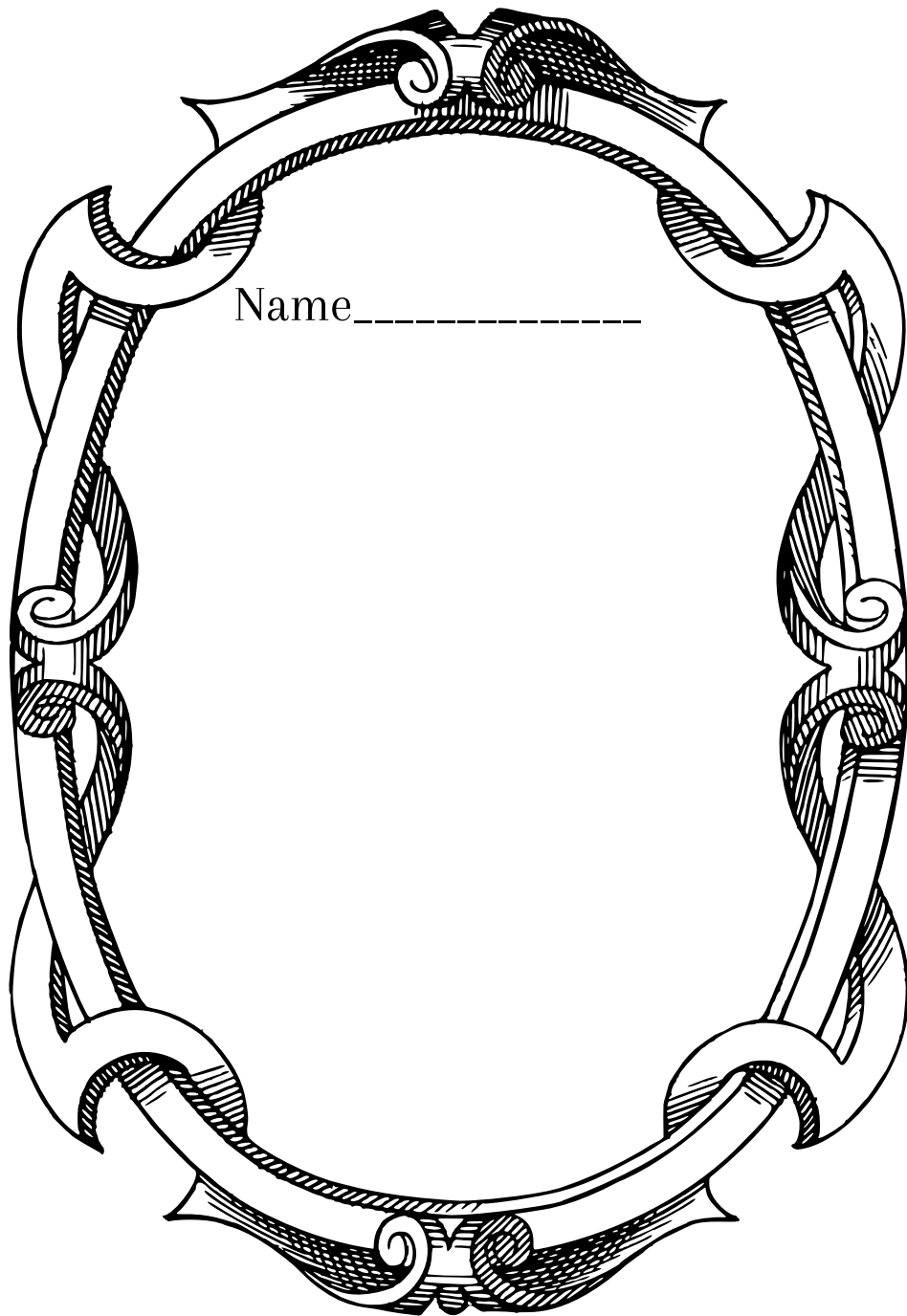


MIRROR, MIRROR ON THE WALL, WHAT ARE MY NICEST ACTIONS FROM TODAY?

Use the mirror below to draw or write all of the nice things you did today.



COMPLIMENTS

Think about how other people view you. What are five nice things others might say about you, that you are proud of?

1

2

3

4

5

Name: _____



THINGS THAT I LIKE ABOUT MYSELF.

1

2

3

4

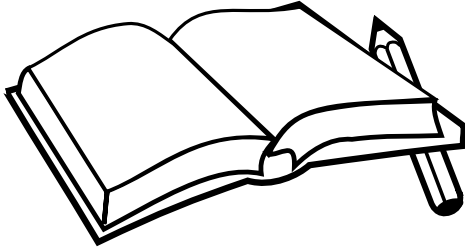
5

I am kind



Name: _____

Date: _____



MY DAILY THOUGHTS JOURNAL

Read the prompts below and respond by filling each space provided with images and words that come into mind.

The best thing that happened to me today:

One thing I wish I can change about today:

I am proud of myself today because...

I think I need to work on....

MY GOALS

2022

ACADEMIC

HEALTH

PERSONAL GROWTH

MY DAILY FOCUS PLANNER

BIG GOAL FOR TODAY

**OTHER THINGS THAT I
NEED TO FOCUS ON
LATER, BUT NOT NOW**

TODAY'S MUST-DO LIST

1. _____

2. _____

3. _____

NOTES:

**THREE THINGS I AM
THANKFUL FOR TODAY:**

1. _____

2. _____

3. _____

MY THOUGHTS ABOUT TODAY: