

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!