

Quote of the Day

**'It always seems impossible until it is done.'**

Nelson Mandela

# Wednesday

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. \_\_\_\_\_

**My Favourite Songs**

What are your three favourite songs?

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

Why do you like these songs?

\_\_\_\_\_

\_\_\_\_\_

How do they make you feel?

\_\_\_\_\_

\_\_\_\_\_



**What Am I Worried About?**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Why Do I Feel This Way?**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**How Can I Ease This Worry?**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Things I Am Grateful for Today**

- 1. \_\_\_\_\_
- \_\_\_\_\_
- 2. \_\_\_\_\_
- \_\_\_\_\_
- 3. \_\_\_\_\_
- \_\_\_\_\_

**The Best Thing That Happened Today**

Complete this at the end of the day!

**Rate the Day**

