

Date:

Goals for Today:

There's no need to reflect on them at the end of the day.

1.

2.

3.

4.

5.

Things I Am Grateful for Today:

1.

2.

3.

Quote of the Day: 'Shoot for the moon. Even if you miss, you'll land in the stars.' (Norman Vincent Price)

My Favourite Films:

Write your three favourite films.

1.

2.

3.

Why do you like these films?

How do they make you feel?

Thinking Time:

What Am I Confused About?

Why Do I Feel This Way?

How Can I Ease This Feeling?

The Best Thing That Happened Today:

Rate the Day:

