

Friday

Quote
of the
Day

**'Be the change
you want to see
in the world.'**

Mahatma Gandhi

Date: _____

Today I Want To:

Draw or write the things you'd like to do today.

1.

2.

3.



Change the World

What would you like to be different to make the world better?

What could you do to help make that happen?

Thinking Time

I feel excited when...

I feel this way because...

I can feel this way more by...

Good Things

Write or draw the things that are good in your life.

1.

2.

3.

Rate the Day



The Best Thing That Happened Today

Complete this at the end of the day!