

Date: _____

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

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.

Draw to the Music:

A large empty rounded rectangular box with a thick 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:

