















**“A body in motion stays in motion,
and a body at rest stays at rest, unless
acted upon by an outside force.”**

– Sir Isaac Newton

-  Design your vision board
-  Complete character strengths test
-  Unfollow people who make you feel insecure
-  Start a journal
-  Clean your room
-  Go back to something you gave up
-  Open up to your parents
-  Rewrite your notes
-  Say sorry to someone
-  Reach out for help
-  Try something new
-  Develop a moon-shot

DOWNLOAD
our vision board checklist



START
your 7 Days of Hope



ACCESS
the worksheets

