



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. _____
