

Quote of the Day

**'It always seems impossible until it is done.'**

Nelson Mandela

# Wednesday

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. \_\_\_\_\_

**My Favourite Songs**

What are your three favourite songs?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Why do you like these songs?

\_\_\_\_\_  
\_\_\_\_\_

How do they make you feel?

\_\_\_\_\_  
\_\_\_\_\_



**What Am I Worried About?**

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**Why Do I Feel This Way?**

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**How Can I Ease This Worry?**

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**Things I Am Grateful for Today**

1. \_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_

**The Best Thing That Happened Today**

Complete this at the end of the day!

**Rate the Day**

