

# Celebrate YOU!

Thinking about and highlighting your achievements is a *\*brilliant\** resilient move!

Big or small, at school or elsewhere, serious or silly... they all count!

## Weekly check in...

-  The best part of my week
-  Something I accomplished
-  Tried something new
-  Faced a tricky challenge
-  Learned something interesting
-  Created something I'm proud of
-  I looked after my wellbeing
-  Something that made me smile



When things get tricky, it's good to remember your achievements...

and remind yourself you can do it!