



**Tuesday**

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

### 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. \_\_\_\_\_

### Quote of the Day

**'Be who  
you are  
and  
say what  
you feel,  
because those  
who mind  
don't matter,  
and those  
who matter  
don't mind.'**

Dr Seuss

### My Favourite Memory

Write where you were, who else was there, why you enjoyed it so much and how it feels thinking about it.

### The Best Thing That Happened Today

Complete this at the end of the day!

### Rate the Day



### What Am I Worried About?

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### Why Do I Feel This Way?

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### How Can I Ease This Worry?

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### Things I Am Grateful for Today

1. \_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_