

Date: _____

Quote of the Day: 'Happiness is when what you think, what you say, and what you do are in harmony.' (Mahatma Gandhi).

Goals for Today:

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

What would you like to work towards today? Some goals may take many days.

My Dream:



Draw or write about a dream you have had recently. How could this dream help you and your life?

Things I Am Grateful for Today:

1. _____
2. _____
3. _____

End of Year Goals:

Write or draw five things that you would like to do before the end of the year.

The Best Thing That Happened Today:

Complete this at the end of the day!

Rate the Day:

