

What is my Challenge?

Choose a challenge YOU want to do and that you CAN achieve.
Think about WHY you want to do this and what your FIRST step will be.

At Home

Offer to help more
Try not to argue back
Come out of my room more
Tidy my room
Improve my relationship with a sibling
Improve my relationship with a parent
Take more exercise
Reduce my screen time
Take up or improve in a hobby
Be more positive
Try to get up on time

In School

Try not to be late
Do my homework on time
Stop talking in lessons
Ask for help more
Respect my teachers more
Work on my focus in a lesson
Put my hand up in class
Don't compare myself to others
Improve in a subject
Be more social
Be more positive
Try not to argue back
Join a club

Self Care

Take more exercise
Be more organised
Don't compare myself to others
Think about my social media use
Improve my sleep schedule
Take care of my school uniform / clothes
Try to eat more healthily
Don't be afraid of failure
Reduce my screen time
Be kinder to myself
Share my worries more
Be more sociable

