

# How was today?

DAY: \_\_\_\_\_

Rate the Day



Today I enjoyed...  
Write 2 good things about today.

Was there anything challenging about today?



What did you do that helped you cope with or overcome the challenge?

The best thing that happened today.  
Complete this at the end of the day.



# My Weekly Journal (Supporting Well-being)



NAME: \_\_\_\_\_

CLASS: \_\_\_\_\_

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