



Will you rock the chop?
@ponytailproject

Thank
you



The happiest people are the ones who make others happy.

Tell a BFF why you are thankful for having them in your life.

Dear _____

XO

The background is a solid light purple color, decorated with numerous orange polka dots of varying sizes scattered across the surface.

Sprinkle kindness everywhere

**Will you rock the chop?
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How beautiful a day
can be when

Kindness touches it.

- George Elliston

This week aim to do 5 random
acts of kindness to brighten
someone else's week

1. _____

2. _____

3. _____

4. _____

5. _____

**BE
YOURSELF
AND YOU
CAN BE
ANYTHING**

Will you rock the chop?

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Tell a BFF what you love about them and make their day great!

Dear _____

XO

Go to bed with
dreams.

**Wake
up with
plans.**

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Turn your dreams into plans.

List goals that you aim to achieve in the next 12 months.

Health goals

Friend goals

Family goals

School goals

Change the world goals
