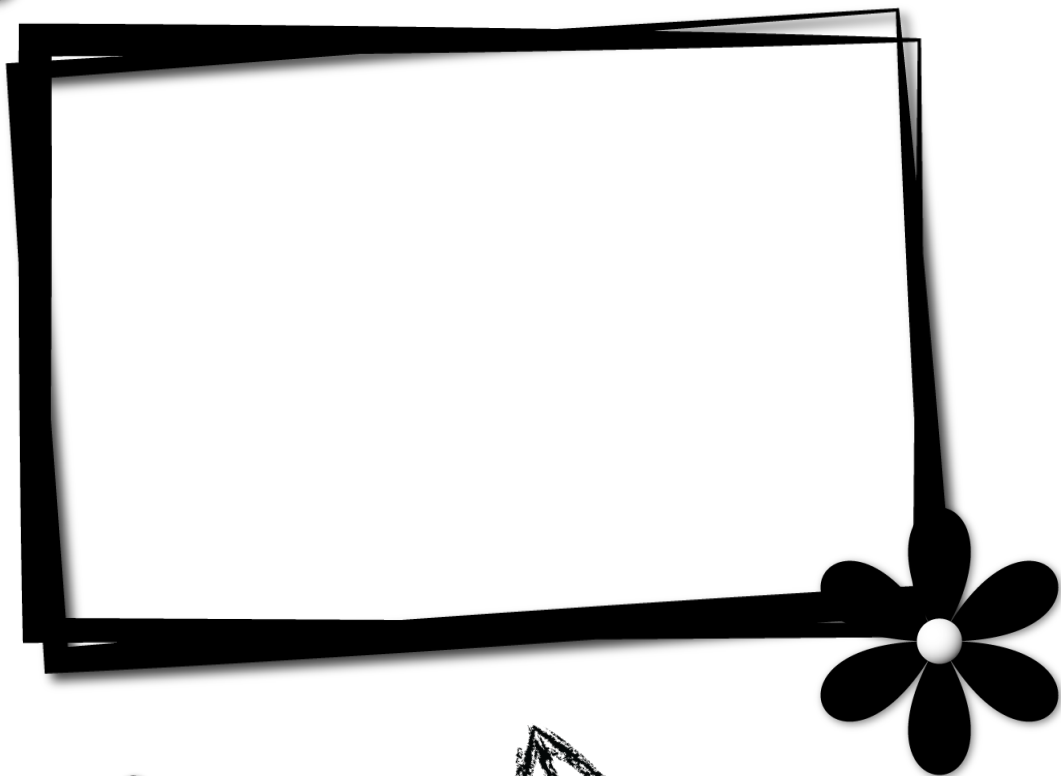
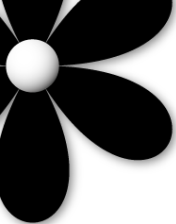
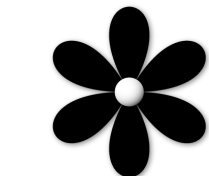


**My  
awesome  
Builders  
Club Year!**





**Me smiling and proud to be a  
Builders Club member!**

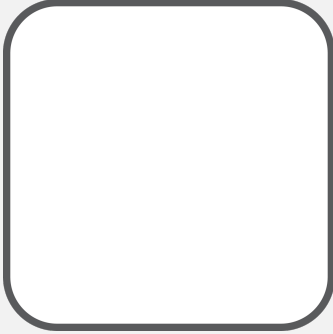


*Post a photo or draw a self-portrait.*

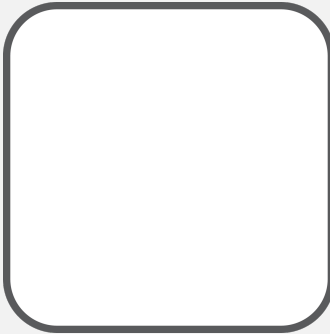
# Finding my passion

## Things I enjoy

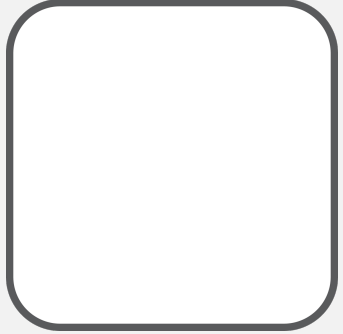
**Favorite hobbies**



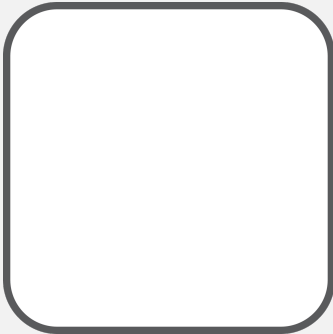
**Favorite sports**



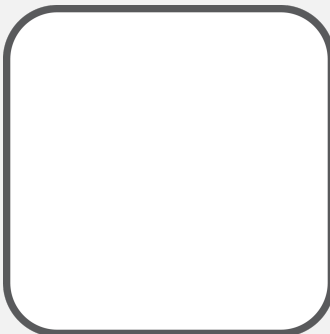
**Favorite crafts**



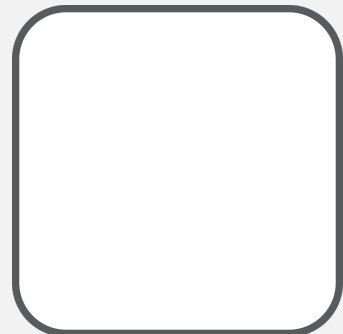
**Favorite books/comics**



**Favorite movies**



**Favorite games**



## Things I care about

**Place a check next to all the things you care about below. Think about how you can connect what you love to do with what you care about.**

\_\_\_ **Kids**

\_\_\_ **My school**

\_\_\_ **Older people**

\_\_\_ **Animals**

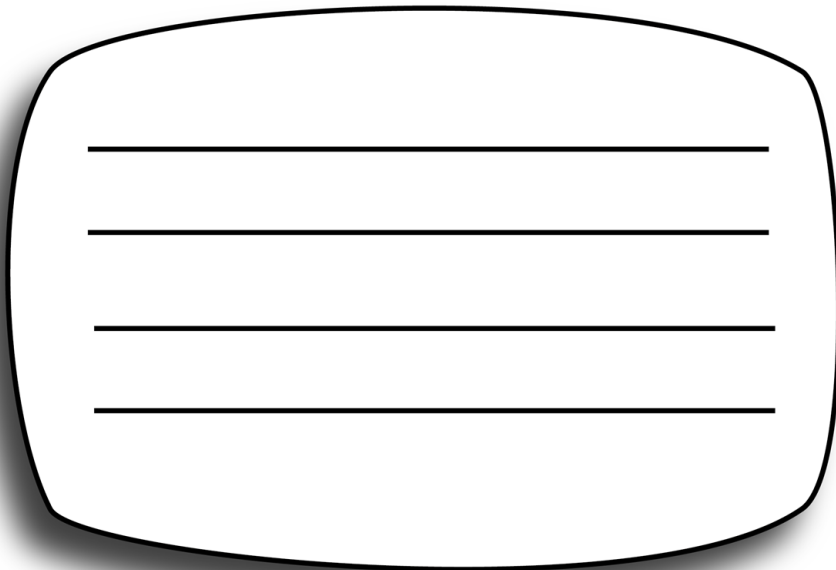
\_\_\_ **The environment**

\_\_\_ **The homeless**

\_\_\_ **Veterans**

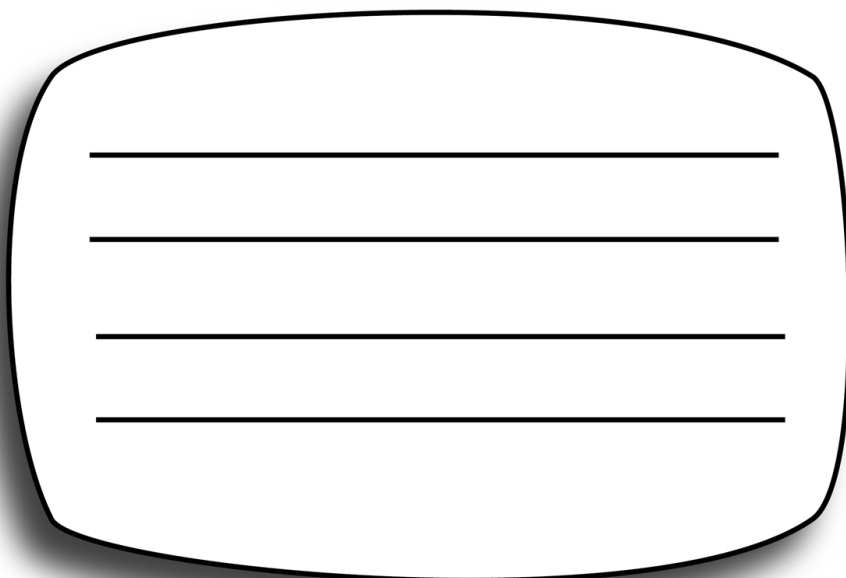
**Based on what I love and care about, what are ways I can help make my school and community caring, kind, happy places to be?**

**Ideas for school**



A large, rounded rectangular box with a black outline and a subtle drop shadow. Inside the box, there are four horizontal black lines spaced evenly, providing a template for writing ideas.

**Ideas for the community**

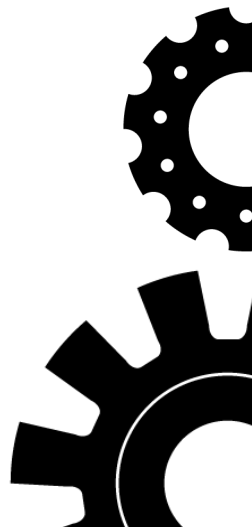


A large, rounded rectangular box with a black outline and a subtle drop shadow. Inside the box, there are four horizontal black lines spaced evenly, providing a template for writing ideas.

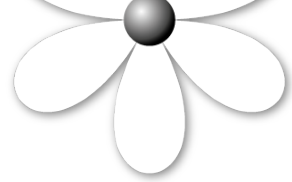
# My future self



**What does the future you look like? Cut out photos from magazines and paste them on this page to create a collage of your future self. Will you live in the city or country? Will you have children and/or pets? What kind of work will you do? How will you help others in your community? When you're finished, look at it from time to time and imagine doing what you see in your future. This will help you get to where you want to be – your future self!**



# Spreading happiness



**Write down acts of kindness you can do during the next four weeks for your friends, family and mentors. Now spread happiness by doing these acts of kindness. Notice changes in yourself and others.**

## Friends

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## Family

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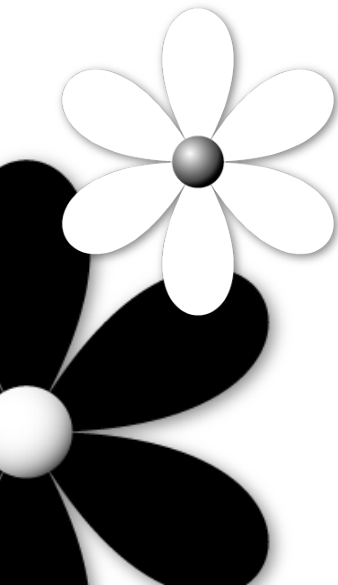
## A mentor

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# Reflection

**How did doing acts of kindness for others impact how individuals responded to you? How did they respond differently?**

**How did doing acts of kindness for others make you feel?**

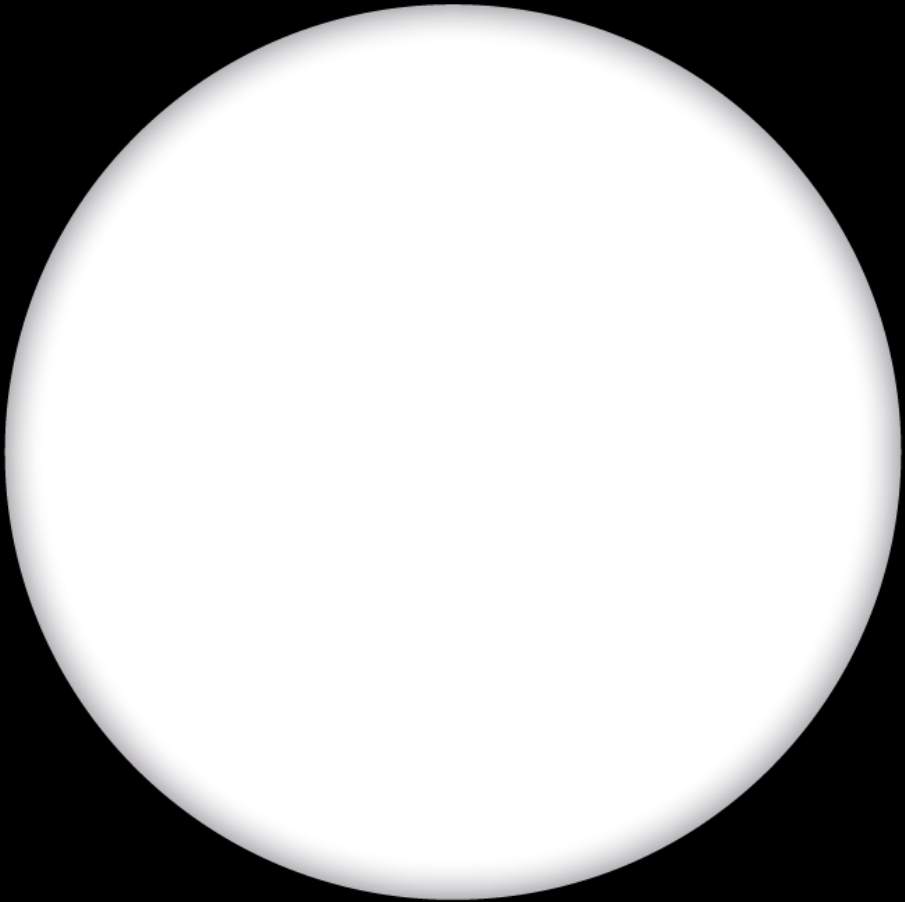
**How did doing this exercise change the way you might do things in the future?**

**What I'll do differently for my friends.**

**What I'll do differently for my family.**

**What I'll do differently for those who mentor me.**

# Your true colors



*Let your true colors show. Write your response to each of the items below in the color of ink noted. Write in the circle above in any direction or angle to create a collage of colorful words. Looking at your true colors when feeling upset, or unsure will help you feel happy, confident and ready to take on any challenge.*

*Blue ink: 5 people who care about me.*

*Red ink: 5 things I'm really good at doing.*

*Green ink: 5 things that make me happy.*

*Black ink: 5 things that make me feel calm.*

*Pink ink: 5 things others like about me.*



*My Builders Club experience*

*My favorite service project.*



*Something new I learned about myself.*

*A new skill I developed.*

*Something new I learned about grown-ups.*

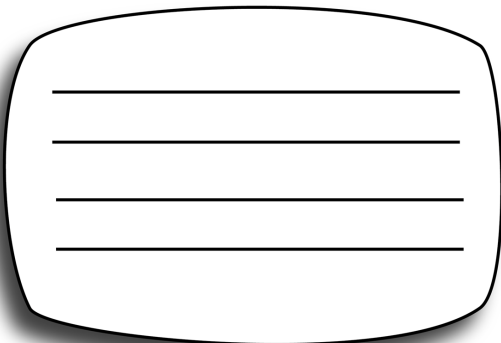
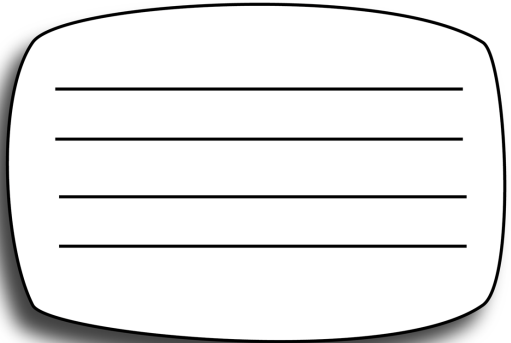
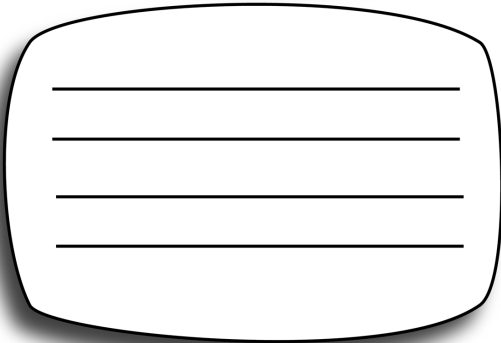
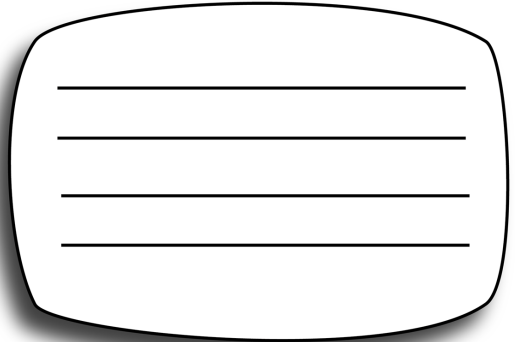
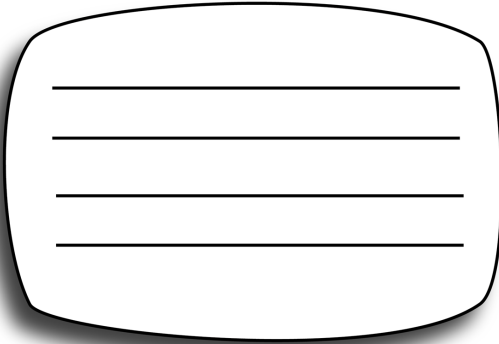
*A new friend I made.*

*Something new I learned about my community.*

*Something new I learned about the world.*

# I'm grateful for.....

*List all the things for which you feel grateful.*



**Notice how you feel after listing all the things for which you feel grateful. You can get that wonderful, warm feeling any time, by doing this exercise. Use it to boost confidence and elevate your mood.**