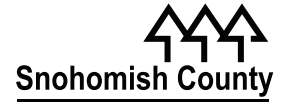


# MOVING forward



**SUNDAY** 11/29

What makes you laugh?

**MONDAY** 11/30

What's your favorite animal?

**TUESDAY** 12/1

What is your favorite kind of weather?

**WEDNESDAY** 12/2

What technology do you love?

**THURSDAY** 12/3

What is the best advice you've ever heard?

**FRIDAY** 12/4

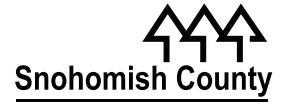
What is the best thing that happened this week so far?

**SATURDAY** 12/5

What is a favorite gift you've given or been given?

Gratitude leads to resilience. Resilience is a buffer to life's adversity. What are you grateful for?

# MOVING forward



For the week of: \_\_\_\_\_

SUNDAY	MONDAY	TUESDAY

WEDNESDAY	THURSDAY

FRIDAY	SATURDAY