

# Monday

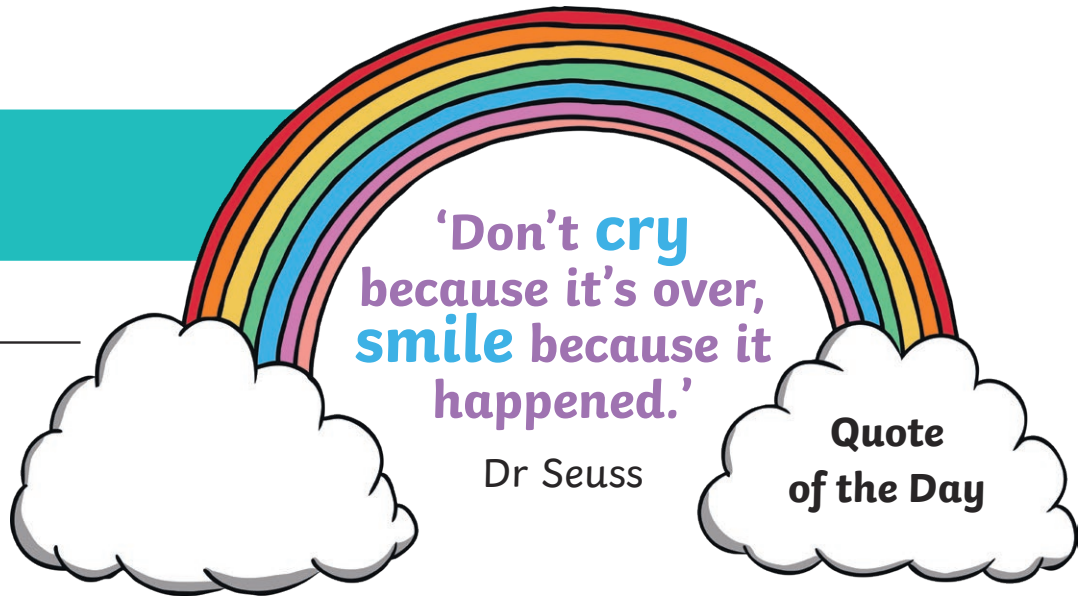
Date: \_\_\_\_\_

**Today I Want To:**  
Draw or write the things you'd like to do today.

1.

2.

3.



'Don't cry because it's over, smile because it happened.'

Dr Seuss

Quote of the Day

## Today's News

What did you do?	What did you eat and drink?
Who were you with?	Who did you speak to?

# Good Things

Monday

Write or draw the things that are good in your life.

1.

2.

3.

**Thinking Time**

I worry about...

I feel this way because...

I can make this worry better by...

**The Best Thing That Happened Today**

Draw a picture to show this at the end of the day!

## Rate the Day

