

Say these things to yourself every day...

I am beautiful.	I am smart.	I am kind.
I am perfect just the way I am.	I am helpful.	I am forgiving.
There is NO ONE in the world quite like me.	I feel happy.	I am truthful.
I am loving.	I am a great kid.	I am a leader.
I choose my attitude.	I REACH FOR THE STARS.	I support others with love and kindness.
I am strong.	I keep my body healthy.	I am a good listener.
I am supportive.	I work hard.	I AM AWESOME.
I show others I care.	I am a great student.	I am loved.

Mindfulness Diary



there are
so many
beautiful
reasons
to
be
HAPPY.

Good things I did today

1. _____

2. _____

3. _____

Things I am grateful for:

1. _____

2. _____

3. _____

Good things that happened today:

1. _____

2. _____

3. _____



Good things I did today

1. _____

2. _____

3. _____

Things I am grateful for:

1. _____

2. _____

3. _____

Good things that happened today:

1. _____

2. _____

3. _____



Good things I did today

1. _____

2. _____

3. _____

Things I am grateful for:

1. _____

2. _____

3. _____

Good things that happened today:

1. _____

2. _____

3. _____



Good things I did today

1. _____

2. _____

3. _____

Things I am grateful for:

1. _____

2. _____

3. _____

Good things that happened today:

1. _____

2. _____

3. _____



Good things I did today

1. _____

2. _____

3. _____

Things I am grateful for:

1. _____

2. _____

3. _____

Good things that happened today:

1. _____

2. _____

3. _____



Good things I did today

1. _____

2. _____

3. _____

Things I am grateful for:

1. _____

2. _____

3. _____

Good things that happened today:

1. _____

2. _____

3. _____

