

Monday: Getting to know my emotions (trust).

Why do I feel trust?	When do I feel trust?
 TRUST	
What does trust feel like?	How is trust helpful?

Use the emotion square to think about *trust*.

Trust is a good feeling that you get when you can rely on someone. It's also a feeling that you get when you believe that something will turn out the way you want it to.

Friends trust each other to be good listeners. We trust bridges that we drive on. We have a good feeling that they will stay strong and sturdy.

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

Tuesday: In my own words.

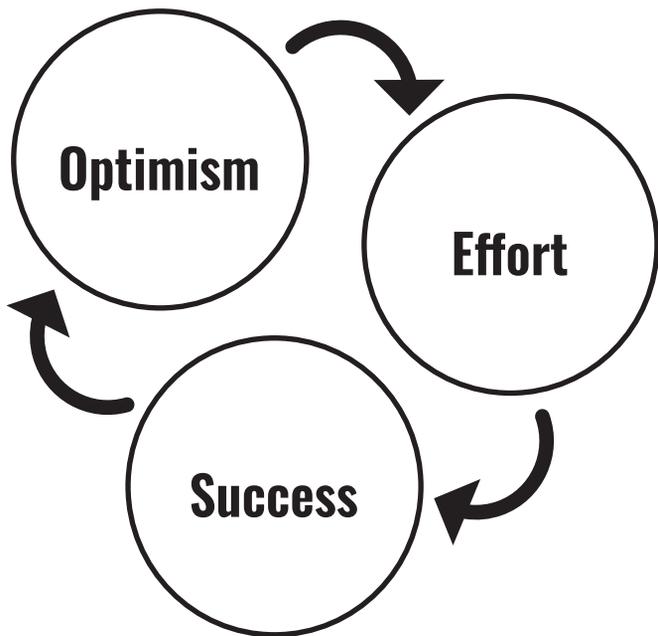
- What does it mean to be trustworthy?

Wednesday: Let's look at optimism.

- What does optimism look like? What does it sound like?



Thursday: The optimism > effort > success loop.



- > **Optimism fuels effort.**
- > **Effort fuels success.**
- > **Success fuels optimism.**

Think about a time when you were really excited to try something new. Then, when you gave it a try, you had fun! What happened next? You wanted to try again! **That's the optimism, effort, success loop.**

- Write about one new thing that you really want to try. Why do you want to try it?

Friday: Cause and effect.

This week we have explored trust and optimism. Think about the things that make you feel *trust*. Write a few of those things in the “causes” box to the right.

Causes

Effect



Saturday/Sunday: This is your time.

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

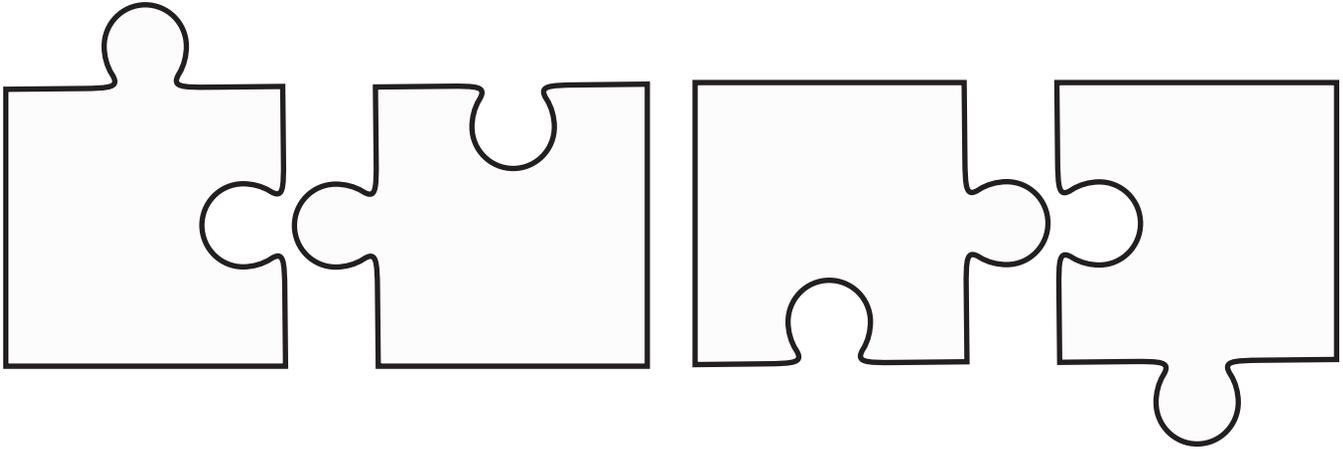
Monday: Piece by piece, we build trust.

TRUST

We build trust with our actions.

Every time you are truthful and reliable for friends or family members, you're teaching them that they can trust you. You're putting the pieces of trust into place.

In each piece of the puzzle below, write something that you can do this week to build people's trust in you.



Tuesday: In my life.

- Trust is related to happiness. How does being trustworthy help make people happy?



Wednesday: Let's relax.

- What does it mean to relax?
- How does trust help a person relax?

Thursday: Let's build T.R.U.S.T.

- Use the letters T-R-U-S-T to build a positive statement that can help you be great.

T
R
U
S
T

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

Together
Think
Terrific
Time
Total
Truth
Trophy

Ultimate
Up
Unbroken
Use
Until
Uplift
Upbeat

Repeat
Rest
Right
Recharge
Respect
Realize
Rock

Solution
Search
Surprise
Save
Somebody
Soon
Smile

Friday: Cause and effect.

Causes

Effect

This week we have explored *trust* and how it can help us relax. Think about the things that help you *relax*. Write a few of those things in the “causes” box to the right.



Saturday/Sunday: This is your time.

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