

YOUR MAGAZINE

# *Success*

ISSUE 2, MAY 2020



Welcome back to your magazine

This week is about success

Success is about doing the best you can with what you have

We can have success by:



Being a good friend



A good runner or



A good singer

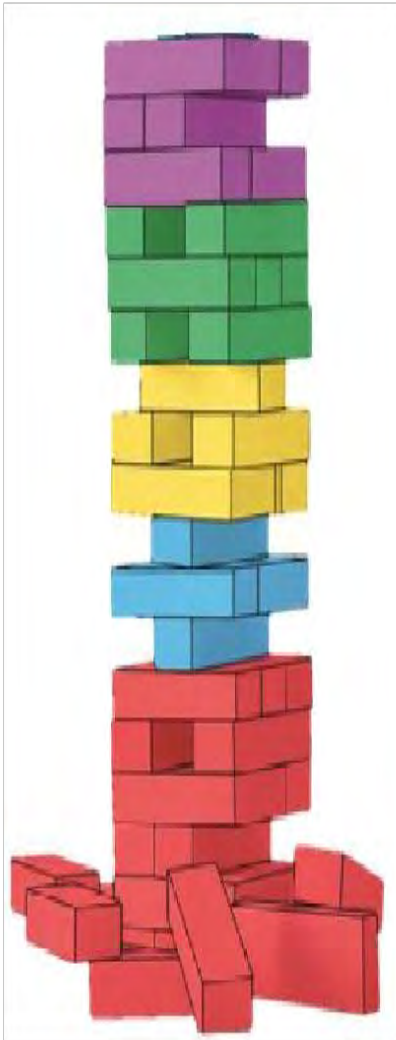


By looking after money or



By practicing skills and getting better at them

If we get things wrong it's a great chance to learn and try again... So let's start being successful!



We all are different people  
but we have the same needs.

When we don't get what we  
need life is hard.

Think of the Jenga Tower -  
it falls down if some blocks  
are missing.

Are you getting everything  
you need?



# MONDAY

lets get physical

Remember to warm up before exercising and cool down afterwards! Simple stretches will help your body cope with activity

DAREBEE WORKOUT © darebee.com

Hold each pose for 30 seconds then move on to the next one.  
Repeat the sequence again on the other side.



YOUR BODY IS  
IMPORTANT

feel good score out of ten:

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glad I did it?

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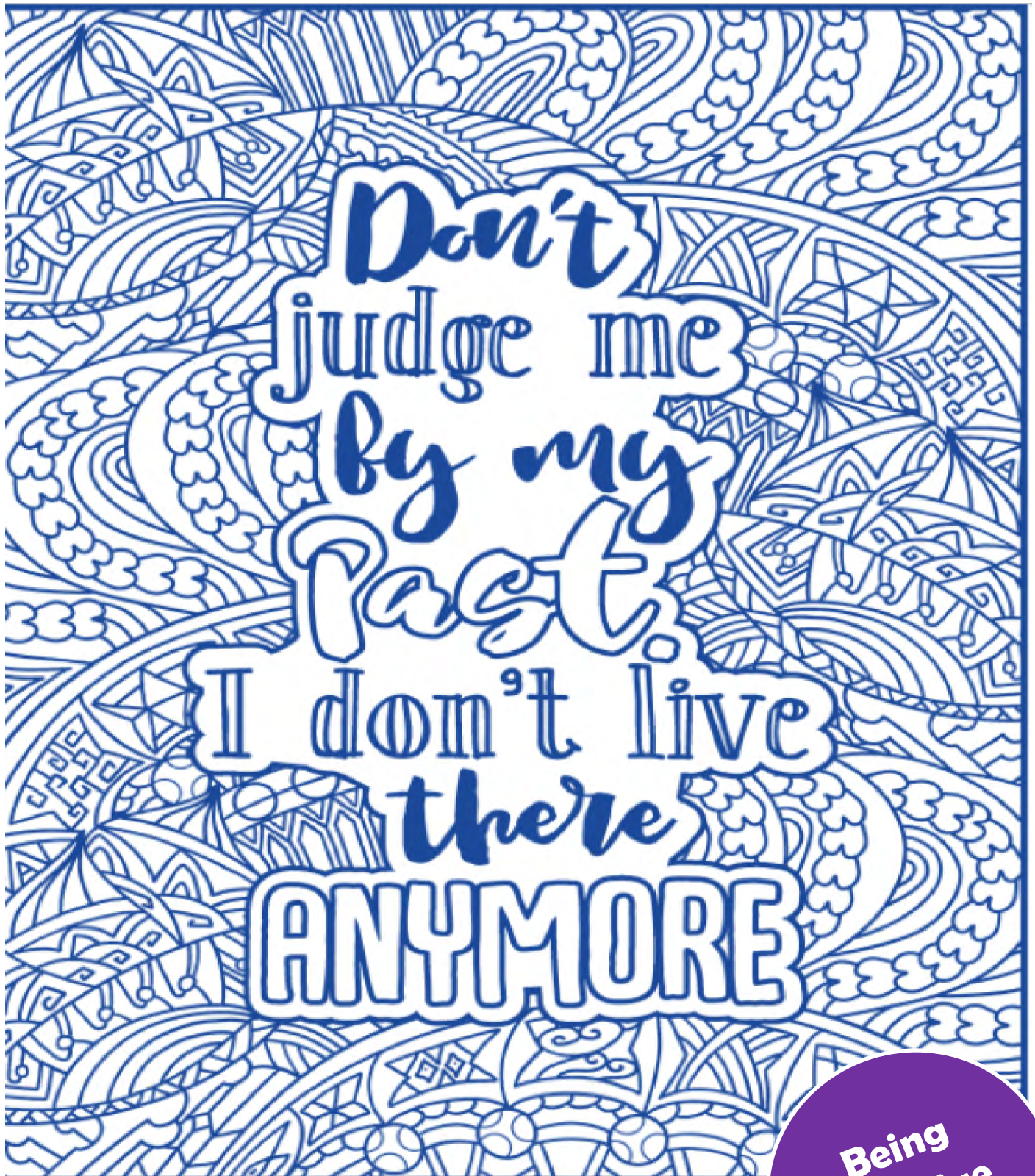
does my body feel  
different when I exercise?

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Being  
Active



# Colour Challenge



Being  
Creative



# Tuesday



Write  
down  
3 things  
that are  
important  
to you

1. ....

2. ....

3. ....



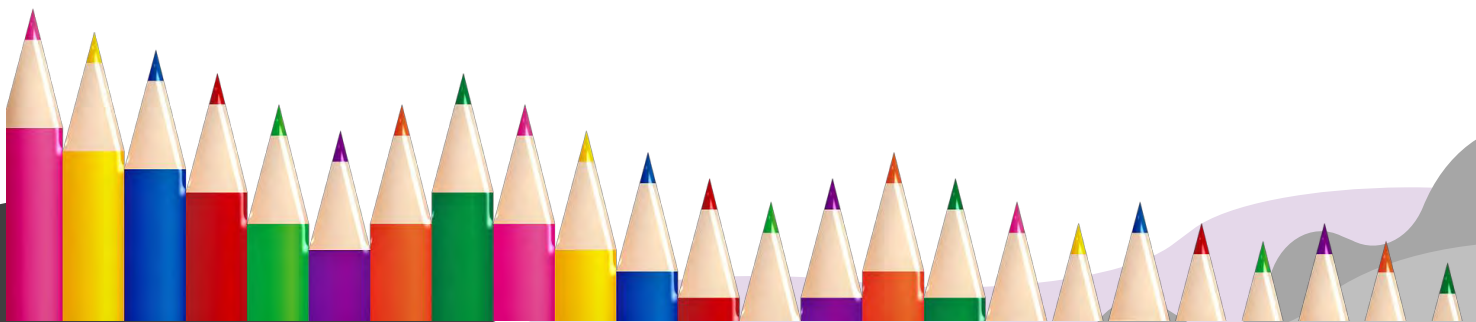
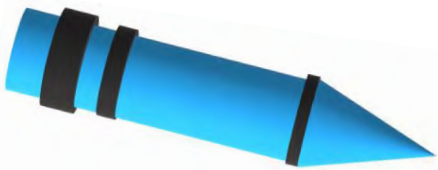
<sup>+</sup>  
**Write one thing you have  
found hard to do**

**Feeling  
good  
about me**

**Did it go wrong?**

**Did you stick at it or give up?**

**Draw a picture or write about something you have  
done well - maybe it's something you've done whilst in  
prison**





Find all the hidden words

## Success & Failure

Y M P Y H I C U G W Z I E N U T R O F S I M C J  
I G G S R S G L V K A G O F A I L U R E K T V T  
E M W N I K I D V P A C A F O R E F E I T P C N  
C Y P B I M B N L J D J P I G E E X R V X C W E  
S J C R S L Q C T K A V B O N D E C L I N E H M  
N S B E O J I M U B C A T P E D E F E A T D D N  
M O U N L V Z A U S C W A U G L B J U P X V K I  
J D I C L P E W F X R I L X O D N K Q Y Y M O A  
Z A N T C A W M D H E N T S I W N H E X U F G T  
L O C Q A E C G E Q V J S U O Z A Z C R F F M T  
W S J S D Z S P U N F U L F I L L M E N T E U A  
U M S W G K I S T Q T Y Z T U O W Z V H C O P Y  
P Q S E X N E L F W R Y K B O O L R E W A R D V  
Q U X Y R V I O A U P N J C B C I I M X E C F B  
S T Q I C G V S F E L T X C X E S S E N D A S Y  
N O I N W E O C S K R N R T G L L A F N W O D C  
W N R C T Z W R Y E Z K E W T I A D E X Z W G B  
O S E R R O Y S P K L O T S O S T M B U Q N U H  
D U P E O Y L U Z G M B O H S T H K I D J V X G  
K U I A N W U Y R O T C I V W J S S C S D A V F  
A L S S N K C L D F C M M W K Q L K N Q S W Z R  
E M U E P Y M S I N K I N G S H I P V O I T V R  
R M U U P A K L N A C H I E V E M E N T V F E B  
B A O E S T N E M H S I L P M O C C A S H C D P

Win  
Sorrow  
Realization  
Loss  
Forefeit  
Decline  
Attainment

Victory  
Sadness  
Progress  
Increase  
Failure  
Downfall  
Achievement

Unfulfillment  
Sinking Ship  
Misstep  
Improvement  
Failing  
Breakdown  
Accomplishments

Successfulness  
Reward  
misfortune  
Gain  
Defeat  
Blessings



Being  
Creative

# Wednesday

What does failure look like?



Hiding away



Giving up



Feeling embarrassed



Feeling guilty



Feeling angry



Pretending you don't care



Feeling low

# What does success feel like?

Success is being:



Good friend

Helpful

Have job



Creative

Fit

Healthy



Funny

Happy

Can you think of more?

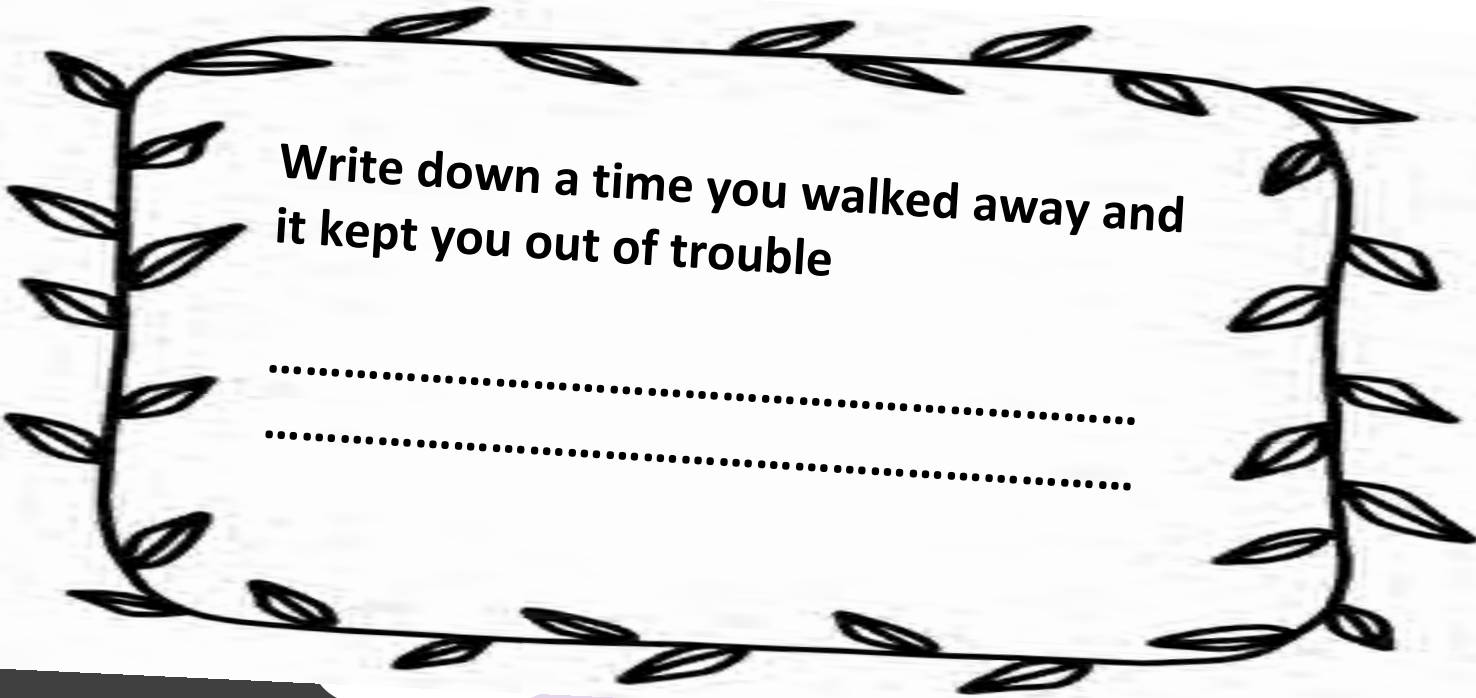
Success isn't about how much we have it's  
about who we are as people



Sometimes when we feel hurt we can't tell the difference between when it's better to walk away and when it's better to speak up.

Have you ever said something that's not ok?

Did you wish you'd walked away instead?



Write down a time you walked away and it kept you out of trouble

.....

.....

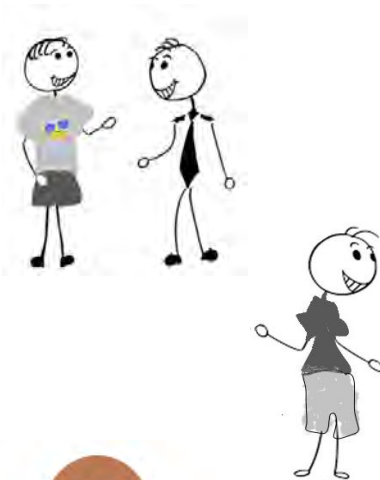
# Thursday

How to see problems in a new way



1. What is my problem?

2. Can I solve it now?



3. If I can then ask for help and do something

4. If I can't then let it go



5. What good can I make happen from this situation?

Every good idea starts with a plan

When Corona is over what things can you  
do to help others?

What does the world need more of?

How can you help with this?





Learning to play Sudoku is simple!  
Enter numbers from 1 to 9 in the  
blank squares. Every row, column  
and 3x3 square must contain only one  
of each digit.



5	3			7				
6			1	9	5			
	9	8					6	
8				6				3
4			8		3			1
7				2				6
	6					2	8	
			4	1	9			5
				8			7	9

Being  
Creative

# Friday



I'm Mr.Right

I never get  
anything wrong

I avoid  
getting  
things wrong!

I avoid things I could  
enjoy in case it goes  
wrong



I'm Ms.

have a go

I'm happy  
with getting  
things wrong

I have a go at  
things I enjoy

If it goes wrong I  
try something new



I was so scared of  
getting things wrong  
in my life so I've  
not done much!

I've done loads in my  
life and achieved so  
much.

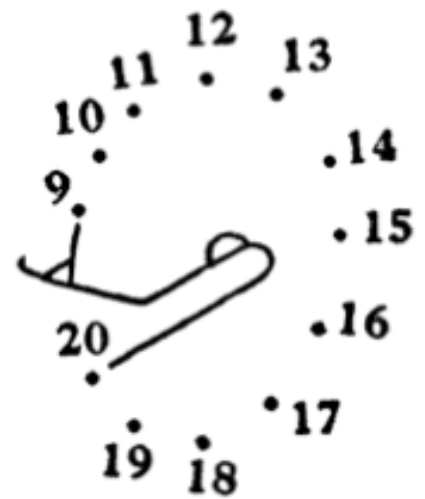
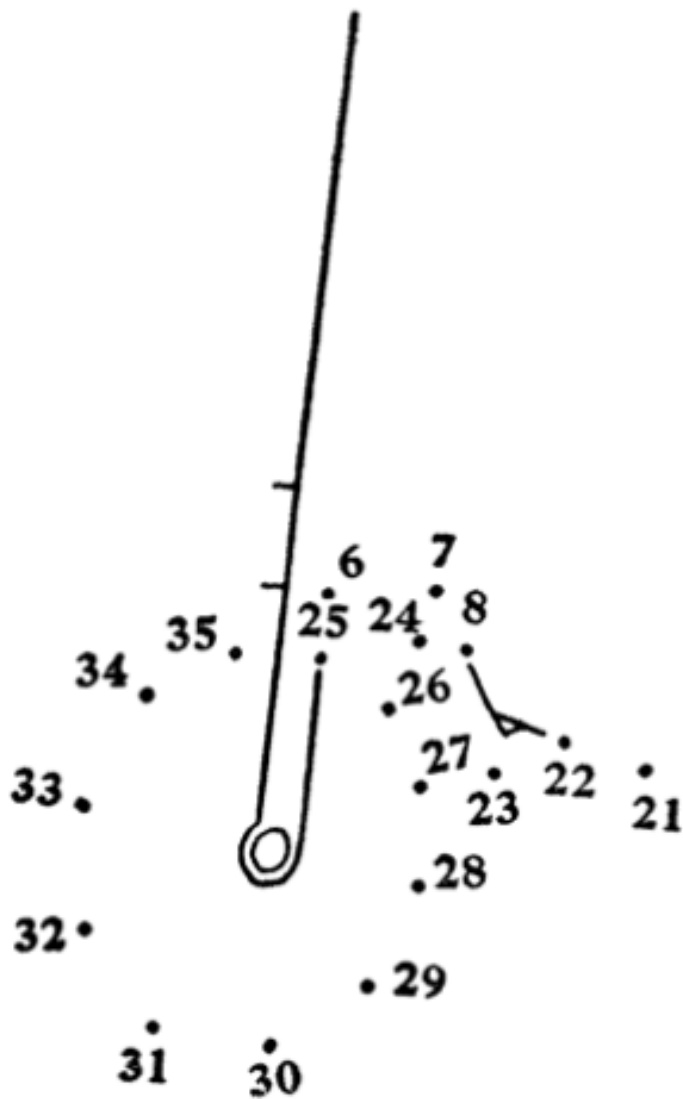
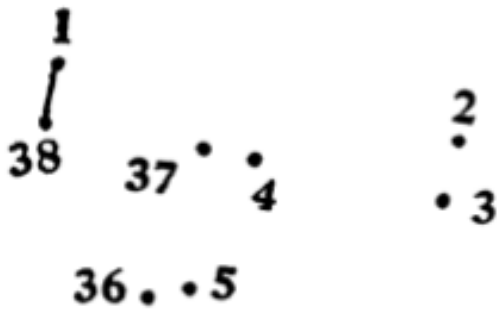
I've also got things  
wrong at times but  
that's life!



Which one do you think lived a successful  
life? Who do you want to be?

Feeling  
good about  
me

# Connect the dots



Being  
Creative



# Saturday

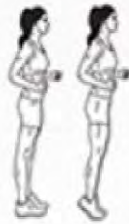
## Perfect 10

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 side lunges



10 calf raises



10 slow climbers



10 plank leg raises



10 shoulder taps



10 plank rotations



10 crunches



10 flutter kicks



10 sitting twists

glad I did it?  
-----

minutes worked:  
-----

feel good score:  
-----



Write down 3 things you like about your body:

-----

-----

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Being  
Active



# Mindfulness

Bring your mind to hear and now

Find something in your room

Look at it

What do you notice?

What colour is it?

What shape is it?

What else can you see?

How does it feel in your hands? Soft or hard?

What does it smell like?

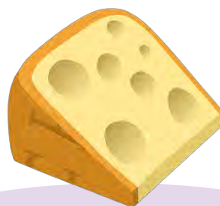
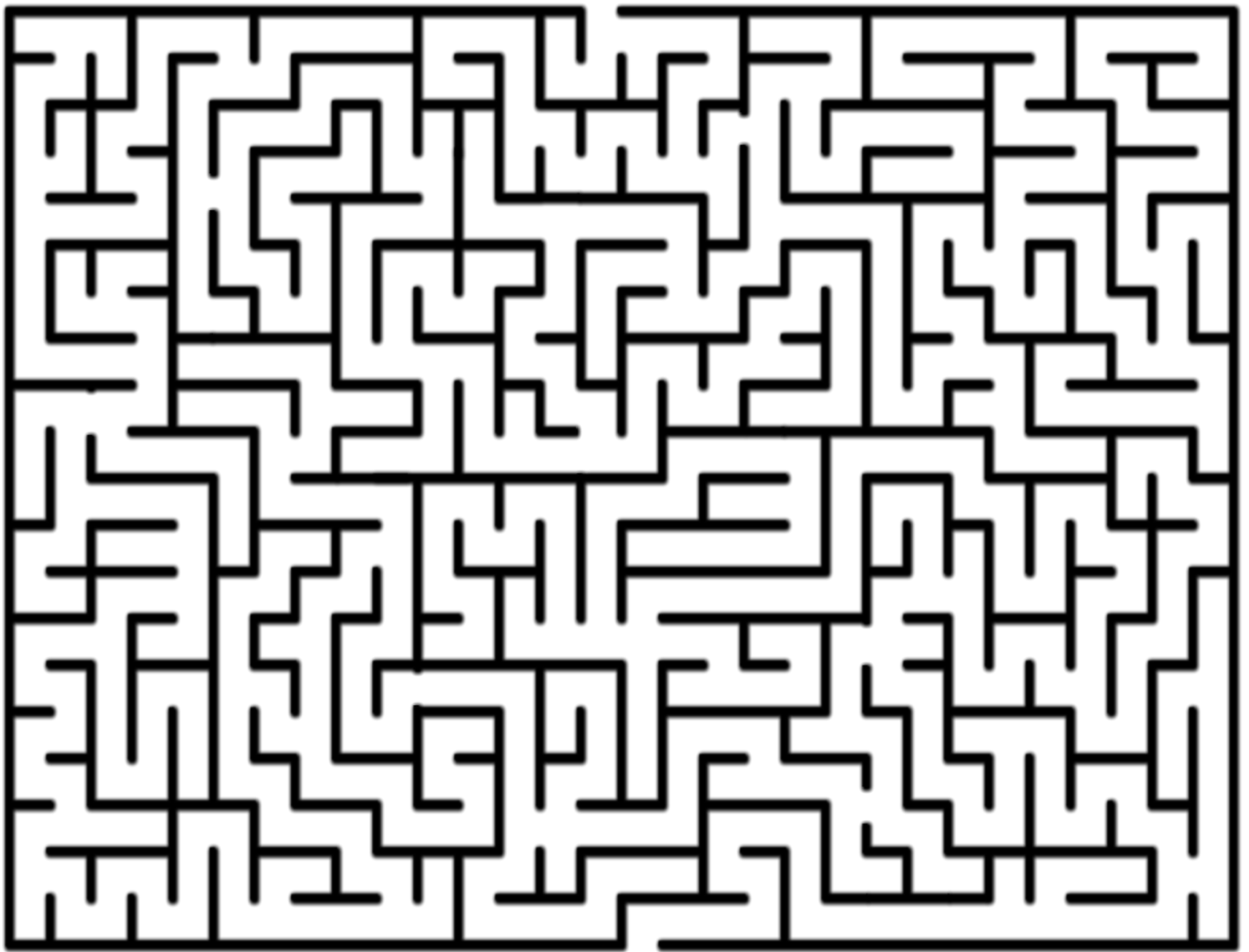
If your thoughts go somewhere else bring them back to your object

And just notice



Help the mouse find his cheese...

Being  
D  
Creative





# Sunday

**Being  
Active**

*On a scale of 1-10 - are your physical needs being met?  
(Sleep, Eating, Health, Comfort)*

1 2 3 4 5 6 7 8 9 10

**I FEEL  
SAFE**

*On a scale of 1-10 - Do you feel safe and secure?  
(Safe from self, others and where you live)*

1 2 3 4 5 6 7 8 9 10

**Loved &  
Wanted**

*On a scale of 1-10 - Do I have good relationships  
(family friends, residents, staff)*

1 2 3 4 5 6 7 8 9 10

**Feeling  
good about  
me**

*On a scale of 1-10 - How successful am I going to be  
next week? (plans, goals, achievements)*

1 2 3 4 5 6 7 8 9 10

**Being  
Creative**

*On a scale of 1-10 - Do I understand my actions right  
now? (motivation, understanding, improving)*

1 2 3 4 5 6 7 8 9 10

Do you judge yourself when you when  
mistakes?



I, .....

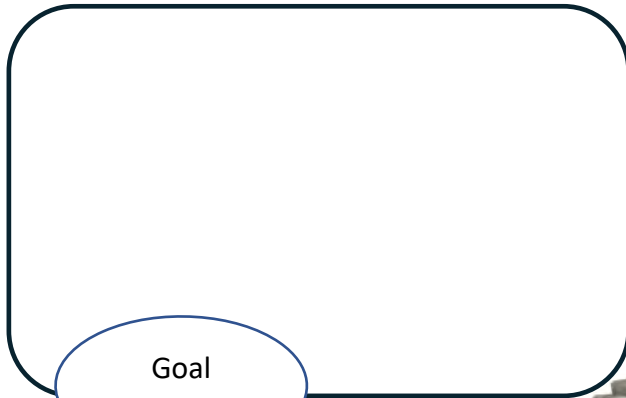
Commit to trying to forgive  
myself for my mistakes  
starting now.

Loved &  
Wanted



# Your Week

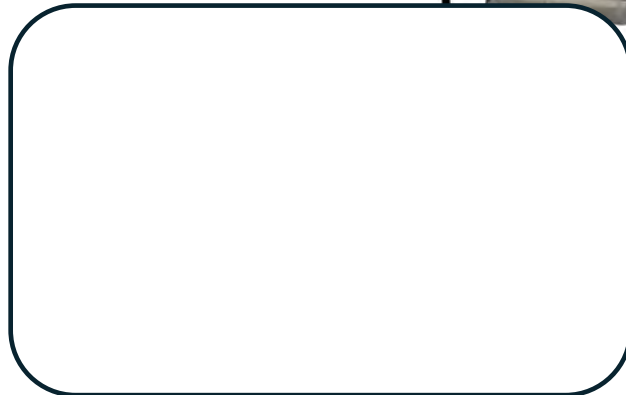
Storyboard - record your last six days in any way you like.



Goal  
Achieved



AIM



It's been hard  
sometimes

