

Date:

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)

Today I Want To:

1.

2.

3.

(You can draw or write.)

Kindness Challenge:

Who were you kind to today?

What did you do?

How did it feel?

How did it make them feel?

(You can draw or write.)

Good Things:

1.

2.

3.

(You can draw or write.)

Thinking Time:

I feel sad about...

I feel this way because...

I can feel better by...

(You can draw or write.)

The Best Thing That Happened Today:

(You can draw or write.)

Rate the Day:

