

AUGUST 2020 KIDS DAILY MINDSET PROMPTS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT/SUN

WEEK 1
8/3-8/9
Energy

What does **ENERGY** mean to you? Discuss and define it.

On a scale of 1-5, how optimistic did you feel today? Why?

Name one time you felt anxious today. Come up with a relief method for next time.

What was something you did today that you got excited about?

What is something you did today to rest and recharge?

Reflect on the week. Make a list of how you can have more **ENERGY** in the upcoming week.

WEEK 2
8/10-8/16
Productivity

What does **PRODUCTIVITY** mean to you? Discuss and define it.

What is one thing you would like to get better at? List 5 ways you can work on it.

Name one time you were distracted from a task today. Discuss how it affected your work.

In 1 year, what are some skills you will be happy you worked on today?

Define what "best work" looks like for some of your daily chores.

Reflect on the week. Make a list of how you can have more **PRODUCTIVITY** in the upcoming week.

WEEK 3
8/17-8/23
Courage

What does **COURAGE** mean to you? Discuss and define it.

What is one thing you did today that was challenging? Celebrate getting it done!

Name a time you stuck up for something you believed in even when others disagreed.

When/where do you feel most courageous? Discuss why.

List the hard things you have to do today. Practice saying "I can do hard things" while completing those tasks.

Reflect on the week. Make a list of how you can have more **COURAGE** in the upcoming week.

WEEK 4
8/24-8/30
Influence

What does **INFLUENCE** mean to you? Discuss and define it.

Who is someone who has had an influence on you? Discuss how they have impacted you.

What do you want people to say about who you are?

Think of one person you can help today and how. Then go do it!

On a scale of 1-5, how good of a listener are you? Discuss 5 ways to work on getting better!

Reflect on the week. Make a list of how you can have more **INFLUENCE** in the upcoming week.