

Title:

Word of the week:

“There are far, far better things ahead than any we leave behind” C.S. Lewis

Day 1: There's no happier person than a truly thankful, content person. Joyce Meyer

Questions asked: What do you have to be thankful for in the new year?

Day 2: Watch video

Questions asked: Why did Amy and keren not reach their goals?

Day 3: “Don't look back you're not going that way”

Questions asked: Discuss what lessons you have learnt from 2018?

Day 4: You can't let your current circumstances dictate what kind of choices you make.
Kelly Clark

Questions asked: How can you apply this quote to your life?

Day 5: “There are far, far better things ahead than any we leave behind” C.S. Lewis

Questions asked: Reflect on the word of the week