

Daily Journal (evening)**Date:**

- 1.) Something you are grateful for or your “Rose” the best thing that happened today.
- 2.) Today’s Good News (your’s, someone else’s, the world’s....)
- 3.) One thing you are you looking forward to? Your “Bud” (Tomorrow, next week, next month or next year?)
- 4.) What did you learn today? (Could be a new word, from something you are reading, a recipe, a new driving route, a story.. something about another person... something on Discovery channel....or a Podcast... Anything new...)
- 5.) What was something funny you heard or saw today.. or something that made you laugh (even if it was at yourself :)? (If you can’t think of anything... look up “funny animal videos” online and watch for 2 minutes until you laugh.... Then write about what made you laugh. Tomorrow start looking at the world and find something funny in real life. :)

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