

Monday

Date: _____

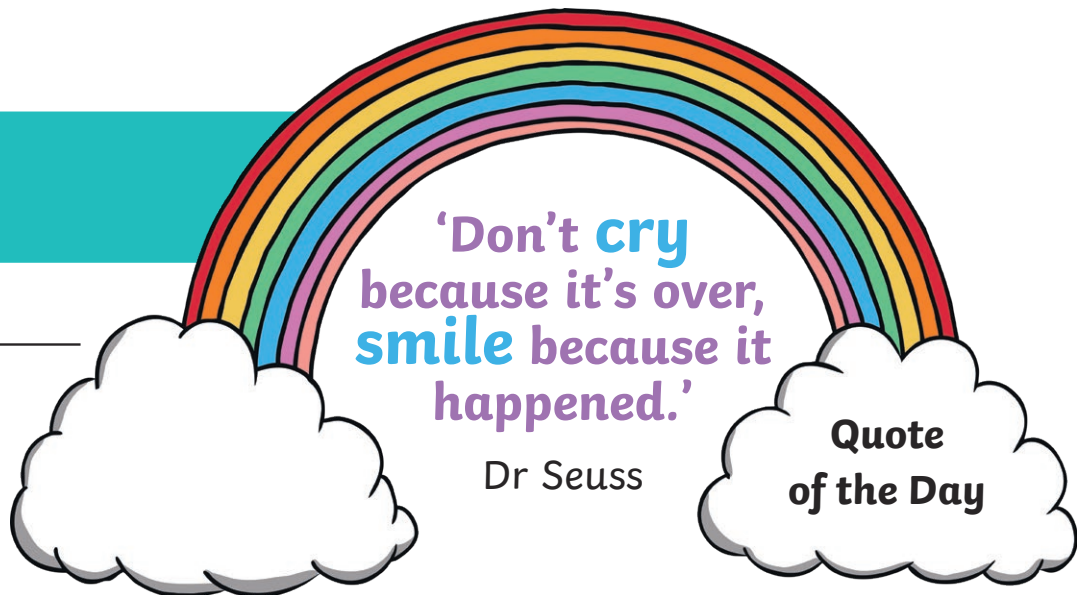
Today I Want To:

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

1.

2.

3.



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

Dr Seuss

Quote
of the Day

Today's News

What did you do?

What did you eat
and drink?

Who
were you with?

Who did
you speak to?

Good Things

Monday

Write or draw the things that are good in your life.

1.

2.

3.

Thinking Time

I worry about...

I feel this way because...

I can make this worry better by...

The Best Thing That Happened Today

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



Rate the Day

