



*#Sarasquad*

# SUPERSTAR

## JOURNAL

2021-2022

5782

[WWW.SARASQUADLIFE.COM](http://WWW.SARASQUADLIFE.COM)



# HOW TO USE THE #SARASQUAD PLANNER:

## INTRODUCTION PAGES

THE PLANNER IS ORGANIZED BY MONTH. THERE ARE 4 PAGES FOR EACH MONTH. DO ONE EACH WEEK AND YOU'LL BE WELL ON YOUR WAY TO SUPERSTAR STATUS!



## AFTER THAT ARE THE DAILY CALENDAR SHEETS.

Here, write everything you need to do in the morning.

Here's where you write things for school, like projects, plays, assignments & other important things.

Here you can write the fun things you get to do!

Here's where you fill in homework & things to study.

And then... There are the bonuses!

Over here, each day you will fill in something that happened that day that you felt happy about.

*This helps you remember to focus on the good things in life!*



In the reading box, it's pretty simple! If you've done some reading that was not for school, check it off.

On the monthly goal line here, you will fill out whether you accomplished something for your monthly goal. What will the monthly goal be?

You get to decide that. Each month pick a goal connected to the topic of the month.



Find something you want to improve on for that month & start working on it every day.

Check off if you did some type of movement that day for health & fun.

Some movement ideas are an outdoor walk, playing a sport, gymnastics, or my favorite, dance parties. See how many days a week you can be active. It's important.



# HOW TO USE THE #SARASQUAD PLANNER:

## WEEKEND PAGE



The planning pages for Shabbos & Yom Tov are important.

When you plan in advance, you set yourself up for a great day.

  
*Watch*  
A VIDEO ABOUT  
THAT TOO AT  
[SARASQUADLIFE.COM](http://SARASQUADLIFE.COM)

Shabbos, Sunday & Yom Tov pages are different. They are made to plan for these special days.

Of course, the Shabbos planning part is meant to be done before Shabbos & the best part of Shabbos gets filled in after Shabbos ends.



**SHABBOS.**  
September 18th / 12 Tishrei

How is this Shabbos going to be special for you?  
Things I'm planning:

The best part of my Shabbos:

**SUNDAY.**  
September 19th / 13 Tishrei

**MUST DO**

**WANT TO DO**

**COULD DO**

Something I am happy about today: +

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Something I did today to work on my monthly goal:

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MOVEMENT:  READING:

## AND NOW IT'S TIME TO GET STARTED!

You are about to begin the best year of your life.  
You are going to have days filled with fun, meaning & learning...  
and I can't wait to hear what you've learned!

Email me and the #Sarasquad team at [team@sarasquadlife.com](mailto:team@sarasquadlife.com)  
to let us know what great things you are  
doing with your planner!

  
Sara

SEPTEMBER

# GROWTH MINDSET

## DID YOU KNOW THAT YOUR BRAIN CAN GROW & CHANGE THROUGHOUT YOUR LIFE?

You can always learn new things & get better at things. There's only one catch- you need to believe you can! The first step to learning new things is trying. Of course, as you try you will make mistakes. Sometimes you will mess up really badly. That's part of learning! Don't be afraid of it!

Neuroplasticity (I know! It's a fancy word!) is how your brain is able to change & grow throughout your life. The more you use a certain part of your brain, the better you become at using it and the stronger it becomes. As you repeat an action, your brain creates new connections & remembers how to do it better & better.

Do you have to think about walking? No? You once did. It was really hard! You fell a lot. You got bumped & bruised. You may have even cried. But you learned how to do it.

Riding a bike? Reading? Writing your name? Those were all once really tough. But now you're a pro. If you can learn those skills, you can learn other things too. It just takes lots of practice & hard work.



WRITE A LIST OF 3-5 THINGS YOU HAVE BECOME REALLY GOOD AT IN LIFE:



Blank lined area for writing a list of 3-5 things you have become really good at in life.



Watch THE VIDEO CALLED "FLYING HIGH" AT SARASQUADLIFE.COM

Think of two mistakes you've made in your life that you learned something from. It could be a test you corrected & learned from the corrections. Maybe you did something to a friend & you know not to do that again. Mistakes are how we learn, so let's celebrate mistakes!

1. \_\_\_\_\_

2. \_\_\_\_\_

To Do

Copy this awesome box & say it out loud every day this week:

I CAN ALWAYS LEARN NEW SKILLS AS LONG AS I'M WILLING TO TRY MY BEST I MAY TRY & FAIL & TRY & FAIL, BUT I WON'T GIVE UP TILL I ACHIEVE SUCCESS.

# SEPTEMBER

WEDNESDAY,  
September 1st/ 24 Elul

MORNING MAGIC



SCHOOL THINGS



FOR FUN



HOMEWORK



Something I am happy about today:

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Something I did today to work on my monthly goal:

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MOVEMENT:

READING:

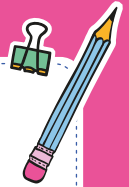
# MISTAKES ARE PROOF YOU ARE TRYING

THURSDAY,  
September 2nd/ 25 Elul

MORNING MAGIC



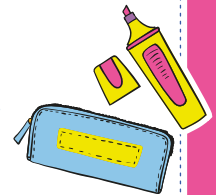
SCHOOL THINGS



FOR FUN



HOMEWORK



Something I am happy about today:

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Something I did today to work on my monthly goal:

---

MOVEMENT:

READING:

# SEPTEMBER

**FRIDAY,**  
September 3rd/ 26 Elul

## MORNING MAGIC



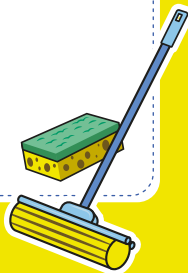
## SCHOOL THINGS



## FOR FUN



## SHABBOS PREP



Something I am happy about today:

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Something I did today to work on my monthly goal:

---

MOVEMENT:

READING:

# MISTAKES ARE PROOF YOU ARE TRYING

**SHABBOS,**  
September 4th/ 27 Elul

How is this Shabbos going to be special for you?  
Things I'm planning

The best part of my Shabbos

☆☆☆

**SUNDAY,**  
September 5th/ 28 Elul

## MUST DO

## WANT TO DO

## COULD DO

Something I am happy about today:

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Something I did today to work on my monthly goal:

---

MOVEMENT:

READING:

# SEPTEMBER

WEDNESDAY,  
September 22nd/ 16 Tishrei



## SUKKOS

### MORNING MAGIC



Blank dashed-line box for Morning Magic activity.

### HOW IS SUKKOS GOING TO BE SPECIAL FOR YOU?

Blank dashed-line box with star background for special Sukkos thoughts.



### THINGS I'M PLANNING:

Three horizontal lines for planning.

### THE BEST PART OF MY YOM TOV:

Blank dashed-line box with star background for best part of Yom Tov.



# MISTAKES ARE PROOF YOU ARE TRYING

THURSDAY,  
September 23rd/ 17 Tishrei



## CHOL HAMOED SUKKOS

### SOMETHING THAT WILL MAKE TODAY SPECIAL

Blank dashed-line box with star background for something special.

### MUST DO

Blank dashed-line box for Must Do activities.

### WANT TO DO

Blank dashed-line box for Want to Do activities.

### COULD DO

Blank dashed-line box for Could Do activities.

Something I am happy about today:

Something I did today to work on my monthly goal:

MOVEMENT:

READING: