

**Date:** \_\_\_\_\_

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

**Goals for Today:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

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

**Special Songs:**

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Write the lyrics to one of your favourite songs and think about why it is special to you.

**Things I Am Grateful for Today:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**The Real Me:**

|  |  |  |
|--|--|--|
|  |  |  |
|  |  |  |

Think of five things other people don't know about you (but that you would be happy to share) and write these down.

**The Best Thing That Happened Today:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Complete this at the end of the day!

**Rate the Day:**

