

Quote of the Day

Thursday

Date: _____

**'No act of kindness,
no matter how small,
is ever wasted.'**

Aesop

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.

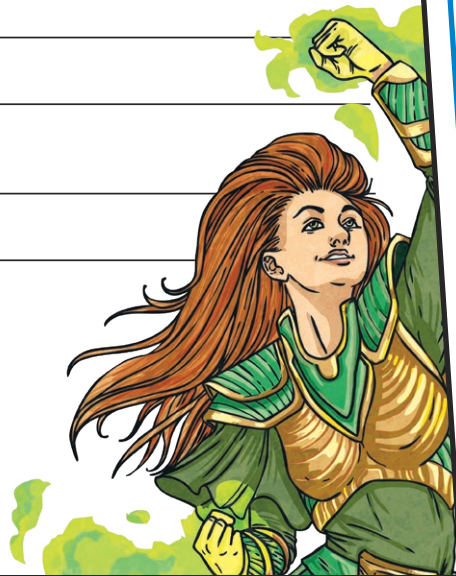
1. _____

2. _____

3. _____

4. _____

5. _____



Being Kind to Others

Think about a time when you have been kind to others. What did you do?

How did the other people feel?

How do you feel thinking about this?

What Am I Worried About?

Things I Am Grateful for Today

1. _____

2. _____

3. _____

Why Do I Feel This Way?

How Can I Ease This Worry?

The Best Thing That Happened Today
Complete this at the end of the day!

Rate the Day

