

# My 'I can' Journal

<b>Monday</b>	Something I did well today...	
	Today I had fun when...	
	I felt proud when...	
<b>Tuesday</b>	Today I felt good when...	
	I had a good time with...	
	Something I did for someone...	
<b>Wednesday</b>	I felt good about myself when...	
	I was proud of someone else...	
	Today was interesting because...	
<b>Thursday</b>	I felt proud when...	
	A good thing I saw was....	
	Today I achieved...	
<b>Friday</b>	Something I did well today...	
	I had a positive experience with (a person/time or place)	
	I was proud of someone when....	
<b>Saturday</b>	Today I had fun with...	
	Something I did for someone...	
	I felt good about myself when...	
<b>Sunday</b>	A positive thing I saw...	
	Today was interesting because...	
	I felt proud when...	

