

Quote of the Day

'It always seems impossible until it is done.'

Nelson Mandela

Wednesday

Date: _____

Goals for Today:

Write these at the start of each day. You do not need to come back to them and reflect on them at the end of the day.

1. _____
2. _____
3. _____
4. _____
5. _____

My Favourite Songs

What are your three favourite songs?

1. _____
2. _____
3. _____

Why do you like these songs?

How do they make you feel?



What Am I Worried About?

Why Do I Feel This Way?

How Can I Ease This Worry?

Things I Am Grateful for Today

1. _____

2. _____

3. _____

The Best Thing That Happened Today

Complete this at the end of the day!

Rate the Day

