

WHAT WENT WELL, & WHY?

Record three things that went well today, why they were good, and how you helped make them happen.
Then get your most worrying thought out of your head by writing it at the bottom.

Date: _____

This went well: _____

What I did to help make it happen: _____

This went well: _____

What I did to help make it happen: _____

This went well: _____

What I did to help make it happen: _____

What's worrying or challenging me most right now?
