

MUST DO TODAY

1.
2.
3.
4.
5.

TO DO OTHER

APPOINTMENTS

TIME	WHO / WHAT

MEALS

BREAKFAST

LUNCH

DINNER

TO GET

NOTES

MY VALUE TO FOCUS ON

MY VALUE ACTION TO TAKE

OUT OF 10

I AM GRATEFUL FOR... AND WHY

CHARACTER STRENGTH TO FOCUS ON

BUILD RESOURCES

- Emotion Exercise.
- Connect the dots.
- Higher Order Thinking.
- Fun before leaving.
- Praise a character strength.
- Read for 15 minutes.
- What did you do today?
- Make a note for weekly review.

ONE THING I DID WELL TODAY

TO IMPROVE FOR TOMORROW