

Monday

Date: _____

Goals for Today

Write these at the start of each day. You do not need to come back to them and reflect on them at the end of the day.

1. _____
2. _____
3. _____
4. _____
5. _____

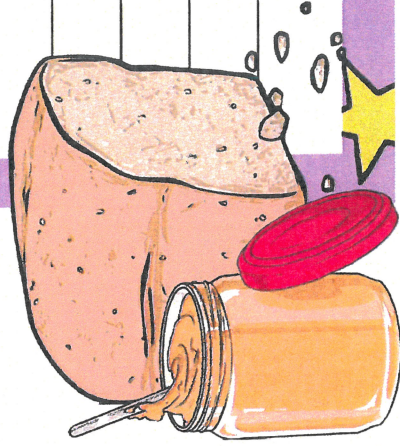
Quote of the Day

**'Don't cry
because it's over,
smile because
it happened.'**

Dr Seuss

Reflection on Today

Write what you did, what you ate and drank, who you saw (virtually) and who you spoke with.



Things I Am Grateful for Today

1. _____
2. _____
3. _____

What Am I Worried About?

Why Do I Feel This Way?

How Can I Ease This Worry?

Rate the Day



The Best Thing That Happened Today

Complete this at the end of the day!



Goals for Today

Write these at the start of each day. You do not need to come back to them and reflect on them at the end of the day.

1. _____
2. _____
3. _____
4. _____
5. _____

Quote of the Day

**'Be who
you are
and
say what
you feel,
because those
who mind
don't matter,
and those
who matter
don't mind.'**

Dr Seuss

My Favourite Memory

Write where you were, who else was there, why you enjoyed it so much and how it feels thinking about it.

The Best Thing That Happened Today

Complete this at the end of the day!

Rate the Day



What Am I Worried About?

Why Do I Feel This Way?

How Can I Ease This Worry?

Things I Am Grateful for Today

1.

2.

3.

Quote of the Day

'It always seems impossible until it is done.'

Nelson
Mandela

Wednesday

Date: _____

Goals for Today:

Write these at the start of each day. You do not need to come back to them and reflect on them at the end of the day.

1. _____
2. _____
3. _____
4. _____
5. _____

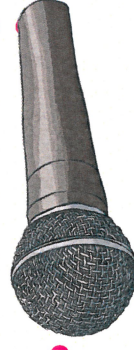
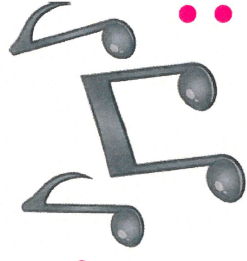
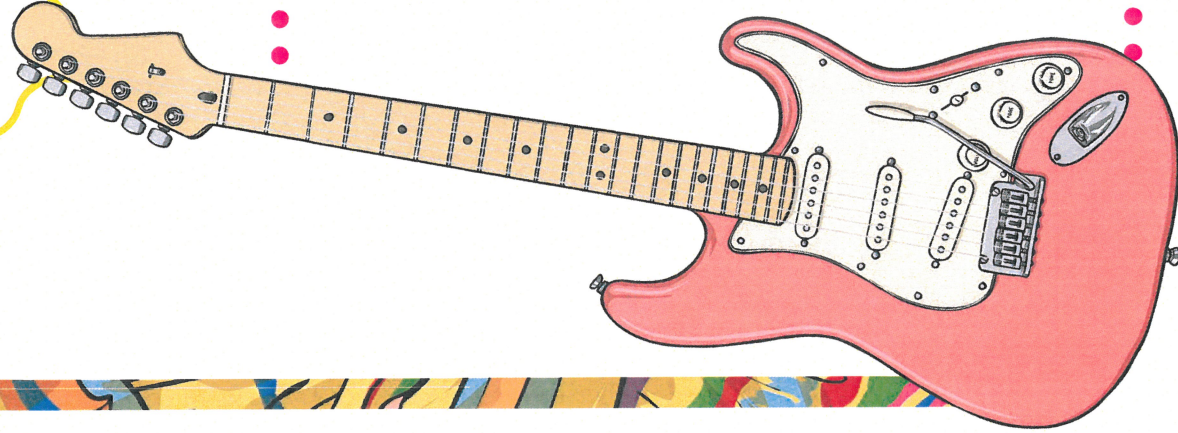
My Favourite Songs

What are your three favourite songs?

1. _____
2. _____
3. _____

Why do you like these songs?

How do they make you feel?



What Am I Worried About?

Why Do I Feel This Way?

How Can I Ease This Worry?

Things I Am Grateful for Today

1. _____

2. _____

3. _____

The Best Thing That Happened Today

Complete this at the end of the day!

Rate the Day



Thursday

Date: _____

Quote of the Day

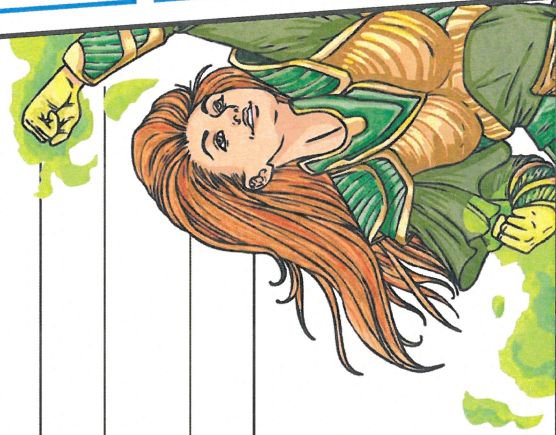
**'No act of kindness,
no matter how small,
is ever wasted.'**

Aesop

Goals for Today

Write these at the start of each day.
You do not need to come back to them and reflect on them at the end of the day.

1. _____
2. _____
3. _____
4. _____
5. _____



Being Kind to Others

Think about a time when you have been kind to others. What did you do?

How did the other people feel?

How do you feel thinking about this?

What Am I Worried About?

Why Do I Feel This Way?

How Can I Ease This Worry?

Things I Am Grateful for Today

1.

2.

3.

The Best Thing That Happened Today

Complete this at the end of the day!

Rate the Day





Quote of the Day

**Be the change
you want
to see in
the world.**

Mahatma Gandhi

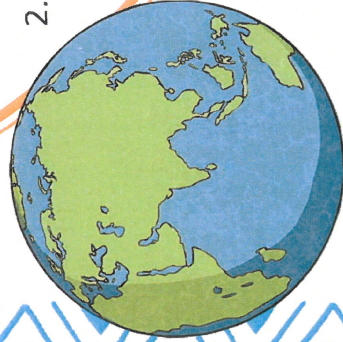
Friday

Date: _____

Goals for Today

Write these at the start of each day. You do not need to come back to them and reflect on them at the end of the day.

1. _____
2. _____
3. _____
4. _____
5. _____



Change the World

What big change would you like to see in the world?

What could you do to help to make that change happen?



Things I Am Grateful for Today

1. _____
2. _____
3. _____



What Am I Worried About?

Why Do I Feel This Way?

How Can I Ease This Worry?



Rate the Day



The Best Thing That Happened Today

Complete this at the end of the day!