

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: 'I'm not telling you it's going to be easy – I'm telling you it's going to be worth it.' (Art Williams)

Kindness Challenge:

How many people could you be kind to today? What will you do for each person?

Thinking Time:

What am I sad about?

Why do I feel this way?

How can I ease this feeling?

The Best Thing That Happened Today:

Rate the Day:

