

BE YOUR OWN MINDSET HERO

Write a short story about something you have done recently that you are proud of.

Was it something new that you tried? Was it something that you needed to practise more? Was it something you were scared to do? Did you help someone else?

Describe what happened, who was involved, how you felt and what happened next.

Remember, it doesn't have to be anything big or extra special. Sometimes the small things we do are the most important and meaningful.



WHAT YOU DO TODAY
CAN IMPROVE ALL OF
YOUR TOMORROWS!

