

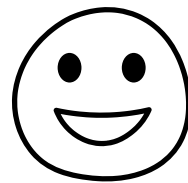
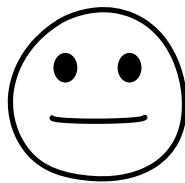
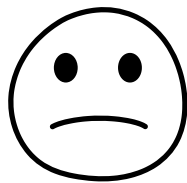
Name: _____

Date: _____

Daily REFLECTION

Today is:

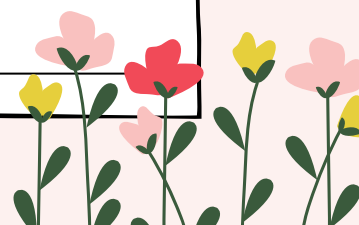
How I feel about today:



My act of kindness:

Reason for my rating

Something new I learned today:



Name:

Date:

WELLBEING WEEKLY GOALS

Living by Giving:

What act of kindness will you complete this week?

Learning and Trying:

What goal are you going to try and accomplish this week?

Purposeful Praise:

How will you make another person feel appreciated?

Reflecting and Acknowledging:

What are you proud of achieving this week?