

Home-working RESOURCES

MON 20TH APRIL - FRI 1ST MAY

C24

'Drive' Challenges



**Ready for work
challenge**



**Instagram
challenges**

86,400 seconds ..

Did you know there are 86,400 seconds in a day. What would you do if you were given £86,400 for 24 hours only, how would spend it? How would you make each day count? What can you do differently tomorrow, knowing how much time you now have?

Take the time to share your reflections with your coach in your one to one coaching session.

Fancy watching a video, click on this link [here](#). If you do not have access to the video below, simply write down all the things you will do will do with your 86,400 seconds.

Make the most of each day!



Join the "2.6 Challenge" on Sunday 26th April 2020 and help support ThinkForward! Choose your own challenge and spread the word to keep us supporting young people.
Will you run? ♀ Cycle? ♂ Bake?
Read?

Song of the week



Help us develop our very own ThinkForward 'DRIVE' playlist. Can you send us your favourite song that gets you pumped and ready to take on the day. We will create a playlist.