Write a Diary

People write diaries for all sorts of reasons and it's amazing what you can learn about yourself from just one week of diary writing.

There's lots to think about, including nominating a person who had the most positive impact on your day.

When you've written a diary for a week, see what you have learnt about yourself and staple the diary together with a cover... you never know, you might get a taste for it!

Monday

Date:___/___/_____	Time I got up:_____	Time I went to bed:_____

What happened today? Use emojis to show how you felt at each point.

My biggest achievement today:	
My aim for tomorrow:	
Person of the day:	
What I ate and drank today:	
Exercise I did today:	

Tuesday

Date:___/___/_____ | Time I got up:_____ | Time I went to bed:_____

What happened today? Use emojis to show how you felt at each point.

My biggest achievement today:	
My aim for tomorrow:	
Person of the day:	
What I ate and drank today:	
Exercise I did today:	

Wednesday

Date:___/___/_____ | Time I got up:_____ | Time I went to bed:_____

What happened today? Use emojis to show how you felt at each point.

My biggest achievement today:	
My aim for tomorrow:	
Person of the day:	
What I ate and drank today:	
Exercise I did today:	

Thursday

Date:___/___/_____ | Time I got up:_____ | Time I went to bed:_____

What happened today? Use emojis to show how you felt at each point.

My biggest achievement today:	
My aim for tomorrow:	
Person of the day:	
What I ate and drank today:	
Exercise I did today:	

Friday

Date:___/___/_____ | Time I got up:_____ | Time I went to bed:_____

What happened today? Use emojis to show how you felt at each point.

My biggest achievement today:	
My aim for tomorrow:	
Person of the day:	
What I ate and drank today:	
Exercise I did today:	

Saturday

Date:___/___/_____ | Time I got up:_____ | Time I went to bed:_____

What happened today? Use emojis to show how you felt at each point.

My biggest achievement today:	
My aim for tomorrow:	
Person of the day:	
What I ate and drank today:	
Exercise I did today:	

Sunday

Date:___/___/_____ | Time I got up:_____ | Time I went to bed:_____

What happened today? Use emojis to show how you felt at each point.

My biggest achievement today:	
My aim for tomorrow:	
Person of the day:	
What I ate and drank today:	
Exercise I did today:	

Week Review

The good things about writing a diary were:

The bad things about writing a diary were:

Most used emoji	Least used emoji	Most mentioned person	Most mentioned thing

My biggest achievement of the week was:	
What I learnt about my food and drink:	
What I learnt about my exercise:	
What I learnt about my sleep:	
What I learnt about my friends:	
Anything else I learnt:	
My aims for the weeks to come:	

My Diary

by _____ aged _____