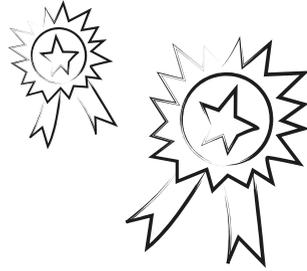


# DAILY THOUGHTS

MOOD 😊 😄 😐 😞 😡

What went well today?

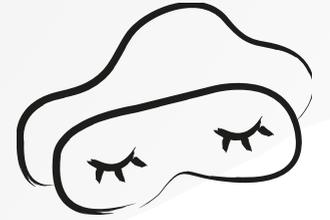


Thoughts and feelings



What are you grateful for?

Self-care: What did you do for yourself?



Goals

These could be for today, tomorrow, next week or further ahead

What made you laugh today?



Other reflections

