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TODAY	AM	GRATEFUL	FOR:

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"AND I KNEW EXACTLY WHAT TO DO. BUT IN A MUCH MORE REAL SENSE, I HAD NO IDEA WHAT TO DO."

> - MICHAEL SCOTT (THE OFFICE)

TODAY'S MOOD:

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TIRED

SAD

EXCITED

REFLECTION OF THE DAY:	

NOTES/REMINDERS:						

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QUOTE OF THE DAY:

"I'M STILL LEARNING."

— MICHELANGELO

TODAY'S MOOD:

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"SELF-CARE STARTS WITH SELF-TALK."

- CARRIE GOTTSCHALK

TODAY'S MOOD:

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REFLECTION OF THE DAY:

NOTES/REMINDERS:	GOALS FOR TOMORROW:

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"WHEN I WAS A BOY AND SAW SCARY THINGS IN THE NEWS, MY MOTHER WOULD SAY, 'LOOK FOR THE HELPERS. YOU WILL ALWAYS FIND PEOPLE WHO ARE HELPING.'"

- FRED ROGERS

TODAY'S MOOD:

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TODAY'S MOOD:











QUOTE OF THE DAY:

"SOCIETY TEACHES US THAT HAVING FEELINGS AND CRYING IS BAD AND WRONG. WELL, THAT'S BALONEY, BECAUSE GRIEF ISN'T WRONG. THERE'S SUCH A THING AS GOOD GRIEF. JUST ASK CHARLIE BROWN."

> - MICHAEL SCOTT (THE OFFICE)

REFLECTION OF THE DAY:	

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GO	ALS FOR TOMORROW:
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"IF WE HAVE THE ATTITUDE THAT IT'S GOING TO BE A GREAT DAY IT USUALLY IS."

- CATHERINE PULSIFIER

TODAY'S MOOD:

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"KEEP YOUR FACE ALWAYS TOWARD THE SUNSHINE, AND SHADOWS WILL FALL BEHIND YOU."

- WALT WHITMAN

TODAY'S MOOD:

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QUOTE OF THE DAY:		
"TRY TO BE A RAINBOW IN		
SOMEONE'S CLOUD."		
— MAYA ANGELOU		
GOALS FOR TOMORROW:		
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LINCOLN
littles
elevating early childhood

TODAY I AM GRATEFUL FOR:	QUOTE OF THE DAY:
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2.	"NOTHING IS IMPOSSIBLE, THE WORD ITSELF SAYS 'I'M POSSIBLE."
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4.	— AUDREY HEPBURN
TODAY'S MOOD:	
ANGRY TIRED SAD HAPPY EXCITED	
REFLECTION OF THE DAY:	
NOTES/REMINDERS:	GOALS FOR TOMORROW:
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"CHOOSE TO BE OPTIMISTIC, IT FEELS BETTER."

— DALI LAMA

TODAY'S MOOD:

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LINCOLN
littles
elevating early childhood

TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

"WHEN WE CAN TALK ABOUT OUR FEELINGS, THEY BECOME LESS OVERWHELMING, LESS UPSETTING AND LESS SCARY."

- FRED ROGERS

TODAY'S MOOD:

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REFLECTION OF THE DAY:	

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LINCOLN
littles
elevating early childhood

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"YOU CAN, YOU SHOULD, AND IF YOU'RE BRAVE ENOUGH TO START, YOU WILL."

- STEPHEN KING

TODAY'S MOOD:

ANGRY	









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QUOTE OF THE DAY:

"ALL GROWN-UPS WERE ONCE CHILDREN... BUT ONLY FEW OF THEM REMEMBER IT."

> — ANTOINE DE SAINT-EXUPÉRY

TODAY'S MOOD:

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GOALS FOR TOMORROW:

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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

"LIFE IS LIKE RIDING A BICYCLE. TO KEEP YOUR BALANCE, YOU MUST KEEP MOVING."

- ALBERT EINSTEIN

TODAY'S MOOD:

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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

"IF I CANNOT DO GREAT THINGS, I CAN DO SMALL THINGS IN A GREAT WAY."

- MARTIN LUTHER KING, JR.

TODAY'S MOOD:

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REFLECTION OF THE DAY:

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"SOME DAYS ARE RAINY, SOME DAYS ARE SUNNY. SOME DAYS ARE CLOUDY, AND SOME DAYS ARE FUNNY."

- MY MANY COLORED DAYS BY DR. SEUSS

TODAY'S MOOD:

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REFLECTION OF THE DAY:

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TODAY I AM GRATEFUL FOR:	QUOTE OF THE DAY:
1. 2. 3. 4. TODAY'S MOOD:	"GROWN-UPS NEVER UNDERSTAND ANYTHING BY THEMSELVES, AND IT IS TIRESOME FOR CHILDREN TO BE ALWAYS AND FOREVER EXPLAINING THINGS TO THEM." — ANTOINE DE SAINT- EXUPÉRY
ANGRY TIRED SAD HAPPY EXCITED	
REFLECTION OF THE DAY:	
NOTES/REMINDERS:	GOALS FOR TOMORROW:
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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

"HE ROARED AND ROARED AND ROARED UNTIL HE FELT BETTER."

- WHERE THE WILD THINGS ARE BY MAURICE SENDAK

TODAY'S MOOD:

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DEELECTION OF THE DAY.





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"NATURE DOES NOT HURRY, YET EVERYTHING IS ACCOMPLISHED."

— LAO TZU

TODAY'S MOOD:

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GOALS FOR TOMORROW:

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TODAY I AM GRATEFUL FOR:	"I AM ONLY ONE, BUT I AM ONE. I CANNOT DO EVERYTHING, BUT I CAN DO SOMETHING. AND BECAUSE I CANNOT DO EVERYTHING, I WILL NOT REFUSE TO DO THE SOMETHING THAT I CAN DO." — EDWARD EVERETT HALE	
1. 2. 3. 4.		
TODAY'S MOOD: ANGRY TIRED SAD HAPPY EXCITED		
REFLECTION OF THE DAY:		
NOTES/REMINDERS:	GOALS FOR TOMORROW:	
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TODAY I AM GRATEFUL FOR:	QUOTE OF THE DAY:
 1. 2. 3. 	"BELIEVE YOU CAN AND YOU'RE HALFWAY THERE." — THEODORE ROOSEVELT
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TODAY'S MOOD: ANGRY TIRED SAD HAPPY EXCITED	
REFLECTION OF THE DAY:	
NOTES/REMINDERS:	GOALS FOR TOMORROW: 1.

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LINCOLN
littles elevating early childhood

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"LISTEN -- ARE YOU BREATHING JUST A LITTLE, AND CALLING IT A LIFE?"

- MARY OLIVER

TODAY'S MOOD:

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LINCOLN
littles
elevating early childhood

TODAY I AM GRATEFUL FOR:	QUOTE OF THE DAY:		
1. 2. 3. 4.	"DO ANYTHING, BUT LET IT PRODUCE JOY." — WALT WHITMAN		
TODAY'S MOOD: ANGRY TIRED SAD HAPPY EXCITED			
REFLECTION OF THE DAY:			
NOTES/REMINDERS:	GOALS FOR TOMORROW:		

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LINCOLN
littles
elevating early childhood

TODAY I AM GRATEFUL FOR:	QUOTE OF THE DAY:
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2.	"BE THE CHANGE YOU WANT TO SEE IN THE WORLD."
3.	— MAHATMA GANDHI
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TODAY'S MOOD:	
ANGRY TIRED SAD HAPPY EXCITED	
REFLECTION OF THE DAY:	
NOTES/REMINDERS:	GOALS FOR TOMORROW:
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TODAY I AM GRATEFUL FOR:	QUOTE OF THE DAY:
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2.	"JUST BE YOURSELF, THERE IS NO ONE BETTER."
3.	— TAYLOR SWIFT
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TODAY'S MOOD:	
ANGRY TIRED SAD HAPPY EXCITED	
ANGRY TIRED SAD HAPPY EXCITED	
REFLECTION OF THE DAY:	
NOTES/REMINDERS:	GOALS FOR TOMORROW:
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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

"TELL ME AND I FORGET. TEACH ME AND I REMEMBER. INVOLVE ME AND I LEARN."

- BENJAMIN FRANKLIN

TODAY'S MOOD:

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QUOTE OF THE DAY:

"WHEN LIFE GIVES YOU A HUNDRED REASONS TO CRY, GIVE LIFE A THOUSAND REASONS TO SMILE."

— ANONYMOUS

TODAY'S MOOD:

ANGRY









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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

"THE BEST AND MOST BEAUTIFUL THINGS IN THE WORLD CANNOT BE SEEN OR EVEN TOUCHED-THEY MUST BE FELT WITH THE HEART."

- HELEN KELLER

TODAY'S MOOD:

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"IT IS ONLY WITH THE HEART THAT ONE CAN SEE RIGHTLY; WHAT IS ESSENTIAL IS INVISIBLE TO THE EYE."

— ANTOINE DE SAINT-EXUPÉRY

TODAY'S MOOD:

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SAD HAPPY EXCITED

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LINCOLN
littles
elevating early childhood

TODAY I AM GRATEFUL FOR:	QUOTE OF THE DAY:			
1.	"I GOT SAVED BY THE BEAUTY			
2.	OF THE WORLD."			
3.	— MARY OLIVER			
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TODAY'S MOOD:				
ANGRY TIRED SAD HAPPY EXCITED				
REFLECTION OF THE DAY:				
NOTES/REMINDERS:	GOALS FOR TOMORROW:			
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TODAY I AM GRATEFUL FOR:	QUOTE OF THE DAY:		
 1. 2. 3. 4. 	"I CAN BE CHANGED BY WHAT HAPPENS TO ME. BUT I REFUSE TO BE REDUCED BY IT." — MAYA ANGELOU		
TODAY'S MOOD: ANGRY TIRED SAD HAPPY EXCITED			
REFLECTION OF THE DAY:			
NOTES/REMINDERS:	GOALS FOR TOMORROW:		
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