

Date: _____

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

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.

My Dream:

A large empty rounded rectangular box with an orange border.

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

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:



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

Rate the Day:



Date: _____

Quote of the Day: 'You learn something every day if you pay attention.' (Ray LeBlond)

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

Beautiful World:

A large empty rounded rectangular box with an orange border.

Draw a picture of the most beautiful place you have been to or seen in the world.

Reading Reflection:

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

Using three words, describe the book you are reading or last read.

The Best Thing That Happened Today:

A large empty rounded rectangular box with an orange border, intended for drawing.

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

Rate the Day:



Date: _____

Quote of the Day: 'Don't count the days. Make the days count.' (Muhammad Ali)

Today I Want To:

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

Good Things:

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

Random Acts of Kindness:

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Choose three acts of kindness that you will show to other people today.

How Do People See Me:

Three empty rounded rectangular boxes, one purple, one blue, and one pink, arranged horizontally for writing words.

Think of three words that other people might use to describe you.

The Best Thing That Happened Today:

A large empty rounded rectangular box with an orange border, intended for drawing a picture.

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

Rate the Day:



Date: _____

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

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Good Things:

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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:

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

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:

A large empty rounded rectangular box with an orange border.

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

Rate the Day:



Date: _____

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

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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.

Draw to the Music:

A large empty rounded rectangular box with an orange border.

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

Mood Reflection:

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

The Best Thing That Happened Today:

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

Rate the Day:

