

WHO ARE YOU HOME? With

WRITE WHAT YOU APPRECIATE ABOUT THESE PEOPLE.

NAME _____

NAME _____

NAME _____

NAME _____

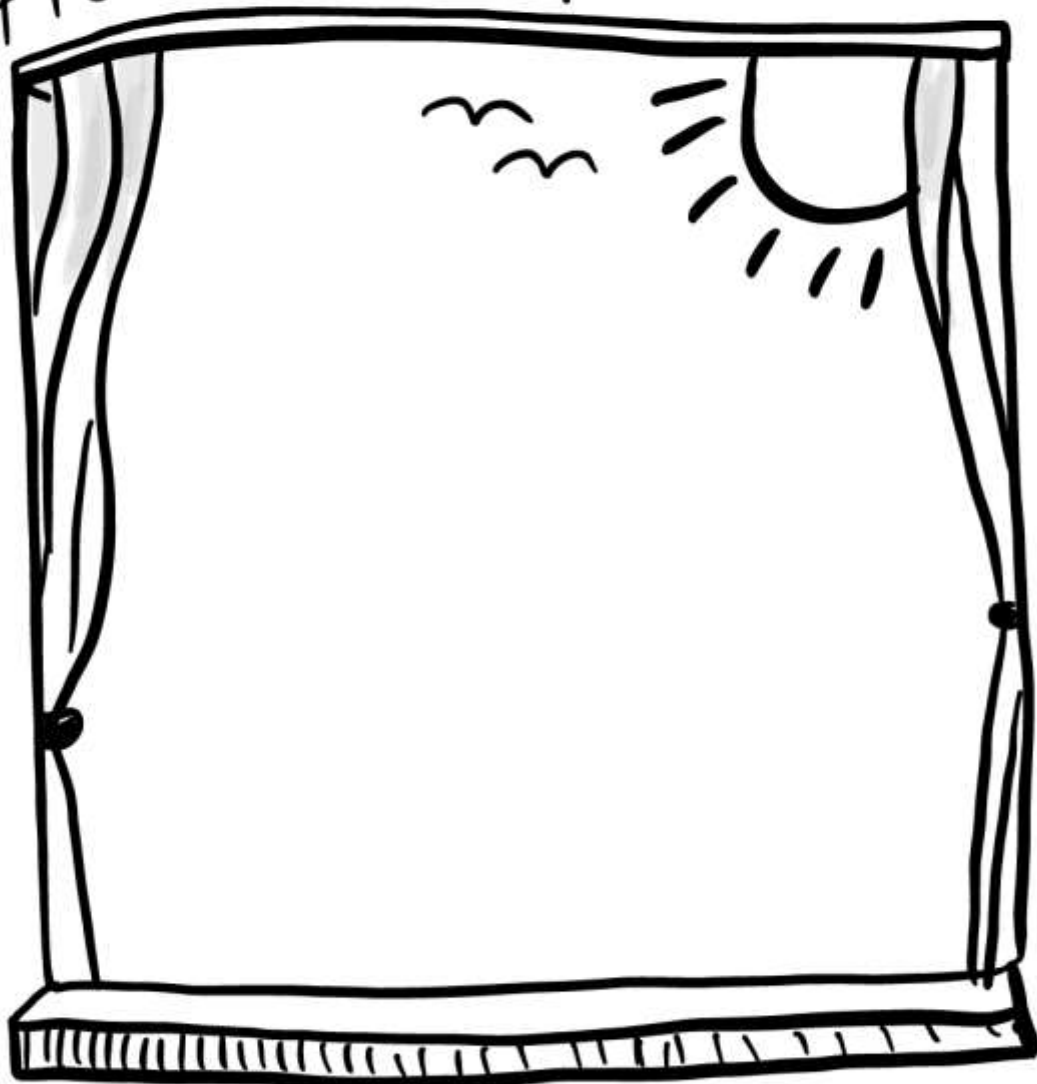
NAME _____

NAME _____

IF YOU NEED
MORE PRINT ANOTHER
PAGE = ☐ =

DRAW THE VIEW

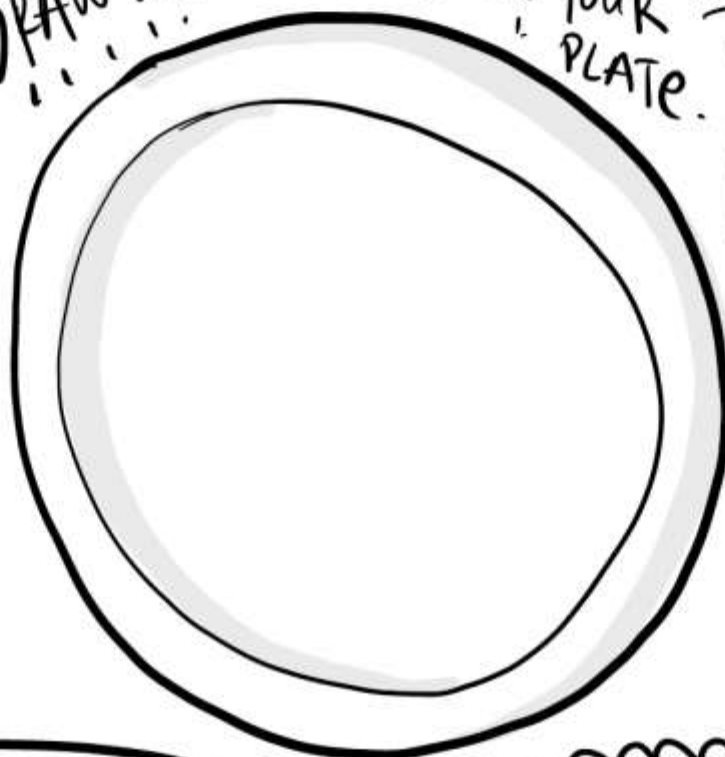
FROM YOUR BEDROOM WINDOW.



Is there something you didn't notice before? _____

Whats Dinner

DRAW WHAT YOU HAD ON YOUR PLATE.



WHAT DID IT TASTE LIKE?

A hand-drawn notepad with a thick black border. At the top, a black banner contains the text "WHAT DID IT TASTE LIKE?" in white, uppercase letters. Below the banner are several horizontal lines for writing, each with a light gray rectangular highlight behind it. The notepad is tilted slightly to the right.

THOUGHTS ON TODAY

THOUGHTS ON TODAY ↓

FIVE Awesome Things

ABOUT Today

1

2

3

4

5

★

Movie

DAY
★

POPCORN

WATCH A MOVIE / TV SHOW. HOW WAS IT?

TITLE	What else did today hold?
<div>YOUR REVIEW</div>	

↙ CIRCLE ONE. ↘

LIKE DISLIKE



Write A Note To You In the

FUTURE

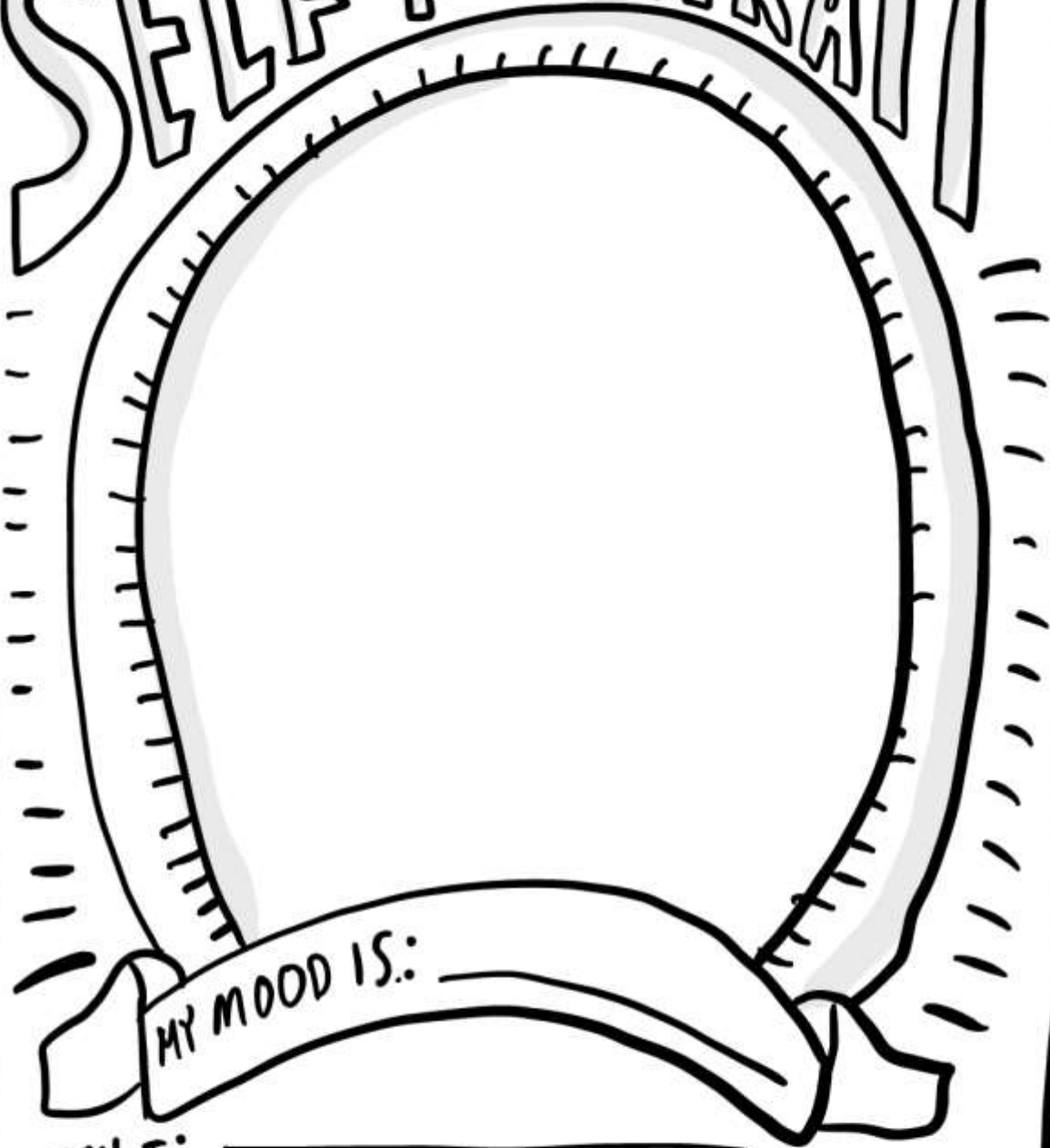
How to Keep Calm + Cool.

Dear
future me.

AGE NOW:

AGE IN 2032.

SELF PORTRAIT



MY MOOD IS: _____

TODAY I: _____

I S • L A T I O N

WHAT DO YOU APPRECIATE ABOUT YOUR FAMILY.

Hand-drawn horizontal lines for writing.



A P P R E C I A T I O N D A Y.

WHAT DID YOU DO TO NOT GET

BORED
TODAY?

MORNING



AFTERNOON



EVENING



Listen!

TO YOUR FAVE SONG.... Really Listen..

WHAT ARE THE WORDS ABOUT??

ARTIST _____
SONG NAME .. _____
WHAT DO THE WORDS MEAN??

THIS SPECIAL DAY.

WHAT MADE TODAY AWESOME?

I S • L A T I O N

WHAT DO YOU APPRECIATE ABOUT YOUR FRIENDS

A series of 15 horizontal light gray lines for writing, providing space for the user to list things they appreciate about their friends.

APPRECIATION DAY.