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.

_____

_____

_____

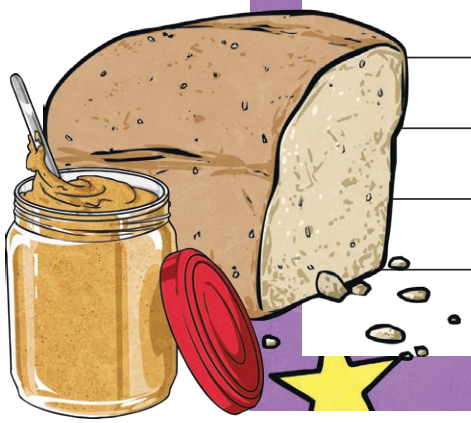
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Things I Am Grateful for Today

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

