

I Did Great Today!

Use this notepad to help you think about what made today great!

Date:

Weather:

Mood:

Today I Am Grateful For:

This could be something you learned, someone you love, a nice walk, a really good sandwich- anything that gave you a boost.

1.

2.

3.

4.

5.

Today I Have Achieved:

From getting out of bed to climbing a mountain, every positive decision you made today is an achievement to be celebrated!

1.

2.

3.

4.

5.

