

Date:



A kind thing I did:

I am grateful for:



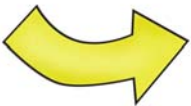
One thing I learned today was:



A large rectangular box with a red border and a dashed green inner border, intended for writing.

Concerns about today? Yes No

If yes, my concern is:



A rectangular box with a yellow border, intended for writing a concern.



Something I am proud about:

A large oval shape with a red dotted border and a black dotted border, intended for writing something one is proud about.

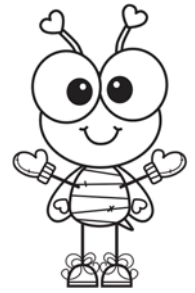


How are you feeling about today?



Date:

A kind thing I did:



I am grateful for:



One thing I learned today was:



A large, rounded rectangular area with a dotted border, intended for writing the answer to the question 'One thing I learned today was:'.

Concerns about today? Yes No

If yes, my concern is:



A horizontal, rounded rectangular area with a dotted border, intended for writing the answer to the question 'If yes, my concern is:'.



Something I am proud about:

A large, irregularly shaped area with a dotted border, intended for writing the answer to the question 'Something I am proud about:'.



How are you feeling about today?

