

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

**Quote of the Day:** 'Happiness is when what you think, what you say, and what you do are in harmony.'  
(Mahatma Gandhi).

**Today I Want To:**

Three empty rounded rectangular boxes, each with a different colored border: purple, blue, and pink.

Draw or write the things you'd like to do today.

**Good Things:**

Three empty rounded rectangular boxes, each with a different colored border: purple, blue, and pink.

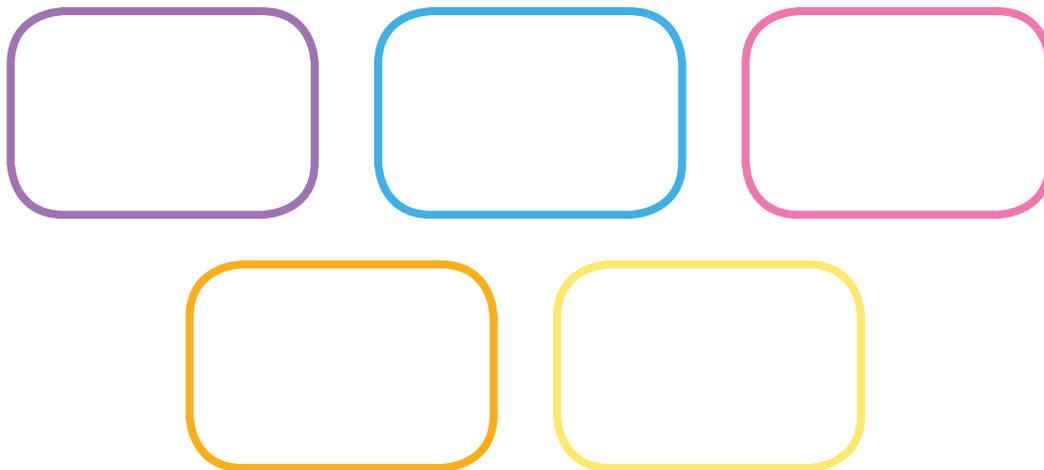
Write or draw the things that were good in your life today.

**My Dream:**

A large empty rounded rectangular box with a yellow border.

Draw or write about a dream you have had recently.  
How could this dream help you and your life?

**End of Year Goals:**



Write or draw five things that you would like to do before the end of the year.

**The Best Thing That Happened Today:**



Draw a picture to show this at the end of the day!

**Rate the Day:**

