Date: ____

Quote of the Day: 'The expert in anything was once a beginner.' (Helen Hayes)

Goals for Today:

1.	
~	
2.	
3.	
4.	
5.	

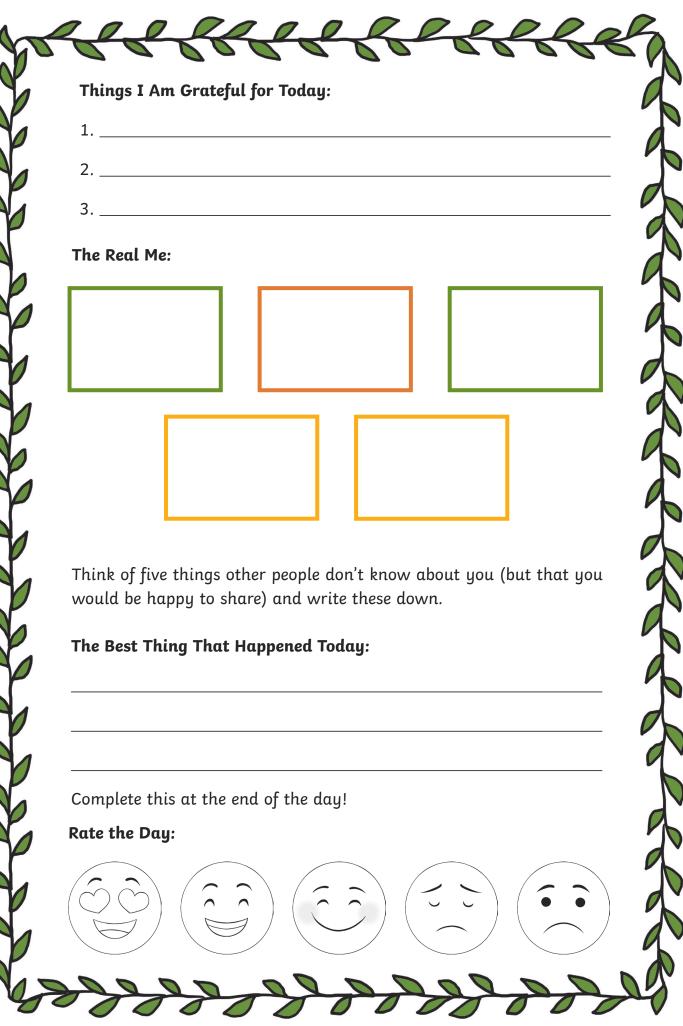
What would you like to work towards today? Some goals may take many days.

Special Songs:

Write the lyrics to one of your favourite songs and think about why it is special to you.

100





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