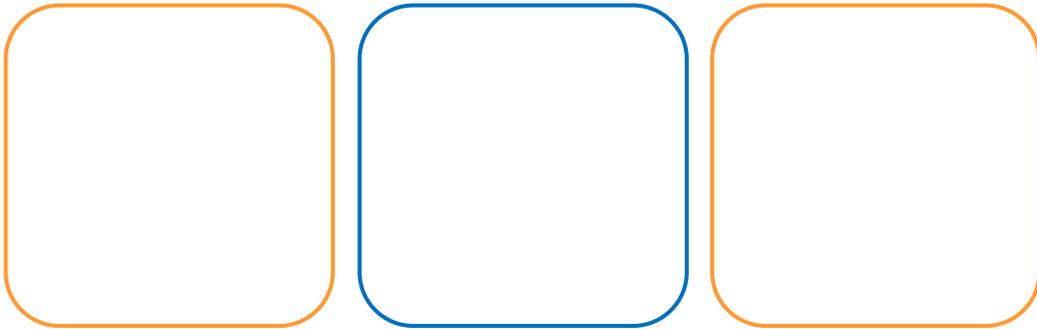# My Wellbeing Journal

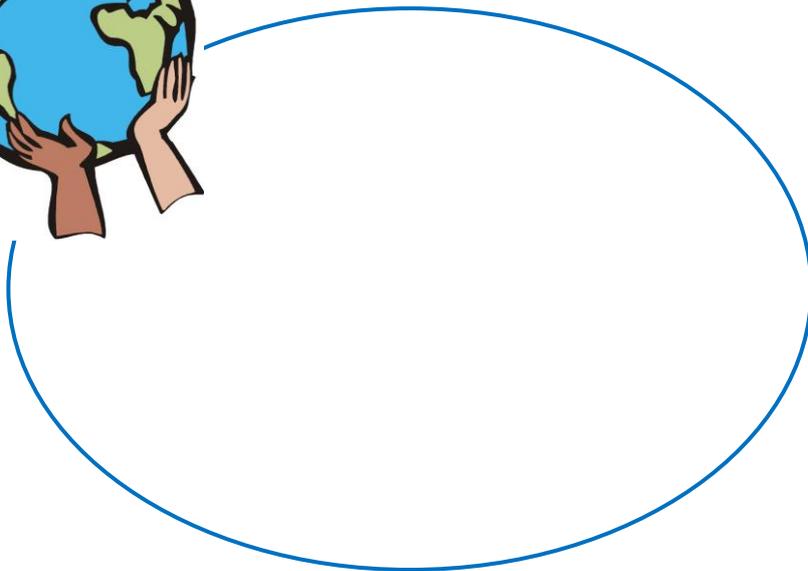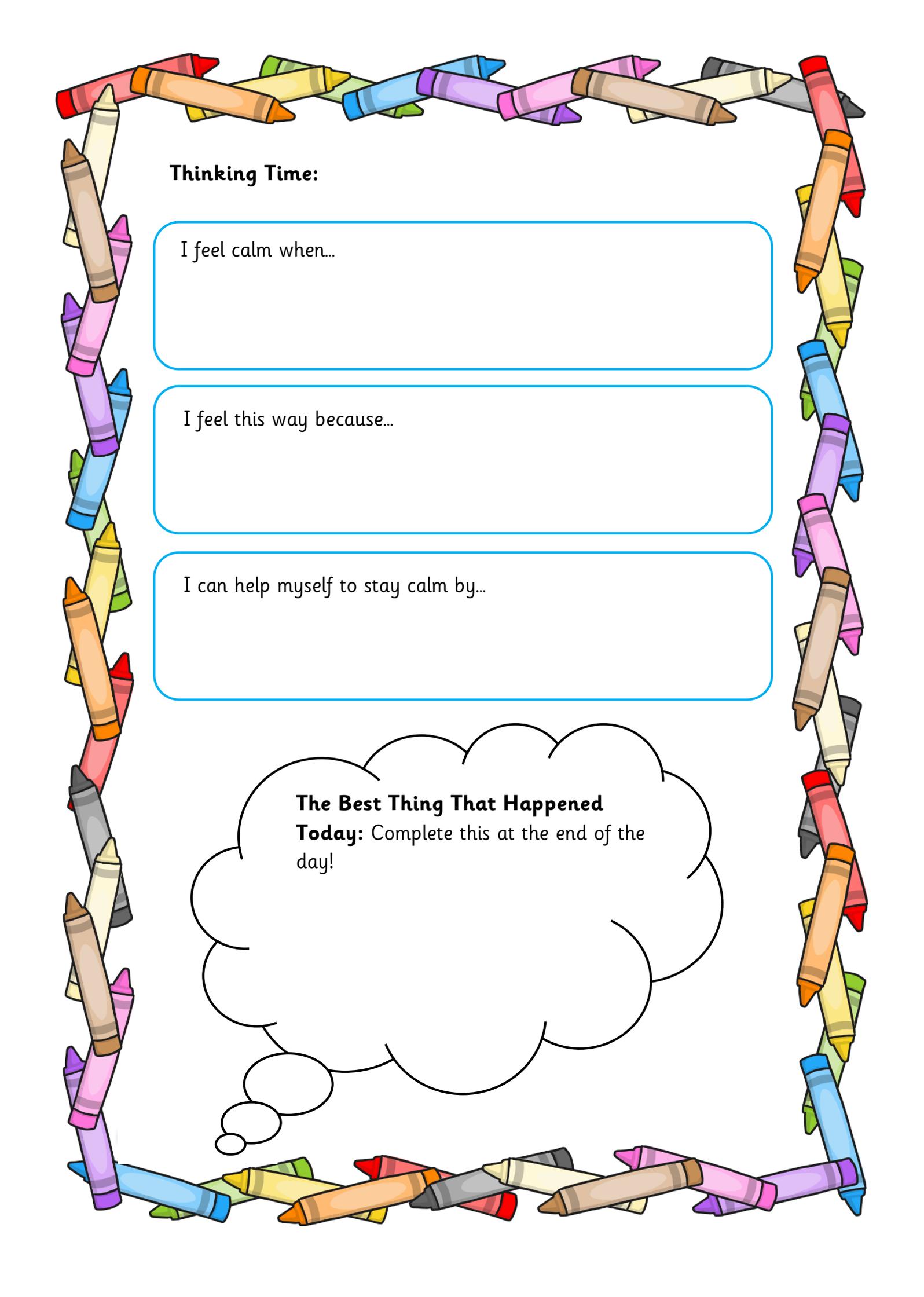**Date:**_____

Quote of the day: 'Be the change you want to see in the world.' (Mahatma Gandhi)

Today I want to: Draw or write the things you would like to achieve today.

Change the World: What would you like to be different to make the world better?

Thinking Time:

I feel calm when...

I feel this way because...

I can help myself to stay calm by...

The Best Thing That Happened Today: Complete this at the end of the day!