

Monday

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. _____

Quote of the Day

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

Dr Seuss

Reflection on Today

Write what you did, what you ate and drank, who you saw (virtually) and who you spoke with.



Things I Am Grateful for Today

1. _____
2. _____
3. _____

What Am I Worried About?

Why Do I Feel This Way?

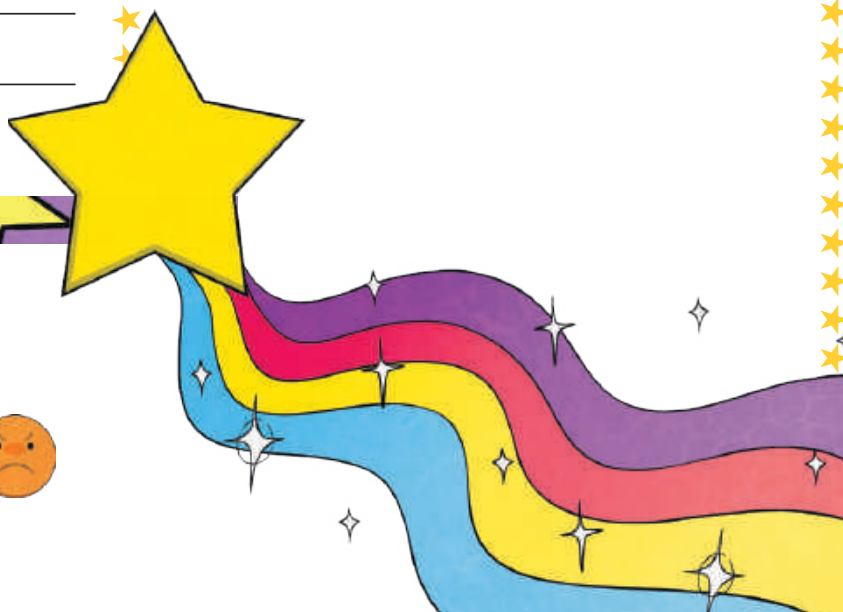
How Can I Ease This Worry?

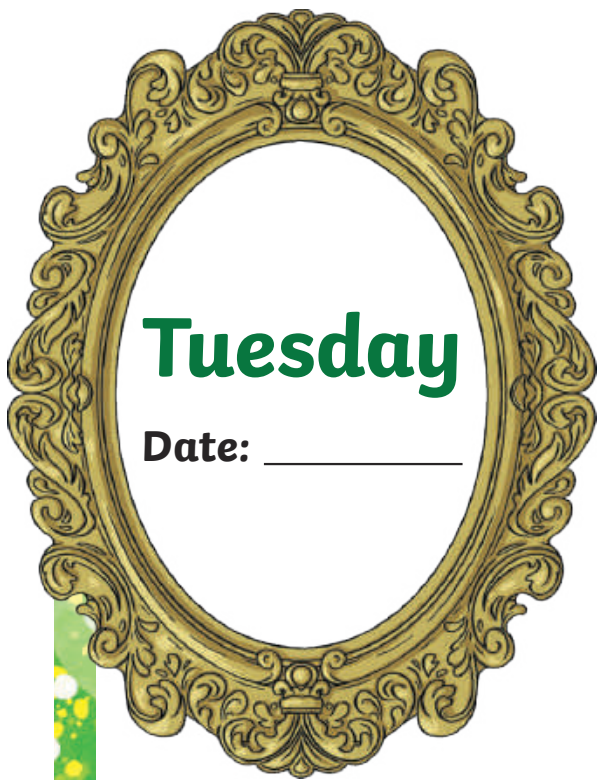


The Best Thing That Happened Today

Complete this at the end of the day!

Rate the Day





Tuesday

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. _____

Quote of the Day

**'Be who
you are
and
say what
you feel,
because those
who mind
don't matter,
and those
who matter
don't mind.'**

Dr Seuss

My Favourite Memory

Write where you were, who else was there, why you enjoyed it so much and how it feels thinking about it.

The Best Thing That Happened Today

Complete this at the end of the day!

Rate the Day



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.

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?

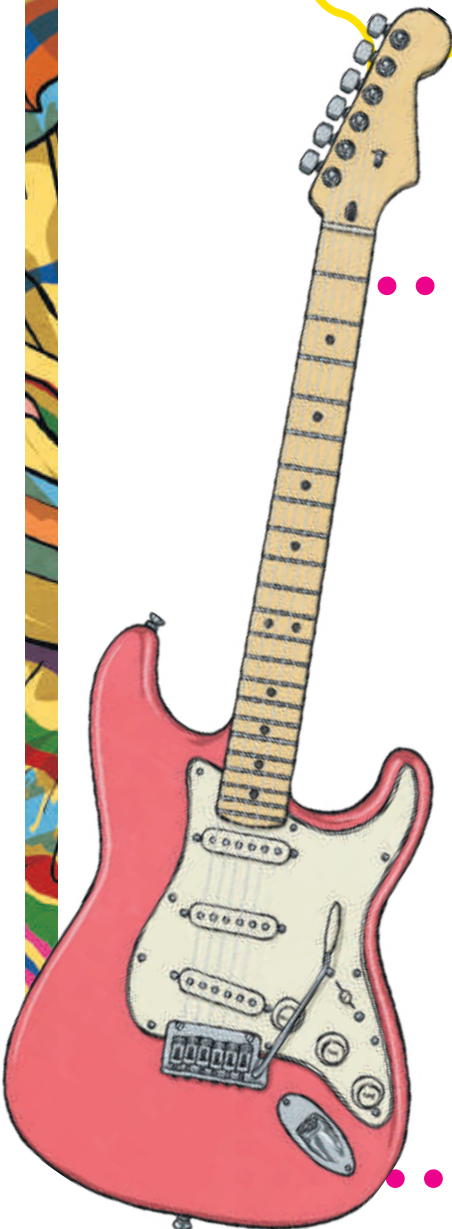
1. _____

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



Quote of the Day

Thursday

Date: _____

**'No act of kindness,
no matter how small,
is ever wasted.'**

Aesop

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.

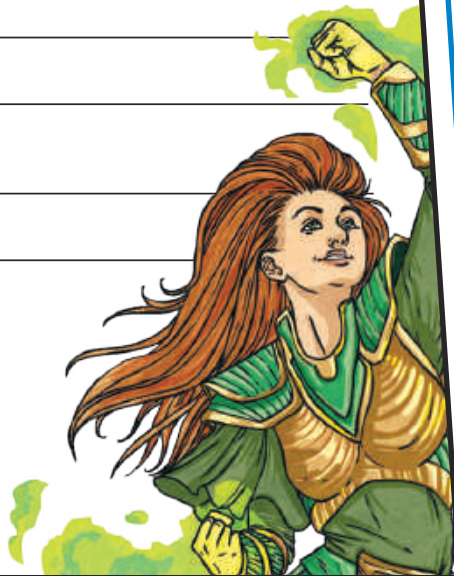
1. _____

2. _____

3. _____

4. _____

5. _____



Being Kind to Others

Think about a time when you have been kind to others. What did you do?

How did the other people feel?

How do you feel thinking about this?

What Am I Worried About?

Things I Am Grateful for Today

1. _____

2. _____

3. _____

Why Do I Feel This Way?

How Can I Ease This Worry?

The Best Thing That Happened Today
Complete this at the end of the day!



Rate the Day



Quote of the Day

**Be the change
you want
to see in
the world.**

Mahatma Gandhi

Friday

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. _____

Change the World

What big change would you like to see in the world?

What could you do to help to make that change happen?

Things I Am Grateful for Today

1. _____

2. _____

3. _____



What Am I Worried About?

Why Do I Feel This Way?

How Can I Ease This Worry?



Rate the Day



The Best Thing That Happened Today

Complete this at the end of the day!

Date:

Goals for Today:

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

- 1.
- 2.
- 3.
- 4.
- 5.

Things I Am Grateful for Today:

- 1.
- 2.
- 3.

Quote of the Day: 'I'm not telling you it's going to be easy – I'm telling you it's going to be worth it.' (Art Williams)

Kindness Challenge:

How many people could you be kind to today? What will you do for each person?

Thinking Time:

What am I sad about?

Why do I feel this way?

How can I ease this feeling?

The Best Thing That Happened Today:

Rate the Day:



Date:

Goals for Today:

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

- 1.
- 2.
- 3.
- 4.
- 5.

Things I Am Grateful For Today:

- 1.
- 2.
- 3.

Quote of the Day: 'Nothing is impossible, the word itself says 'I'm possible'!' (Audrey Hepburn)

My Future Dreams:

Where are you? Who else is there?
What is happening and how are you feeling?

Thinking Time:

What do I feel energetic about today?

Why do I feel this way?

How can I use this energy?

The Best Thing That Happened Today:

Rate the Day:



Date:

Goals for Today:

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

1.

2.

3.

4.

5.

Quote of the Day: 'Shoot for the moon. Even if you miss, you'll land in the stars.' (Norman Vincent Price)

My Favourite Films:

Write your three favourite films.

1.

2.

3.

Why do you like these films?

Things I Am Grateful for Today:

1.

2.

3.

How do they make you feel?

Thinking Time:

What Am I Confused About?

Why Do I Feel This Way?

How Can I Ease This Feeling?

The Best Thing That Happened Today:

Rate the Day:



Date:

Goals for Today:

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

1.

2.

3.

4.

5.

Things I Am Grateful for Today:

1.

2.

3.

Quote of the Day:

'F A I L. First Attempt In Learning.'
(APJ Abdul Kalam)

My Favourite Holiday:

Think about one of your holidays.

Where did you go?

What did you do?

Who was there?

Thinking Time:

When Do I Feel Lonely?

Why Do I Feel This Way?

How Can I Ease This Feeling?

The Best Thing That Happened Today:

Rate the Day:



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:



Date: _____

Quote of the Day: 'Happiness is when what you think, what you say, and what you do are in harmony.' (Mahatma Gandhi).

Goals for Today:

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

What would you like to work towards today? Some goals may take many days.

My Dream:



Draw or write about a dream you have had recently. How could this dream help you and your life?

Things I Am Grateful for Today:

1. _____
2. _____
3. _____

End of Year Goals:

Write or draw five things that you would like to do before the end of the year.

The Best Thing That Happened Today:

Complete this at the end of the day!

Rate the Day:



Date: _____

Quote of the Day: 'You learn something every day if you pay attention.'
(Ray LeBlond)

Goals for Today:

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

What would you like to work towards today? Some goals may take many days.

Beautiful World:



Draw or write about a dream you have had recently. How could this dream help you and your life?

Things I Am Grateful for Today:

1. _____
2. _____
3. _____

Reading Reflection:

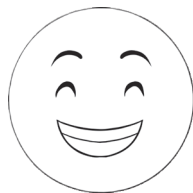
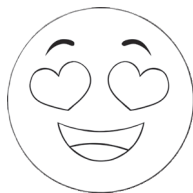


Using three words, describe the book you are reading or last read.

The Best Thing That Happened Today:

Complete this at the end of the day!

Rate the Day:



Date: _____

Quote of the Day: 'Don't count the days. Make the days count.'
(Muhammad Ali)

Goals for Today:

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

What would you like to work towards today? Some goals may take many days.

Random Acts of Kindness:

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

Choose five acts of kindness that you will show to other people today.

Things I Am Grateful for Today:

1. _____
2. _____
3. _____

How Do People See Me:

Think of five words that other people might use to describe you.

The Best Thing That Happened Today:

Complete this at the end of the day!

Rate the Day:



Date: _____

Quote of the Day: 'The expert in anything was once a beginner.'
(Helen Hayes)

Goals for Today:

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

What would you like to work towards today? Some goals may take many days.

Special Songs:

Write the lyrics to one of your favourite songs and think about why it is special to you.

Things I Am Grateful for Today:

1. _____
2. _____
3. _____

The Real Me:

Think of five things other people don't know about you (but that you would be happy to share) and write these down.

The Best Thing That Happened Today:

Complete this at the end of the day!

Rate the Day:



Date: _____

Quote of the Day: 'If the plan doesn't work, change the plan but never the goal.' (Unknown)

Goals for Today:

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

What would you like to work towards today? Some goals may take many days.

Draw to the Music:



Choose one of your favourite songs and listen to it. In the box below, draw as if your hand was dancing to the music.

Things I Am Grateful for Today:

1. _____
2. _____
3. _____

Mood Reflection:



Draw a picture in the box below to show how you are feeling

The Best Thing That Happened Today:

Complete this at the end of the day!

Rate the Day:

