

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

