Name _____ Age _____

Gender _____ Date _____ mm/dd/yyyy

Use this page in the morning and again in the evening. Write a few honest lines in each box; short is enough.

MORNING

Today I appreciate...

One thing I'm looking forward to is...

A small way I can be kind today is...

EVENING

Three good things from today:

Someone or something that helped me:

Something I handled better than before:

PERSONAL INSIGHTS

What did today teach me about what matters?

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