


## Monday: Getting to know my emotions (trust).

Why do I feel trust?	When do I feel 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.

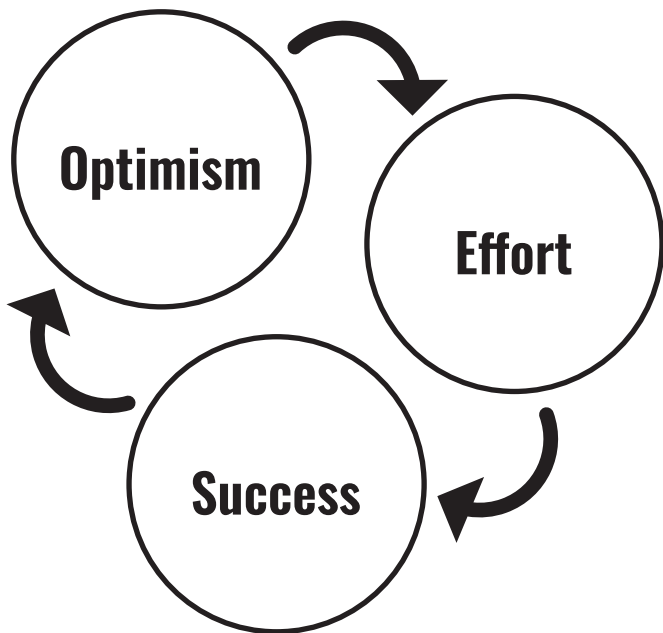
- What does it mean to be trustworthy?

## 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.

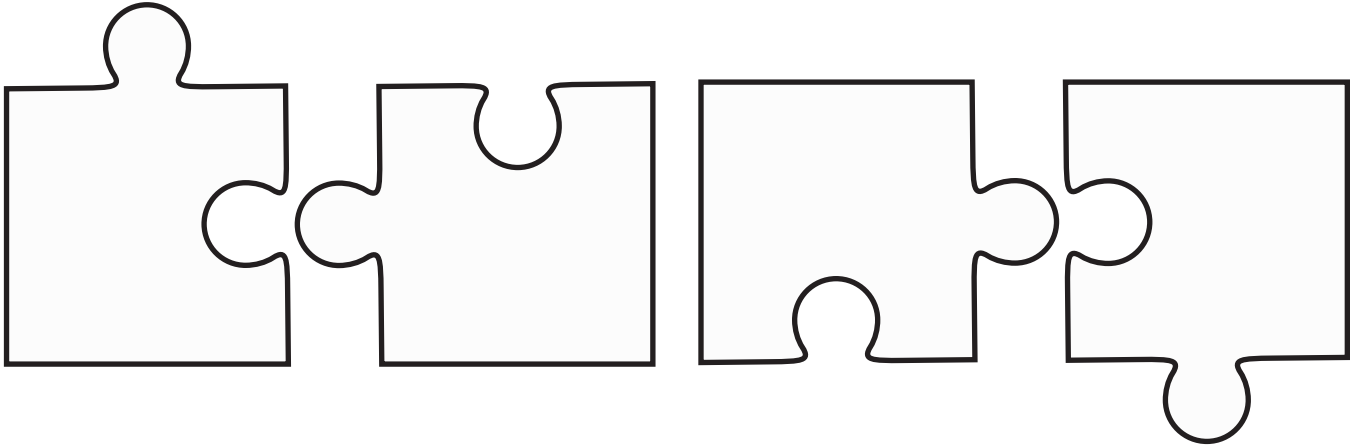
## Monday: Piece by piece, we build trust.

# 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.