


Monday: Emotional awareness – preparation.

Why do I feel prepared?	When do I feel prepared?
 PREPARATION	
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 being prepared in your life.



Tuesday: In my life.

- Think about a time in your life when feeling very prepared gave you a confidence boost to help you perform well. What did you do to help yourself feel prepared?

Wednesday: Think about it.

- It's been said that "good luck is when preparation meets opportunity." What do you think that means? Can you give an example?

Thursday: Let's create some good luck.

What opportunity are you preparing for?

Preparation + Opportunity = Good Luck

Important opportunities can be big and obvious. They can also be small events that we only recognize when we look back from the future.

The people you meet and the experiences you have can all create opportunities for success — BUT you have to do your part and prepare for greatness.

In the space below, write a possible career goal.
(In other words, what job do you want in the future?)

.....

Make a list of all of the ways that you can prepare for your career goal.
(How will you be ready when good luck comes to visit?)

Gratitude Friday.

- Each Friday, you will use this space to express gratitude. Think of someone in your life who is helping you prepare for the future. Write a short note of gratitude to share with them via text or direct message. (Share. You'll be glad you did.)

Saturday/Sunday: Weekly reflection.

- Think about the past week. What have you learned about being prepared?



Monday: Making the connections to feeling *prepared*.

1 PREPARATION

Doing homework, studying, practicing a skill, doing research — all of these things are ways to prepare.

2 OPPORTUNITY

Opportunities will come. Every challenge is an opportunity. Be prepared.

3 SUCCESS

Finding success means you reached your goal, or you learned along the way.

Let's take a look at success. Answer the questions below.

- 1. What was the last thing that you accomplished?**
- 2. How did you prepare for that success?**

(Keep in mind: What seems like easy success may have come from years of learning a skill or subject.)

Tuesday: In my life.

- When was the last time you purposefully prepared for an event? What was the event? How did you prepare? What was the end result?

Wednesday: It's okay to ask for support.

- Think about a time when you prepared for an event and it didn't turn out the way you wanted it to. What lesson did you learn from that experience?

Thursday: Purposeful practice: *prepare.*



Answer the questions about being prepared. If you don't have a routine to help you reach your goals — it's time to make one.

- **HOW DO YOU PLAN AHEAD?**
- **WHAT'S YOUR PLAN FOR DOING HOMEWORK?**
- **WHAT DO YOU DO EACH WEEK TO WORK TOWARD YOUR GOALS?**

Gratitude Friday

- Each Friday, you will use this space to express gratitude. Write all of the good things about creating and keeping a daily and weekly routine.

Saturday/Sunday: Weekly reflection.

- Think about the past week. What have you learned about *preparing* for success?

BELIEVE IN YOU.COM

