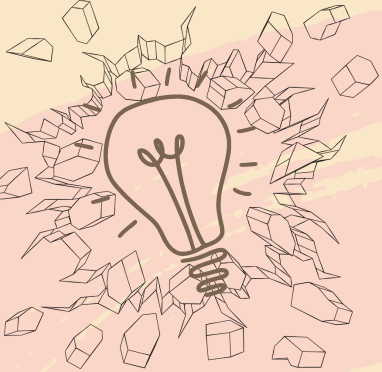




7-DAY LEARNING BREAKTHROUGH CHALLENGE

DAY 6

GRATITUDE JOURNAL –
WRITE DOWN THREE THINGS
THEY LEARNED AND
APPRECIATED THIS WEEK.

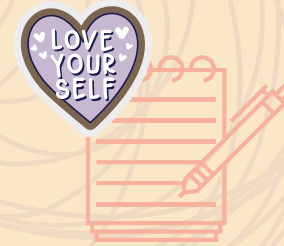


GOAL-SETTING CHART – CREATE
A SIMPLE CHART OF LEARNING
GOALS AND PROGRESS.



CREATIVE WRITING PROMPT –
WRITE A SHORT STORY OR POEM
ABOUT SOMETHING LEARNED
THIS WEEK.

THINK IT



LETTER TO MY FUTURE SELF – WRITE A
LETTER REFLECTING ON CURRENT
LEARNING AND FUTURE GOALS.



WHAT WENT WELL? – REFLECT
ON THE BEST PART OF THE
WEEK'S LEARNING JOURNEY AND
WHAT COULD BE IMPROVED.