

Monday: Getting to know my emotions (prepared).

Why do I feel prepared?	When do I feel prepared?
What does being prepared feel like?	How is feeling prepared helpful?

Use the emotion square to think about feeling *prepared*.

Most people want to feel prepared. However, it can be really hard to feel prepared — even if you are.

Feeling prepared is related to confidence. Preparation can boost our confidence when we need it the most.

Use the box to the left to write ideas about what feeling prepared means to you. Think about the why, when, what, and how of feeling prepared in your life.

Tuesday: In my own words.

- What does it mean to be prepared?

Wednesday: Let's look at being prepared.

- What does bring prepared look like? What does it sound like?

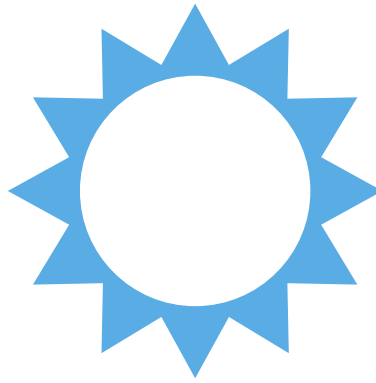
Thursday: Routines help us prepare.

Build a routine to help you prepare for success.

Make 3 lists — 1 under each of the sun and moon symbols below.



1) Things you can do each morning to prepare for the day.



2) Things you can do during the day to prepare for what's to come.



3) Things you can do every night to prepare for the next day.

Friday: Cause and effect.

This week we have explored feeling *prepared*. Think about the ways that you *prepare* to be your best. Write a few of those things in the “causes” box to the right.

Causes

A large, empty rounded rectangular box with a black border, intended for writing causes.

Effect



Saturday/Sunday: This is your time.

- Think about the past week. Use this space to write anything that's on your mind.



Monday: Preparation is all in the planning.

PREPARED

Let's talk about how to make a plan.

Following a plan to make a plan seems like a good idea — right?! Let's give it a try. Make a plan for getting your schoolwork done this week.

Step 1: Figure out what's important.

Write the most important thing to think about as you make your plan.

Step 2: Organize your time.

Now that you know what's important, give it the time it needs. Next, focus on other things you need to do and put them in order of importance.

Step 3: Get started!

Plans can't work unless you start the work of making them work. Now that you know what's important and your time is organized, *get moving!* What will you do first?

Tuesday: In my life.

- Think about an assignment for school that you did well and were proud of. Write down 2 or 3 important things that you did to be successful while working on that assignment. (*Success doesn't mean perfection. Pick something that you were proud of, even if you didn't get a perfect grade.*)

Wednesday: Plan to be productive.

- When are you most productive? In other words, when do you get the most stuff done? Maybe it's after school. Maybe it's after dinner. Maybe it's Sunday morning. Write about the time of day or week when you're super good at getting a lot of stuff done.

Thursday: Prioritize the P.L.A.N.

- Stick to the *plan*! Use the letters P-L-A-N to build a positive statement to help you remember to *plan*.

P
L
A
N

Here are some words you can use:
(or you can think of your own words)

Piece	Let
Part	Learn
Power	Love
Patiently	Life
Perform	Live
Practice	Laugh
Achieve	New
Always	Now
Amazing	Nice
Action	Next
Awesome	Nature
Agree	Need

Friday: Cause and effect.

Think about all that you've learned about planning. What specific part about following a plan can help you feel *prepared*? Write a few of those things in the "causes" box.

Causes

Effect



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