**GOOD DAY / BAD DAY**

FOR WHO: DATE: Click here to enter a date.

THOSE CONTRIBUTING:

|  |  |
| --- | --- |
| What makes a **GOOD DAY …** | What makes a **BAD DAY …** |
|  |  |

*Both sides should include details about what elements make up both ‘good’ and ‘bad’ days. Good days: what do you look forward to? Who do you look forward to seeing? What gives you energy? What motivates you? The Good Stuff in your days. Bad days: Things that throw your day off? What made it bad? Made you frustrated? People who made it challenging? What was boring? Took the fun out of it?*