



Positive affirmations



I will try my best



Today is a good day



I am worthy



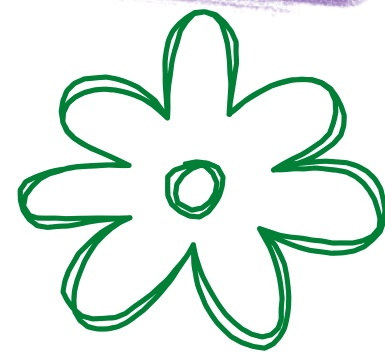
I can do this



I'm excited to learn something new



Challenges help me grow



I can make a difference



I can do incredible things



I have my own voice



My future is bright



ARDOCH

REALISING CHILDREN'S POTENTIAL
THROUGH EDUCATION



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My Goals



Think positive



Stay focused



Try something new



Do something active or creative



Keep my room clean



Drink more water



Listen to others



Start a project



Ask for help or help others



Eat some fruit



How I feel when I achieve my goals

Lighter

Healthier

Proud

Energised

In control

More positive



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My Goals

- ★ Think positive
- ★ Stay focused
- ★ Try something new
- ★ Do something active or creative
- ★ Keep my room clean
- ★ Drink more water
- ★ Listen to others
- ★ Start a project
- ★ Ask for help or help others
- ★ Eat some fruit



How I feel when I achieve my goals

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Happy

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