

CRRC CHALLENGE

Join the CRRC Challenge!
Continue HBLC Goal-Setting throughout the
year, and share your success stories
with counselors and other campers.
Bring your completed poster back to camp with you,
and receive **FREE TUCK!**



WHAT IS OPTIMISM?

OPTIMISM is being too noble for anger.
OPTIMISM is being too strong for fear.
OPTIMISM is being too large for worry.
OPTIMISM is being too happy to permit
the presence of trouble.

www.hiddenbay.ca
Neno's email:
Director@hiddenbay.ca

WHAT DOES OPTIMISM LOOK LIKE?

OPTIMISM allows us to look at
the bright side. When things
don't go the way you want and
when it would be easy to be
negative, take a positive
approach.

Think of a time at camp when you
tried something, even if you weren't
good at it before.
How did it feel while you were doing
that?
How did it feel once you had done it?

www.charactercommunity.com

Some ideas for this month's goals:

- Make all my friends feel good
about themselves
- Look at the bright side of things
- Be enthusiastic about
the success of others
- Present a cheerful countenance at all
times
- Forget the mistakes of the past and be
positive about the future
- Not be critical of others but rather look to
improve myself
- Strive to be the best I can be

Setting SMART Goals

Specific

(who—what—where—when—which—why)

Measurable

(how will you know that you reached your goal?)

Attainable

(plan your steps wisely to help you achieve!)

Realistic

(choose something that you are willing and able to do)

Timely

(give yourself a timeline)

O
P
T
I
M
I
S
M