



NAME..... DATE..... RATING OUT OF 10.....

TITLE: ONE LIFE LIVE IT

QUOTE: *“What day is it?” asked Pooh “It’s today,” squeaked Piglet. “My favourite day,” said Pooh” A.A.Milne*

OBJECTIVES FOR THE WEEK:

What does a good day look like?

Work out what you do when things are going well.
have a list of the people to talk to, the things you do etc.

Look at getting yourself to having a great day and make sure you use it and have a truly great day.

RESULTS:

