

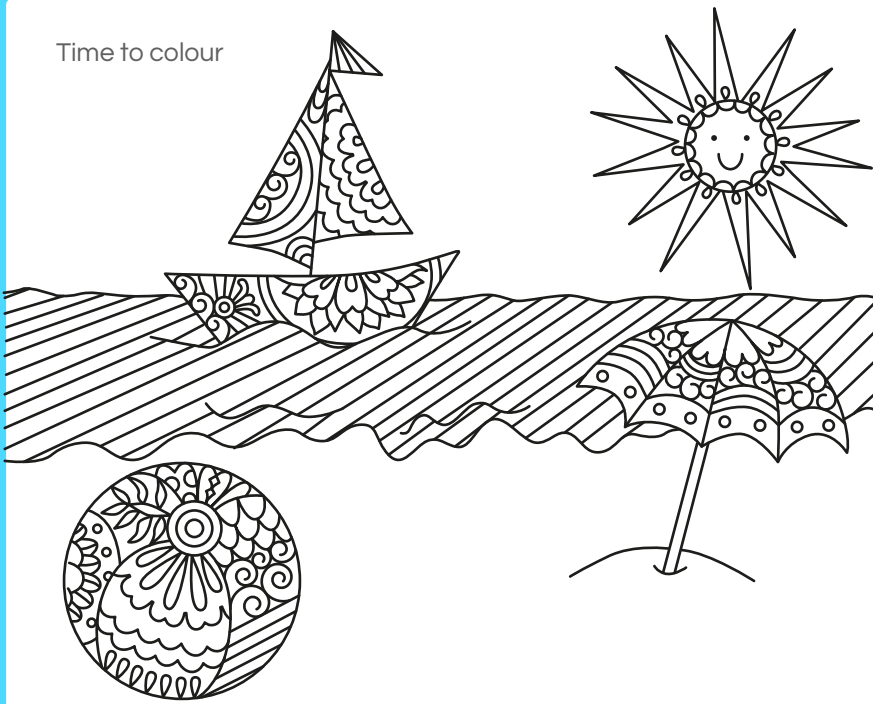
Take Ten Daily Journal

Diggle's Appreciation Challenge

Ask your buddy what they are most grateful for?
What are the top three things you are grateful for today?

- 1.
- 2.
- 3.

Time to colour



'Gratitude turns
what we have
into enough'
- Aesop



Take time to complete your journal with a grown up buddy every day.

Today's date

Today I was mostly feeling

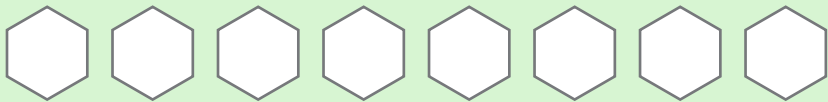


Today my journal buddy is

My buddy was mostly feeling



How many coloured Behaviour tokens did I have at the end of today? Colour in your number.



What went well today?

What have I learnt today?

What did I do to make someone smile today?

What made me happy today?

What could I do to make someone smile tomorrow?

What could I do to make myself feel happy tomorrow?