

# Daily POPWAT Reflection Sheet

Let's reflect on our day, the POPWAT way!

Write or draw one example for each theme below. Take your time and be proud of your growth!

## P - Positive Thoughts

One positive thought I had today...

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## O - Optimism

One way I looked on the bright side...

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## P - Powerful Words

One kind word I said or heard today...

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## W - Well-being

One thing I did to feel calm or healthy...

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## A - Affirmations

One affirmation I believe today is...

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## T - Tenacity

## Daily POPWAT Reflection Sheet

One challenge I didn't give up on today...

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*You're doing great. One small step at a time.*