

Date: _____

Quote of the Day: 'The expert in anything was once a beginner.' (Helen Hayes)

Today I Want To:

Three empty rounded rectangular boxes, each with a different colored border: purple, blue, and pink.

Draw or write the things you'd like to do today.

Good Things:

Three empty rounded rectangular boxes, each with a different colored border: purple, blue, and pink.

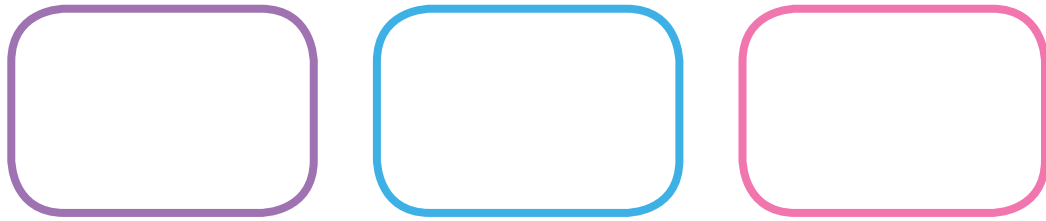
Write or draw the things that were good in your life today.

Special Songs:

A large empty rounded rectangular box with an orange border.

Draw a picture of one of your favourite songs and think about why it is special to you.

The Real Me:



Think of three things other people don't know about you (but that you would be happy to share) and either write or draw them.

The Best Thing That Happened Today:



Draw a picture to show this at the end of the day!

Rate the Day:

