

What's **YOUR** flavour?



You've heard from the local legends about their school days. What will you be remembered for?

Your Turn:

Flick through your favourite photos from the past 3 years at school. Who's in them? What are you doing?

Make a photo wall (online or on your study wall) to remind you of your favourite days. Take a photo of your finished art wall and share it with your friends!



Celebrate YOUR Strengths

Our local legends
have shared their
strengths in action.
Now it's your turn!

Uncovering your strengths:

There are many surveys you can take to uncover your strengths. We like to use the VIA Character Strengths survey, because it's tried and tested...and FREE!

Check it out at www.viacharacter.org and take 15mins answering the questions to uncover your top strengths.

Get yourself a 'strengths' buddy:

It can feel a bit funny jumping straight into celebrating our own strengths, so enlisting a 'strengths buddy' is a handy tool! Ask a family member or friend to also take the strengths survey, and share your top 5 strengths with each other. Then, over the next week, keep an eye out on opportunities to celebrate each other's strengths in action.

The more you spot strengths in yourself and others, the more you become aware of how useful they are and can begin using them to shine!



An attitude **OF** gratitude

Our local legends were unanimous - they think you're pretty lucky to have tech at your fingertips.

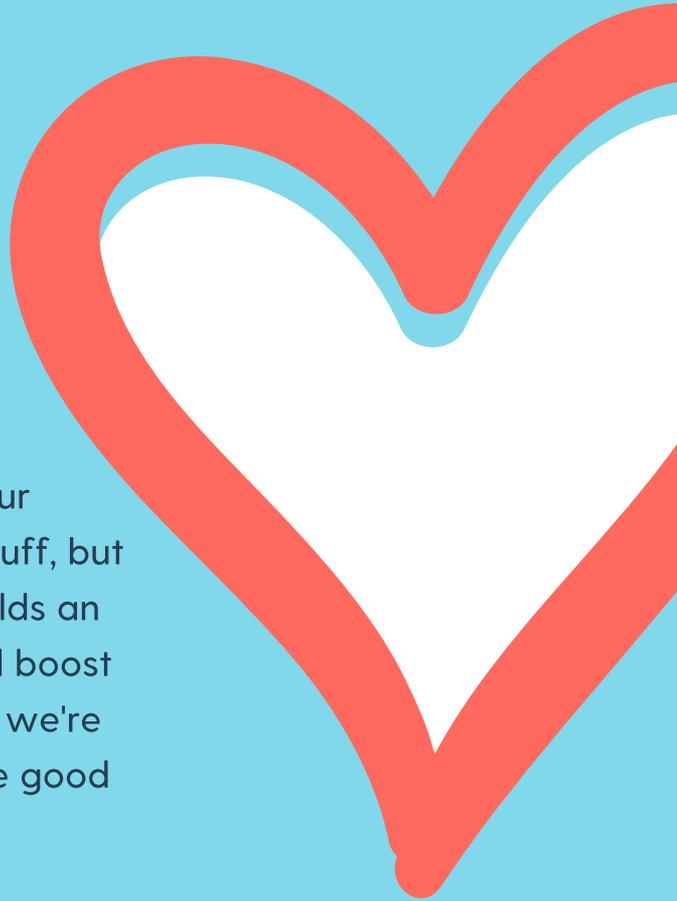
But what are you grateful for?

In attempts to keep us out of harm's way, our brains want to naturally focus on the bad stuff, but research shows that practising gratitude holds an amazing power to buffer against stress and boost our well-being. So, by acknowledging what we're grateful for, we're training our brain that the good stuff really does matter!

3 Good Things

The research says, that to get the most out of our 'good stuff' spotting, we should be looking for 3 good things each day. They need to be different things each day, and need to relate directly to you.

So, a challenge for you over the next week is to think of 3 good things each and every day - you might choose to say them out loud, write them in a journal, or even just speak them in your mind. Let's train our brains to adopt an attitude of gratitude!



Exploring **YOUR** purpose



Our local legends have given you some great tips in starting your journey towards your purpose. Let's turn that insight into action!

1. Try something new

With knowledge at your fingertips and the school holidays about to start, it's time to learn something new! Perhaps it's an online course in a topic of interest, or maybe you want to try a new hobby. Set aside some time each day to try something new and see how it fits you.

2. Get an accountability buddy

Locking in an accountability buddy is a great way to help keep your motivation high when trying something new. Set up a daily or weekly check-in to celebrate your progress and set new goals.

3. Make a plan

Decide on what you're going to do, when you're going to do it, and make a plan B in case things need to change. We love using the app, WOOP My Life, to help make goals stick!



Uncovering YOUR Best self



With final words spoken from our local legends, it's time to turn the mic over to you. What does your best future self look like?

Your Turn:

Imagine you're 40 years of age, and things in your life have gone as well as you could have hoped.

What will you be doing?

Who will be in your life?

What will be important to you? Why?

Spend 5 minutes picturing your best possible future and 5 more minutes writing about it. Describe it in as much detail as possible (and be sure to save it to read on your 40th birthday!).

