



My Wellbeing Journal

Date: _____

Quote of the day: 'Don't **cry** because it's over, **smile** because it happened'. (Dr Seuss)

Today I want to: Draw or write the things you would like to do today.

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Good things: Write or draw the things that are good in your life.

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Thinking Time:

I worry about...



I feel this way because...

I can make this worry better by...

How would you rate your day?

