

# THE DIFFERENT WAYS I FELT TODAY...

Circle all the feelings you've had today...and even add your own!

1 THIS IS ME

## CHALLENGE

Tired

Hopeful

OVERWHELMED

HAPPY

OPTIMISTIC

EXCITED

SAD

ANNOYED

LOVED

WORRIED

### Three good things today...

'To be beautiful means to be yourself. You don't need to be accepted by others. You need to accept yourself.'

THICH NHAT NANH



### The superpower I'd like to have is...

Write a positive statement about yourself... "I am"... "I can"...



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'It's not what happens to you, but how you react, that matters.'

EPICETUS

Three good things today...



Today I was positive about...

I had fun today when...



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GROWTH MINDSET

# CHALLENGE

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## Three good things today...

'The first step is you have to say you can.'

WILL SMITH



## One thing I found challenging today...

## Today I learnt that...



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'Happiness doesn't result from what we get, but from what we give.'

BEN CARSON

## Three good things today...



A helpful thing I did today was...

I smiled today when...



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### Three good things today...

'Life isn't about waiting for the storm to pass, it's learning to dance in the rain.'

VIVIAN GREENE



The strongest feeling I had today was...

I felt good today when...

