

Date: _____

Make it a Great Day!

Did you complete your "best practices" today?

1. _____

2. _____

3. _____

4. _____

5. _____

What are you thankful for today?

What is something good that happened today?

Did you do something nice for someone today?

Was there a particularly memorable moment today?

Did you create anything today?

Did you learn anything new today?

What are you looking forward to?

What would you like to do differently tomorrow?

Notes on today: