

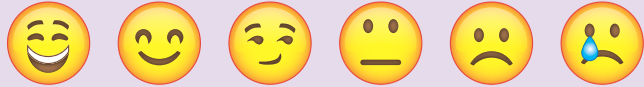
Today's date:

Blank date field with four binder holes on the left.



Check in:

How am I feeling today? (Circle emotion)



Why you are feeling this way:

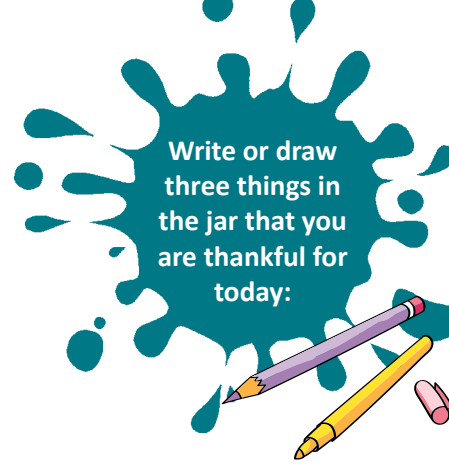
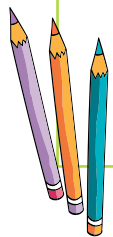
Four horizontal dotted lines for writing.

★ **THREE GOALS** I have for today:

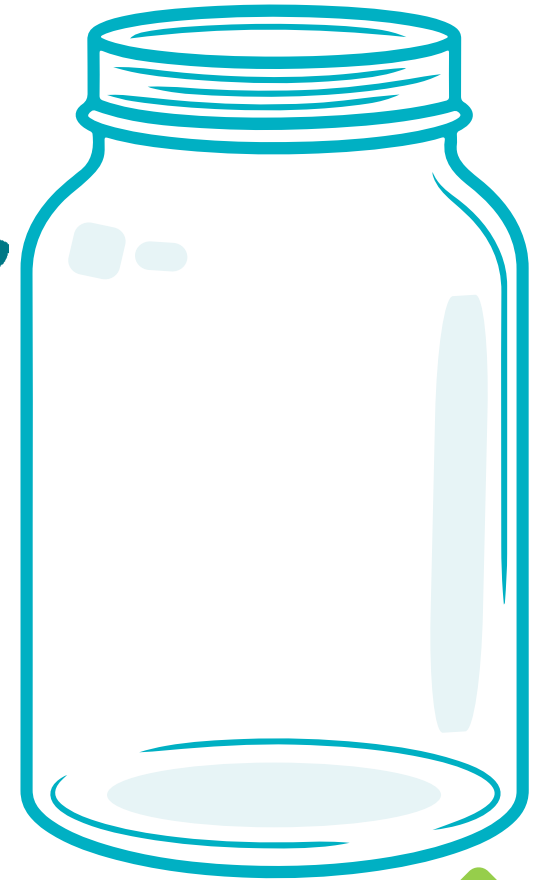
1. _____
2. _____
3. _____

Free-space to write or draw:

Large empty rectangular box for writing or drawing.



Write or draw three things in the jar that you are thankful for today:



One thing I did for someone else today:

Large empty rectangular box for writing.

One thing that went well for me today:

Small empty rectangular box for writing.

One thing I learnt today:

Large empty rectangular box for writing.

Today's date:

Blank date field with a red pencil icon.



Check in:

How am I feeling today? (Circle emotion)



Why you are feeling this way:

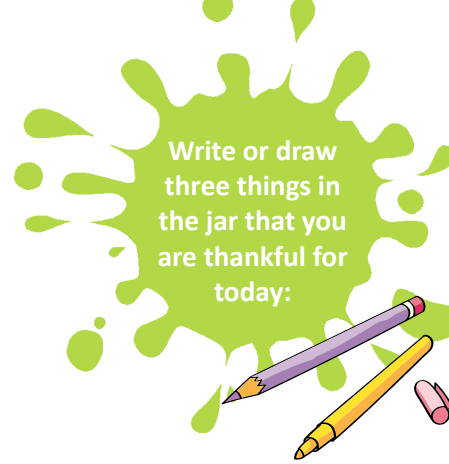
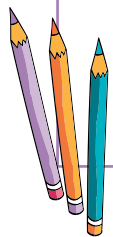
Four horizontal dotted lines for writing.

★ **THREE GOALS** I have for today:

1.
2.
3.

Free-space to write or draw:

Large empty rectangular box for writing or drawing.



One thing I did for someone else today:

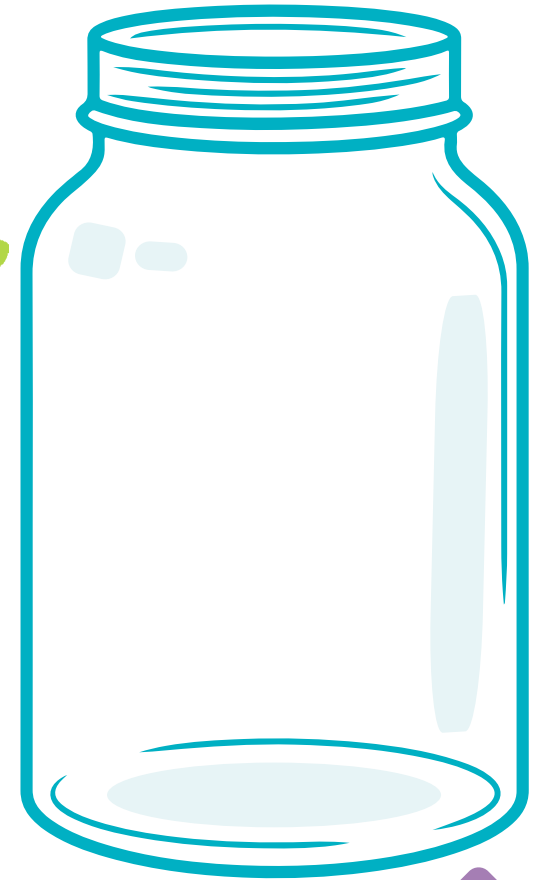
Large empty rectangular box for writing.

One thing that went well for me today:

Small empty rectangular box for writing.

One thing I learnt today:

Large empty rectangular box for writing.



Today's date:

Blank date field with a red pencil icon.



Check in:

How am I feeling today? (Circle emotion)



Why you are feeling this way:

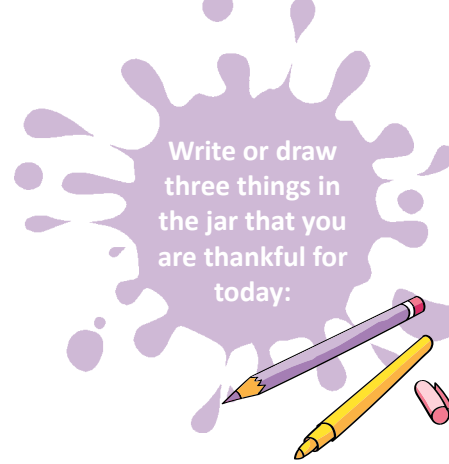
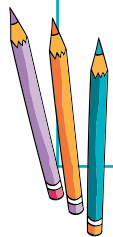
Four horizontal dotted lines for writing.

★ **THREE GOALS** I have for today:

1.
2.
3.

Free-space to write or draw:

Large empty rectangular box for writing or drawing.



One thing I did for someone else today:

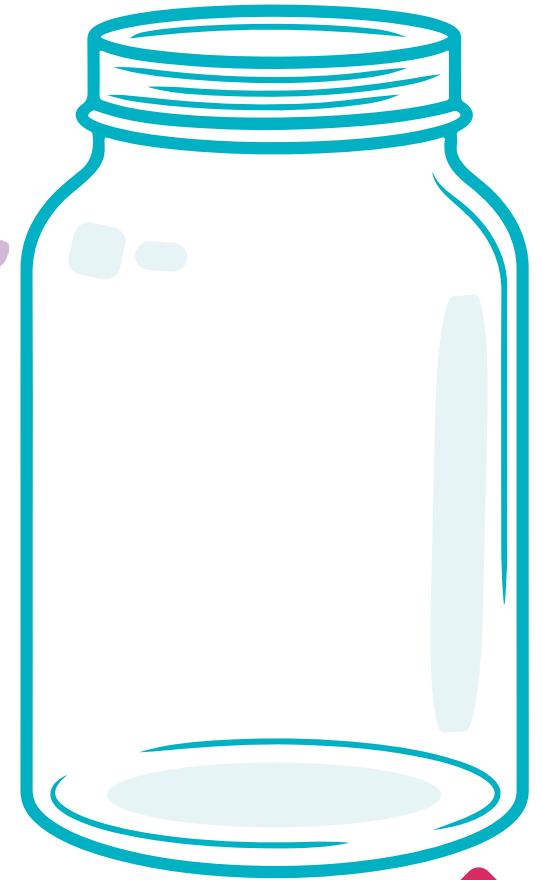
Large empty rectangular box for writing.

One thing that went well for me today:

Small empty rectangular box for writing.

One thing I learnt today:

Large empty rectangular box for writing.



Today's date:

Blank date field with four binder holes on the left.



Check in:

How am I feeling today? (Circle emotion)



Why you are feeling this way:

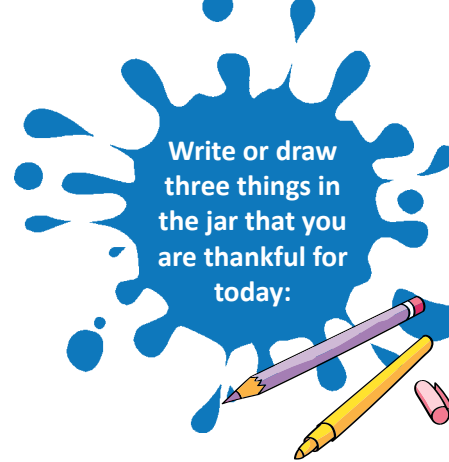
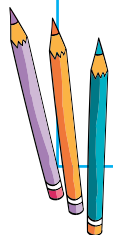
Four horizontal dotted lines for writing.

★ **THREE GOALS** I have for today:

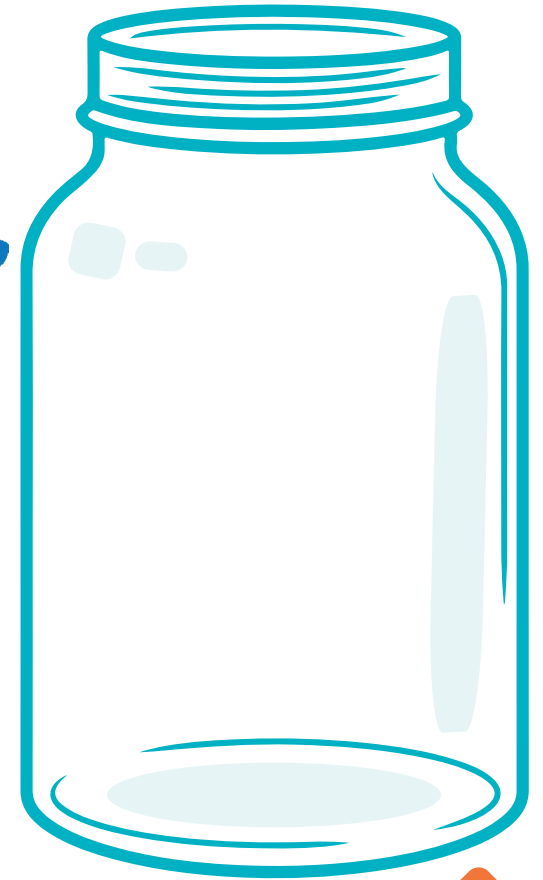
1.
2.
3.

Free-space to write or draw:

Large empty rectangular box for writing or drawing.



Write or draw three things in the jar that you are thankful for today:



One thing I did for someone else today:

Red-bordered box for writing.

One thing that went well for me today:

Yellow-bordered box for writing.

One thing I learnt today:

Orange-bordered box for writing.