

My Wellbeing Journal

Quote of the Day
'No act of kindness, no matter how small, is ever wasted.'
Aesop

Today I would like to....

(write or draw the things you would like to do today)

- 1.
- 2.
- 3.

Being Kind to Others

Think about a time when you have been kind to someone...

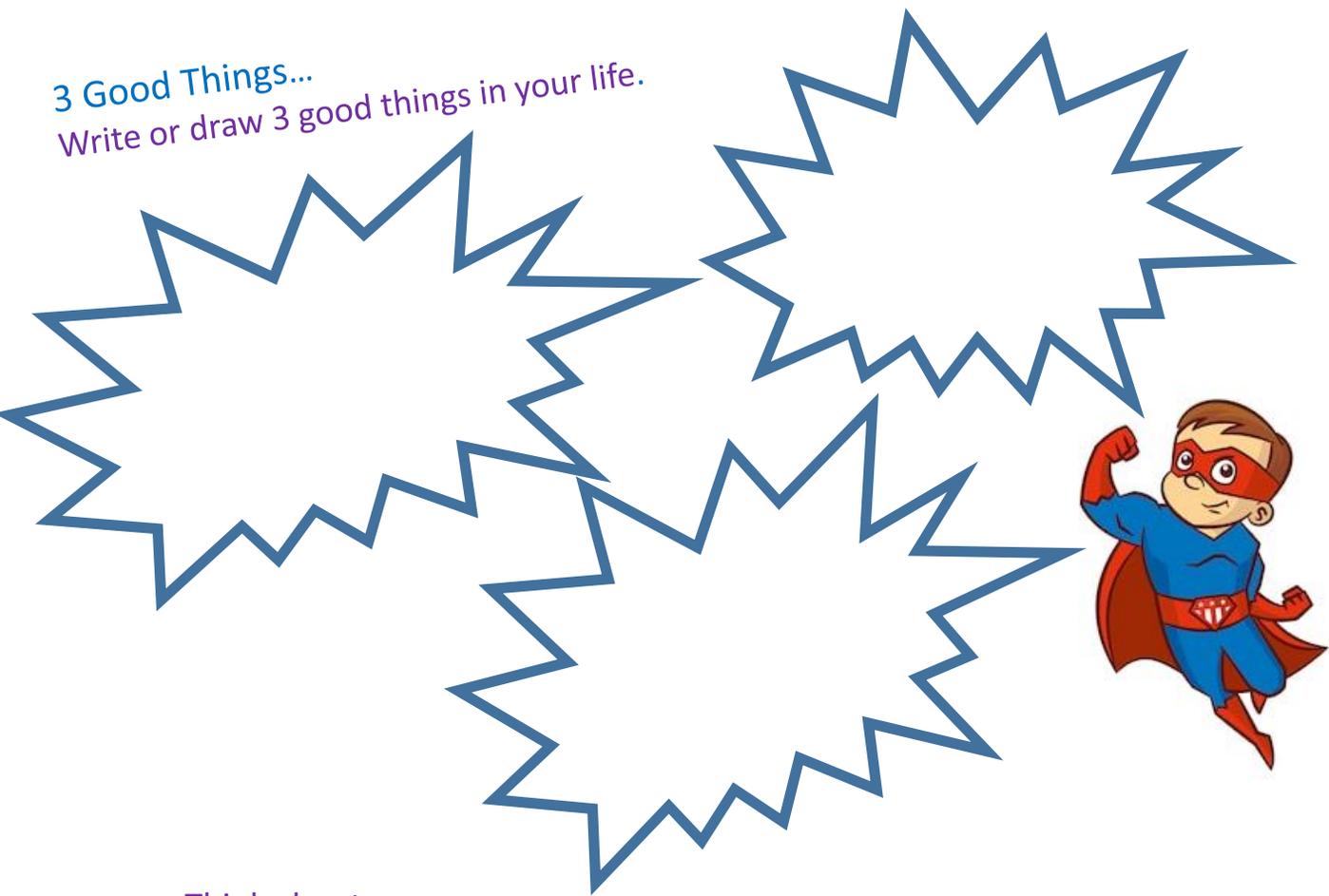


What did you do?

How did the other person feel?

How do you feel thinking about this?

3 Good Things...
Write or draw 3 good things in your life.



Think about...

I am angry when...

I feel like this because...

I can help myself feel calmer by...

The best thing that happened today is...

(complete this at the end of the day)



Rate the Day

