



Date: _____

Quote of the Day: 'Don't count the days. Make the days count.'
(Muhammad Ali)

Goals for Today:

1. _____
2. _____
3. _____
4. _____
5. _____

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

Random Acts of Kindness:

1. _____
2. _____
3. _____
4. _____
5. _____

Choose five acts of kindness that you will show to other people today.

Things I Am Grateful for Today:

1. _____
2. _____
3. _____

How Do People See Me:

Think of five words that other people might use to describe you.

The Best Thing That Happened Today:

Complete this at the end of the day!

Rate the Day:

