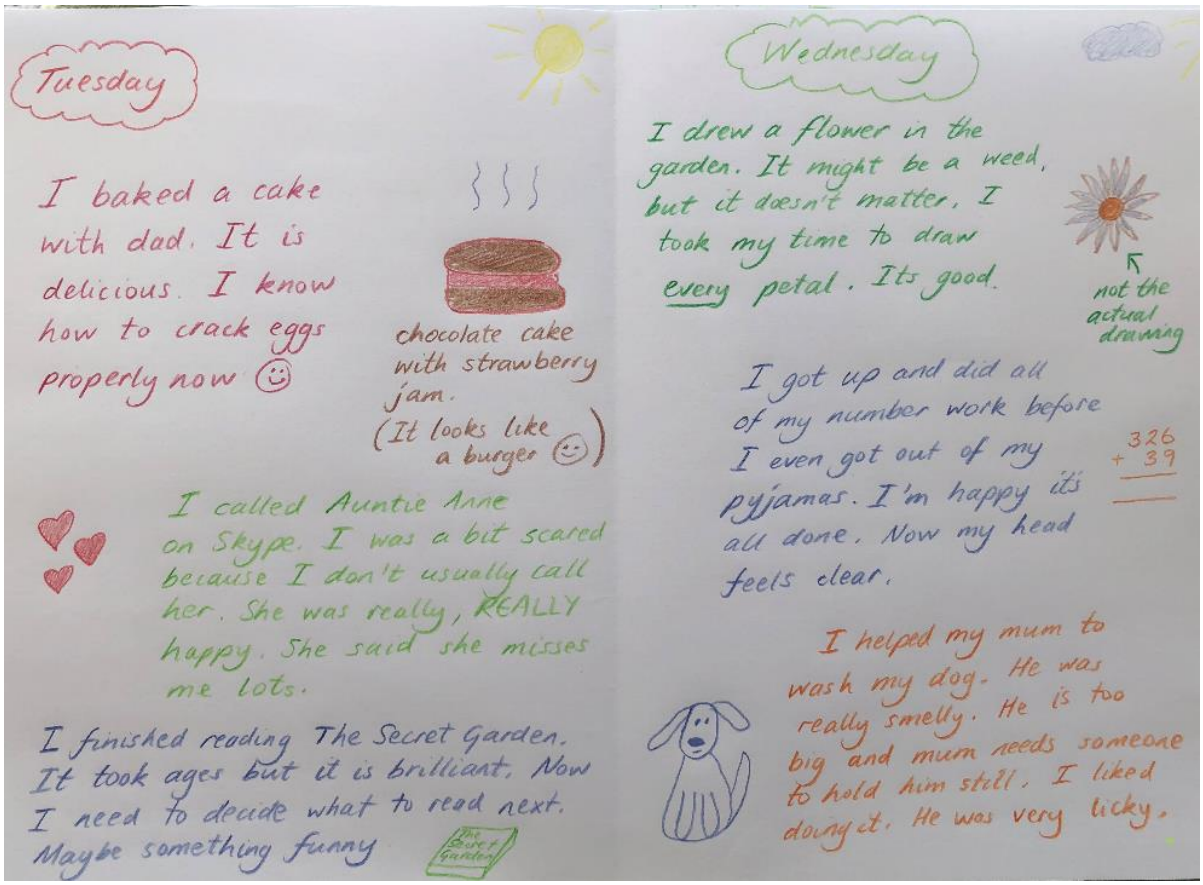
# My good things diary

**Create a special diary for all of your achievements.**

**Before you go to bed each night think about three things that you have achieved during the day. Write them in your diary. Is it a new skill you have learned, have you completed some tasks for school, or have you been kind, helpful or thoughtful to someone at home? Have you cheered someone up, or finished reading a new book?**

**You can use a notebook, or make your own diary by folding a few sheets of paper together. Design a super cover for your diary which is personal to you.**

**It will be lovely to look back at your diary in a few months' time, and you will see how far you have come.**