



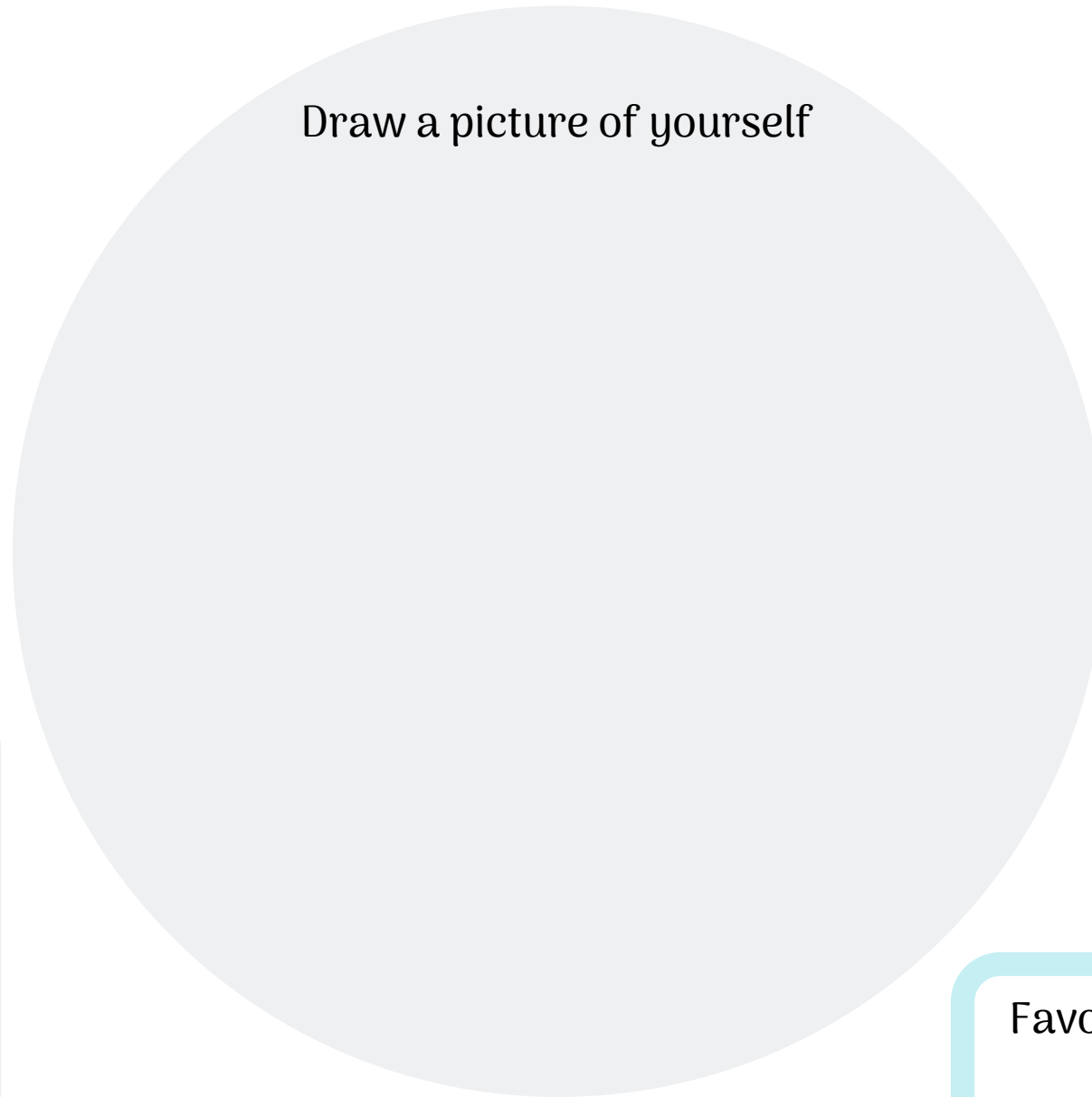
Happiness Journal

About me

My Name:

Age:

Draw a picture of yourself



My hobbies/interests are:

Favourite foods:

Best songs:

Best Memories:

Things/People/Places that are important to me:



Draw or write a list of things you would like to learn or try, places you would like to go

There are lots of things that are important to us, such as being grateful, choosing positivity, and being kind. To be able to do some of these things it's important to believe yourself. Make a list of your strengths so that you can reflect on them when you need to:



Morning

Set your day up right

I AM

I AM

I AM

Set out your intentions for the day

Today I will be _____

Afternoon/Evening

Top 3 things about today

1.

2.

3.

Today these things happened

I was helpful I was kind I tidied my bedroom I did something that made me happy I said sorry to someone

I listened I worked hard I learned from my mistakes I had fun I tried something new I was a good friend

I said thank you I played outside I didn't spend anytime on technology

3 things I am grateful for:

1.

2.

3.

I feel...

I am irritated by ...

What I want ...

Today I tried something hard...

When I tried I felt...

A strategy I used was...

Now I know that I can...



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Today I learnt...

I am looking forward to...



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Today I set a goal for myself....

A problem I may encounter is...

A strategy I will use to overcome my difficulty is....

I know I will achieve this goal because...



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What strengths did I use today...

What did I learn today...

What went well today....

• What fears or worries did I overcome today...



90 Day Planner

Goal Setting

W is for wish- what is important to you to accomplish? Keep it challenging but possible

O is for outcome – What will be the result of achieving your wish? Take a minute and consider how you will feel when you have achieved your wish

O is for obstacles – What is the main thing preventing you from achieving your wish. Take a minute to really consider this. Remember to be honest, the problem could be you.

P is for plan – what will help me overcome my obstacles, including people who can help you, encourage you etc. Make a When that happens, I will the plan.

Take some time to think about what you would like to achieve, whether it be pass a test, learn to do something new, or get better at something you already do. Taking time to focus and think about what you might need and how you will do it makes it easier to achieve your goal.

When you have achieved it make sure you note the date, how you feel and what you have learnt along the way.

Wish:

Actions I will need to take to complete my goal:

- 1.
- 2.
- 3.

Outcome - why I'd love to achieve this goal:

Obstacles - what might get in the way:

Plan: - what is the plan to help me overcome any problems:

Date I achieved my goal:

How I feel now I have completed my wish:

What I learnt from this was:

Wish:

Actions I will need to take to complete my goal:

- 1.
- 2.
- 3.

Outcome - why I'd love to achieve this goal:

Obstacles - what might get in the way:

Plan: - what is the plan to help me overcome any problems:

Date I achieved my goal:

How I feel now I have completed my wish:

What I learnt from this was:

Wish:

Actions I will need to take to complete my goal:

- 1.
- 2.
- 3.

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Obstacles - what might get in the way:

Plan: - what is the plan to help me overcome any problems:

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How I feel now I have completed my wish:

What I learnt from this was: