



STEADY'S 7-DAY CHOICES CHALLENGE

Small choices. Real life. One week.



Every choice
is practice for
the next one.

♥

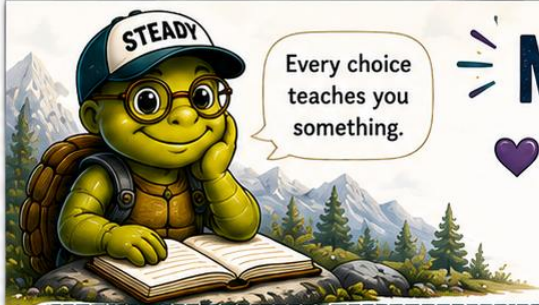
Complete one challenge each day. Then add your sticker in the box!

DAY 1		CHOOSE Make one choice today without being reminded.	What choice did you make? _____	Add Sticker Here
DAY 2		PAUSE Before making a decision, stop and think: Where could this choice lead?	What did you think about before deciding? _____	Add Sticker Here
DAY 3		KINDNESS Do one kind thing when no one expects it.	What kind thing did you do? _____	Add Sticker Here
DAY 4		COURAGE Speak up respectfully about something that matters to you.	How did it feel to speak up? _____	Add Sticker Here
DAY 5		BALANCE Choose one screen-free activity for at least 20 minutes.	What did you do instead of screen time? _____	Add Sticker Here
DAY 6		READ Read something you chose for yourself. Write one thought you want to remember.	What did you read or learn? _____	Add Sticker Here
DAY 7		REFLECT What is one choice you made this week that you're proud of?	Why are you proud of this choice? _____	Add Sticker Here

THINK.
CHOOSE.
GROW.

You don't have to make every choice perfectly.
You grow by thinking, choosing, learning, and trying again. ♥





MY WEEK OF CHOICES

♥ Look back. Be proud. Keep growing. ♥

Small choices today create a stronger you tomorrow. ♥



THE CHOICE I'M MOST PROUD OF THIS WEEK:



SOMETHING THAT WAS HARDER THAN I EXPECTED:



ONE THING I LEARNED ABOUT MYSELF:



ONE CHOICE I WANT TO KEEP PRACTICING:



THE SMALL STEP I WANT TO KEEP TAKING:



≡ GREAT JOB! ≡

You completed the 7-Day Choices Challenge!
Add your special completion sticker here!



STEADY SAYS:

You don't have to make every choice perfectly.
You grow by thinking, choosing, learning, and trying again. ♥

THINK.
CHOOSE.
GROW.



STICKER REWARD PAGE

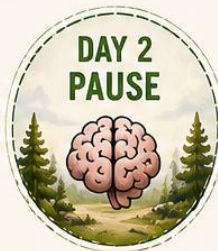
7-DAY CHOICES CHALLENGE

Use these stickers to celebrate your progress!

Great work!
Every small
choice helps
you grow!



USE ONE STICKER EACH DAY

☐☐☐☐☐☐☐

BONUS STICKERS



YOU'RE DOING AWESOME!

Small steps. Good choices. Big growth.