

Date:

Goals for Today:

There's no need to reflect on them at the end of the day.

1.

2.

3.

4.

5.

(You can draw or write.)

Quote of the Day: 'Today is going to be a good day.' (Tom Edwards)

My Favourite TV Programme:

Write about your favourite TV programme.

Why do you like it?

Things I Am Grateful for Today:

1.

2.

3.

(You can draw or write.)

How does it make you feel when you watch it?

(You can draw or write.)

Thinking Time:

What Am I Scared About?

Why Do I Feel This Way?

How Can I Ease This Feeling?

(You can draw or write.)

The Best Thing That Happened Today:

(You can draw or write.)

Rate the Day:

