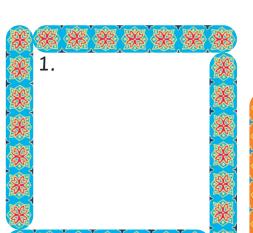
# Friday

Date:

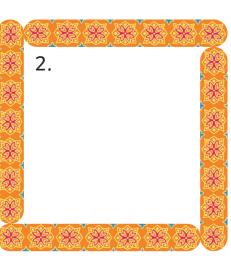
#### Quote 'Be the change of the you want to see in the world.' Day

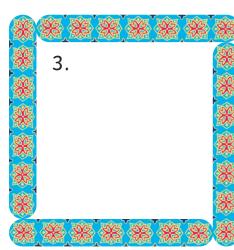
Mahatma Gandhi



#### **Today I Want To:**

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





Change the Work

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

What could you do to help make that happen?

## Thinking Time

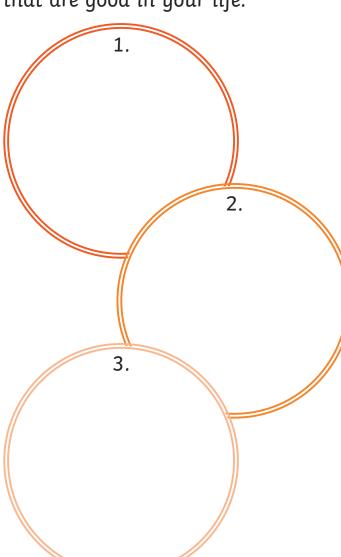
I feel excited when...

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.



### Rate the Day











# The Best Thing That Happened Today

Complete this at the end of the day!