

Monday

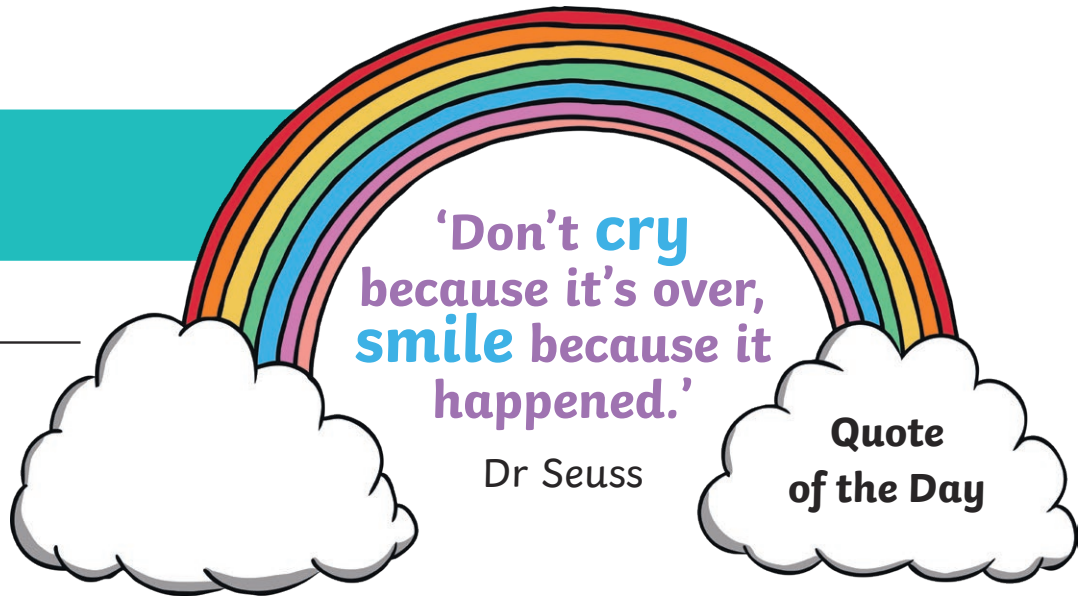
Date: _____

Today I Want To:
Draw or write the things you'd like to do today.

1.

2.

3.



'Don't cry because it's over, smile because it happened.'

Dr Seuss

Quote of the Day

Today's News

What did you do?	What did you eat and drink?
Who were you with?	Who did you speak to?

Good Things

Monday

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

1.

2.

3.

Thinking Time

I worry about...

I feel this way because...

I can make this worry better by...

The Best Thing That Happened Today

Draw a picture to show this at the end of the day!

Rate the Day

