

Date: _____

Quote of the Day: 'If the plan doesn't work, change the plan but never the goal.' (Unknown)

Goals for Today:

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

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

Draw to the Music:



Choose one of your favourite songs and listen to it. In the box below, draw as if your hand was dancing to the music.

Things I Am Grateful for Today:

1. _____
2. _____
3. _____

Mood Reflection:



Draw a picture in the box below to show how you are feeling

The Best Thing That Happened Today:

Complete this at the end of the day!

Rate the Day:

