

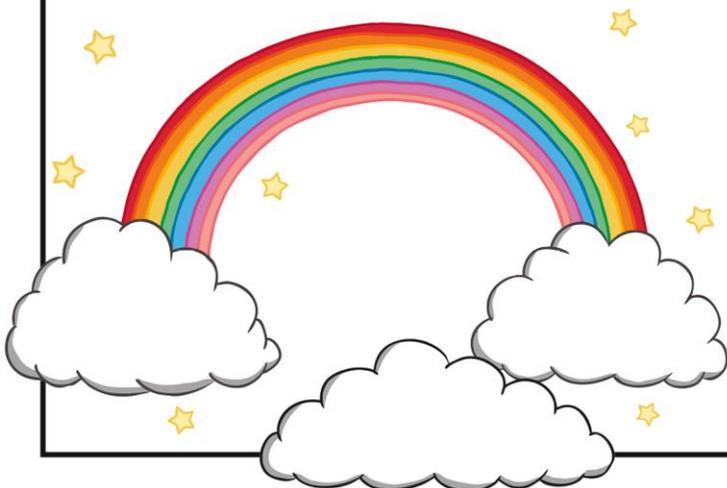
# My Wellbeing Journal

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

**Quote of the day:** 'If the plan doesn't work, change the plan but never the goal.' (Unknown)

**Today I want to:**

**Draw to the music:** Choose one of your favourite songs and listen to it. In the box below, draw as if your hand was dancing to the music.



**Mood reflection:** Draw a picture in the box to show how you are feeling.

**Good things that happened today:**

**Rate your day:**

