

Focus on the Good

the highlights of my day

MONDAY

I made today a good Monday by...	
Today I was helpful when...	
Something I'm grateful for today...	

TUESDAY

I was proud of myself today when...	
Something that made me smile today...	
My favorite class today was...	

WEDNESDAY

Something I accomplished today...	
I was kind today when...	
What I was thankful for today...	

THURSDAY

Today I smiled when...	
I was a good friend today when...	
I felt good about myself when...	

FRIDAY

The best thing about today was...	
A friend was kind to me today when...	
I helped out today by...	