

My Diary of Positivity!

Why not try and keep a diary for one week. The only rule is that the diary has to be full of positive news!

Day of the week	I could write about...	Time to write!
Monday	Something I did well today was... Today I had fun when...	
Tuesday	Today I felt proud when... Something Kind I did today was...	
Wednesday	Today was interesting because... Today I achieved...	
Thursday	I felt happy when... Something nice I saw today was...	

Friday	<p>I was proud of someone when...</p> <p>One piece of work I was proud of today was...</p>	
Saturday	<p>I felt good about myself when...</p> <p>I laughed today when...</p>	
Sunday	<p>The best part of this week was...</p>	