

Quotes & Affirmations

Collect the words that lift you, write affirmations in your own voice, and cut out cards to keep where you'll see them every day.

Name

Date

Quotes that move me

Quote	Who said it	Why it matters to me

My affirmations

Write in the present tense, as if it's already true. Start with "I am", "I can" or "I choose".

1.

I
2.

I
3.

I
4.

I
5.

I
6.

I

EXAMPLES

I am capable of achieving everything I set my mind to. · I choose progress over perfection. · I welcome challenges as chances to grow.

Cut-out cards

Write a favourite quote or affirmation on each card. Cut along the dashed lines and pin them to your mirror, desk or fridge.

ASPIRE MODE	ASPIRE MODE
ASPIRE MODE	ASPIRE MODE
ASPIRE MODE	ASPIRE MODE

Thought Reframe Worksheet

Use this whenever a negative thought gets stuck. Work down the page: notice it, name it, question it, then replace it.

Name

Date

Date & situation Where were you? What happened?	
The negative thought Write it exactly as your mind said it.	
How much do I believe it? Circle 0 (not at all) to 10 (completely).	012345678910
Thinking trap Tick the one that fits best.	☐ All-or-nothing ☐ Overgeneralising ☐ Catastrophising ☐ Mind reading ☐ Labelling ☐ Should statements ☐ Discounting the positive
Evidence for this thought	
Evidence against it	
What would I tell a friend?	
My balanced thought True, fair and helpful.	
How much do I believe the old thought now? Circle 0 to 10.	012345678910

Thinking traps at a glance

Thoughts are not facts. Spotting the trap is the first step to getting out of it.

Thinking trap	Sounds like	Try instead
All-or-nothing	<i>"If it's not perfect, it's a failure."</i>	Progress counts. Good enough today beats perfect never.
Overgeneralising	<i>"I always mess things up."</i>	I made a mistake this time. I've done this well before.
Catastrophising	<i>"This is going to be a disaster."</i>	This is hard, and I can handle the next step.
Mind reading	<i>"They think I'm useless."</i>	I don't know what they think. I can ask, or focus on what I control.
Labelling	<i>"I'm such a failure."</i>	I'm a person who is still learning and growing.
Should statements	<i>"I should be further along by now."</i>	I'm on my own path. What can I do today?
Discounting the positive	<i>"That win was just luck."</i>	I worked for that. I'm allowed to own my successes.

Questions to ask yourself

- Is there a middle ground between total success and total failure?
- Is it really "always"? Can I think of a time it went well?
- What is most likely to happen, not the worst?
- What actual evidence do I have of what they think?
- Would I talk to a friend like this?
- Does one event define who I am?

Manifestation & WOOP Planner

Get clear on what you want, picture it vividly, plan for the obstacles and take your first step.

Name _____

Date _____

My vision

What I want <i>Be as specific as you can.</i>	
Why it matters to me	
When it happens, I will see...	
...and I will feel...	

My WOOP plan

Pairing a positive dream with a realistic look at obstacles makes you more likely to follow through.

W	Wish <i>What do I want? Challenging but possible.</i>	
O	Outcome <i>The best result. How will it feel?</i>	
O	Obstacle <i>What inside me could get in the way?</i>	
P	Plan <i>If [obstacle] happens, then I will...</i>	

My daily practice

My affirmation <i>Present tense, as if it's true.</i>	
Two-minute visualisation <i>Tick each day you do it.</i>	☐ Mon ☐ Tue ☐ Wed ☐ Thu ☐ Fri ☐ Sat ☐ Sun
Today's small action	
I'm grateful for	

SMART Goal Planner

Turn a wish into a goal you can reach, break it into milestones and plan your first steps this week.

Name _____

Date _____

Area of life <i>Tick one or more.</i>	☐ Personal ☐ Work ☐ Health ☐ Money ☐ Relationships
My goal in one sentence	
My reward when I reach it	

Make it SMART

S	Specific <i>Exactly what will I do?</i>	
M	Measurable <i>How will I know I've done it?</i>	
A	Achievable <i>What do I need? Is it realistic?</i>	
R	Relevant <i>Why does it matter to me?</i>	
T	Time-bound <i>By when will it be done?</i>	

Milestones

Milestone	Target date	Done
		☐
		☐
		☐
		☐

Obstacles & if-then plans

If this happens...	...then I will

This week's first steps

☐ Step 1	☐ Step 2	☐ Step 3
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30-Day Aspire Challenge Tracker

One short lesson and one small task a day for 30 days. Tick each day off and jot down what you noticed.

Name _____

Date _____

Start date _____

What I want from these 30 days _____

Day	Lesson & task	Date	Done	What I noticed
WEEK 1 • MINDSET				
1	Decide to aspire Write who you want to be in a year		☐	
2	Notice your self-talk Tally your negative thoughts		☐	
3	The gratitude habit Write three things you're grateful for		☐	
4	Know your strengths List five strengths; ask someone to add one		☐	
5	Set an intention Decide how you'll show up before your phone		☐	
6	Spread kind words Send an encouraging message		☐	
7	Look back on week one Write one thing you've learned		☐	
WEEK 2 • REFRAME				
8	Thoughts aren't facts Reframe one negative thought		☐	
9	Spot your thinking trap Name the trap you fall into most		☐	
10	The friend test Talk to yourself like a good friend		☐	
11	Add the word "yet" Turn "can't" into "can't yet"		☐	
12	Turn worry into a plan One worry, one small step		☐	
13	Learn from a mistake Write what a mistake taught you		☐	
14	Collect the evidence Three signs you're moving forward		☐	
WEEK 3 • GOALS				
15	Dream big Write your big goal for the next 12 months		☐	
16	Make it SMART Shape your goal with SMART		☐	
17	Find your why Write three reasons it matters		☐	
18	WOOP your goal Biggest obstacle + if-then plan		☐	
19	Break it down Four quarterly milestones		☐	

Day	Lesson & task	Date	Done	What I noticed
20	See it clearly Two minutes of visualising, twice		☐	
21	Share your goal Tell one supportive person		☐	
WEEK 4 • ACTION				
22	The two-minute start Two minutes on your goal		☐	
23	Stack a habit “After I ____, I will ____”		☐	
24	Remove the friction Change one thing in your space		☐	
25	Feed your mind 20 minutes learning about your goal		☐	
26	Check your energy Improve sleep, water or movement		☐	
27	Ask for help Ask one question that moves you forward		☐	
28	Do the hard thing first Start with the task you've avoided		☐	
FINAL DAYS • SUMMIT				
29	Look how far you've come Re-read Day 1. What's changed?		☐	
30	Keep climbing Plan your next 30 days and celebrate		☐	

Day 30 reflection

What has changed?	
What I'm proud of	
My plan for the next 30 days	

Brain Games Puzzle Sheet

Unscramble uplifting words and race through quick sums. No peeking: the answers are on the last page.

Name

Date

Word unscramble · Easy

1	O E P H	
2	L A M C	
3	E I R S	
4	D K I N	
5	A G L O	
6	E R B V A	

Word unscramble · Medium

1	L B I E E F	
2	H O W T R G	
3	C G R E A U O	
4	M T S I N D E	
5	P S N R E I I	
6	I A C E V E H	

Word unscramble · Difficult

1	I A R G U E T T D	
2	E D E N N I O C F C	
3	T M N I O O T V A I	
4	E R E I S I L E C N	
5	T S I O I I M C P T	
6	U I B I O T A S M	

Quick maths

Time yourself on each set. Write your time in the box, then try to beat it next time.

Easy

1) $2 + 10 =$	2) $2 + 8 =$	3) $7 + 4 =$	4) $10 + 8 =$
5) $9 + 1 =$	6) $10 + 8 =$	7) $5 + 5 =$	8) $5 + 3 =$
9) $9 + 6 =$	10) $5 + 2 =$	11) $4 + 9 =$	12) $3 + 1 =$

My time: _____ min _____ sec

Medium

1) $47 - 30 =$	2) $96 - 16 =$	3) $84 + 23 =$	4) $89 - 11 =$
5) $75 - 75 =$	6) $33 + 83 =$	7) $82 + 96 =$	8) $52 - 49 =$
9) $83 + 43 =$	10) $46 - 22 =$	11) $71 - 61 =$	12) $70 - 68 =$

My time: _____ min _____ sec

Difficult

1) $12 \times 3 =$	2) $3 \times 9 + 26 =$	3) $54 \div 9 =$	4) $80 \div 10 =$
5) $3 \times 7 + 10 =$	6) $5 \times 3 =$	7) $11 \times 7 =$	8) $9 \times 2 + 23 =$
9) $9 \times 2 + 40 =$	10) $30 \div 3 =$	11) $120 \div 12 =$	12) $8 \times 7 + 41 =$

My time: _____ min _____ sec

Answers

Word unscramble · Easy	HOPE, CALM, RISE, KIND, GOAL, BRAVE
Word unscramble · Medium	BELIEF, GROWTH, COURAGE, MINDSET, INSPIRE, ACHIEVE
Word unscramble · Difficult	GRATITUDE, CONFIDENCE, MOTIVATION, RESILIENCE, OPTIMISTIC, AMBITIOUS
Quick maths · Easy	1) 12 2) 10 3) 11 4) 18 5) 10 6) 18 7) 10 8) 8 9) 15 10) 7 11) 13 12) 4
Quick maths · Medium	1) 17 2) 80 3) 107 4) 78 5) 0 6) 116 7) 178 8) 3 9) 126 10) 24 11) 10 12) 2
Quick maths · Difficult	1) 36 2) 53 3) 6 4) 8 5) 31 6) 15 7) 77 8) 41 9) 58 10) 10 11) 10 12) 97

Daily Habit Tracker & Journal

Tick off your habits each day of the week. Then take five minutes each evening with the journal page. Print as many copies as you need.

Week starting _____

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun
MORNING							
Drink a glass of water before your phone							
Read a quote and one affirmation							
Two minutes visualising your main goal							
Write your top 3 priorities							
EVENING							
Write 3 things you're grateful for							
Note one win, however small							
Reframe one negative thought							
Plan tomorrow's first small step							
MY OWN HABITS							
CHECK-IN							
Mood today (1–5)							
Hours of sleep							

REMEMBER

Small habits, done daily, build a positive mindset. Missed a day? Don't break the chain twice: just start again tomorrow.

Today's reflection

Name _____

Date _____

Three things I'm grateful for

1. _____

2. _____

3. _____

Today's win, however small

A thought I reframed

The old thought	
My new thought	

Today I felt

☐ Great ☐ Good ☐ Okay ☐ Low ☐ Tough day

Tomorrow's first small step

Journal prompt

What would I attempt if I knew I couldn't fail?