

Date:

Today I Want To:

1.

2.

3.

(You can draw or write.)

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 (or draw) your three favourite films.

1.

2.

3.

How do they make you feel?

(You can draw or write.)

Good Things:

1.

2.

3.

(You can draw or write.)

Thinking Time:

I feel confused when...

I feel this way because...

I can help myself when I feel like this by...

(You can draw or write.)

The Best Thing That Happened Today:

(You can draw or write.)

Rate the Day:

