

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:

'F A I L. First Attempt In Learning.'  
(APJ Abdul Kalam)

My Favourite Holiday:

Think about one of your holidays.

Where did you go?

What did you do?

Who was there?

Thinking Time:

When Do I Feel Lonely?

Why Do I Feel This Way?

How Can I Ease This Feeling?

The Best Thing That Happened Today:

Rate the Day:

