behaviour, thoughts and feelings. We all have unhelpful impulses, SELF-REGULATION is the discipline to be able to resist these impulses and to keep your focus on what you are trying to achieve.



MORNING: remember a time when you showed SELF-REGULATION, write down what happened below:

DAY: practice your SELF-REGULATION today by...
check off each one of the below that you manage to do:

- What is 1 thing you do too much of? Resolve today to reduce your intake.
- Set out a plan for today and stick to it.
- What is your MOST important task today? Do this task first, before anything else.
- Do ONE thing that you have been putting off/ avoiding- make a start.
- How is your bedroom looking? Give it a good tidy.
- Ask your parent/ caregiver if you can choose what you do at the weekend- make a plan.
- Help with the shopping list and the shopping- what does the family need for the week?
- Reflect on your day, is there anything you could improve? How will you do it better?

NIGHT: write down one reason why you are grateful for your strength of SELF-REGULATION below:

DAY 20: APPRECIATION OF BEAUTY

When you APPRECIATE BEAUTY AND EXCELLENCE you notice and enjoy all the amazing wonderful things that life has to offer. This could be something in nature, science, art, or even a song. You might even just APPRECIATE the day for what it is.



MORNING: remember when you showed APPRECIATION OF BEAUTY & EXCELLENCE write down what happened below:

DAY: practice APPRECIATION OF BEAUTY & EXCELLENCE today by... check off each one of the below that you manage to do:

- Listen to your favourite song.
- Listen to a random piece of music with the intention of appreciating it for what it is.
- Go for a walk in nature or a park, use your senses to truly appreciate your surroundings.
- Look for 5 things in your home that you truly APPRECIATE.
- Look outside at the weather- APPRECIATE the beauty of a cloud or the sun/moon.
- What or who inspires you? Write down 3 things.
- What do you APPRECIATE most about yourself?
- Do ONE thing to make your bedroom a more beautiful environment.

NIGHT: write down one reason why you are grateful for your APPRECIATION OF BEAUTY & EXCELLENCE below:

DAY 21: GRATITUDE

GRATITUDE is when you stop and take a moment to appreciate the good things in your life. You are thankful for your relationships, your possessions, the world around you and the things that happen to you, big and small. You rarely take things for granted and you are also grateful for YOU as a person.



MORNING: remember when you showed your GRATITUDE write down what happened below:

DAY: practice GRATITUDE today by...
check off each one of the below that you manage to do:

- Stop, now... tell yourself ONE aspect of your personality that you are grateful for and why.
- List 3 things that you are GRATEFUL for- doesn't matter how big or small.
- Say "thank you" at least 10 different people.
- Think of 5 things that are going well for you in your life right now.
- No complaining or whining today- accept whatever happens with good grace.
- Give someone a hug.
- Write and send a quick "thank you" note/ text/ email to someone.
- Perform a random act of kindness for someone.

NIGHT: write down one reason why you are grateful for your GRATITUDE below:

DAY 22: HOPE

HOPE is when you look on the bright side of things and find the positives in most situations. You generally expect that you can accomplish the goals you set, and you have a positive outlook for the future. Whenever obstacles appear you find a way to overcome them.

MORNING: remember when you showed HOPE write down what happened below:

DAY: practice HOPE today by...
check off each one of the below that you manage to do:

- What ONE thing do you HOPE happens today?
- The energy HOPE needs is action, what ONE step can you take to make your HOPE happen?
- Vow to stay positive and HOPEFUL today, regardless of what happens.
- Think of a bad experience, now write down at least ONE positive thing that came from that.
- What are you passionate about? Spend 10 minutes working on this today?
- Spend 1 minute thinking about who and what you hope to be one year from now.
- Write down 3 reasons why anyone should believe in you.
- Give HOPE to someone else today, encourage them, tell them "I believe in you, you can do it".

NIGHT: write down one reason why you are grateful for your HOPE below:

DAY 23: HUMOUR

With the HUMOUR character strength you enjoy laughing and you enjoy making other people laugh. You can also see the funny side, even when things go wrong. Life doesn't always go to plan and so it's good to not take it tooooooo seriously. HUMOUR is a great way to connect with others and to feel good.



MORNING: remember when you showed your HUMOUR write down what happened below:

DAY: practice HUMOUR today by...
check off each one of the below that you manage to do:

- Start your day by watching a funny video clip on YouTube.
- Find a really rubbish joke and tell it to 5 people.
- Write down the sort of thing that really makes you laugh.
- Think of a time you were really embarrassed, looking back, can you see the funny side now?
- What do you find funny about your best friend?
- Who is the funniest person you know and why do they make you laugh?
- Have a 'pull a funny face' competition with your friends or family.
- See which of your friends has the best 'fake' laugh. Laughing is infectious!

NIGHT: write down one reason why you are grateful for your HUMOUR below:

DAY 24: SPIRITUALITY

SPIRITUALITY involves having ideas or beliefs about the meaning and purpose of life and the universe. These beliefs and ideas might be religious in nature but equally, they might not be. **SPIRITUALITY** helps you to make sense of the universe and your place in it. It can also help you feel connected to yourself, others and nature.



MORNING: remember when you showed **SPIRITUALITY** write down what happened below:

DAY: practice your **SPIRITUALITY** today by...
check off each one of the below that you manage to do.

- Try a meditation practice, or say a prayer.
- Relax and spend 1 minute enjoying the beauty of the present moment.
- Spend some time enjoying nature (or a park) today.
- Make a cup of tea, take your time, get lost in the process- think of nothing else.
- Spend time with a pet or an animal.
- Start a journal- at least for 1 day, it's good to get your thoughts on paper.
- Ask your parent/ caregiver to give you a back massage.
- Spend 5 minutes just gazing at the night sky.

NIGHT: write down one reason why you are grateful for your **SPIRITUALITY** below:

DAY 25: VALUES, IDENTITY & LEARNING

MORNING: what is important to you about?

Over the last 24 days you have experienced all 24 CHARACTER STRENGTHS. Please think about everything you have done and then write down why CHARACTER STRENGTHS are important to you.

And now write down what is important to you about that (your answer)?

DAY: I am this sort of person.

Through your experiences of the last few weeks you will have collected lots of evidence that will help you to see yourself in a different way. Look back through this challenge booklet at your completed work and then write down what you have learned about the sort of person you are:

I am the sort of person who...

NIGHT: I learned that...

You have been on a journey of discovery these last 24 days, what was the most important thing that you learned?

WINNER

