DRESS TO EXPRESS!

TICK OFF AT LEAST THREE POSITIVE THINGS YOU DID TODAY!

Task	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Today, I tried my best.								
Today, I was a good friend.								
Today, I believed in myself.								
Today, I was brave.								
Today, I worked hard at school.								
Today, I was kind to myself.								
Today, I had fun.								
Today, I was creative.								
Today, I expressed my feelings.								
Today, I did something difficult.								