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| Date:  |
| Monday | Something I did well today… |  |
| Today I had fun when… |  |
| I felt proud when… |  |
| Tuesday | Today I felt good when… |  |
| I had a good time with… |  |
| Something I did for someone… |  |
| Wednesday | I felt good about myself when… |  |
| I was proud of someone else… |  |
| Today was interesting because… |  |
| Thursday | I felt proud when… |  |
| A good thing I saw was… |  |
| Today I achieved… |  |
| Friday | Something I did well today… |  |
| I had a positive experience…(a person/time or place) |  |
| I was proud of someone when… |  |
| Saturday | Today I had fun with… |  |
| Something I did for someone… |  |
| I felt good about myself when… |  |
| Sunday | A positive thing I saw… |  |
| Today was interesting because… |  |
| I felt proud when… |  |