



RESILIENCE CHALLENGE

DAILY PLANNER



DATE: _____

GOALS FOR TODAY

THEME FOR THE DAY (CIRCLE JUST ONE)

Courage - Gratitude - Mindfulness - Discipline - Fun

HEY, I'VE GOT NEWS FOR YOU.
COPERNICUS CALLED.
APPARENTLY YOU'RE NOT THE
CENTRE OF THE UNIVERSE.

REFLECTION

How I did well today

How I'll do better tomorrow

TO DO LIST

TODAY I WAS (TICK AT LEAST 2 BUT NO MORE THAN 5)

Brave Helpful Greatful Truthful Resilient
 Selfish Dishonest Mean Lazy Responsible