



1. What did you eat today?

Week 1 ✦ _____

Week 2 ✦ _____

Week 3 ✦ _____

Week 4 ✦ _____

Week 5 ✦ _____





2.

Who or what made you
smile today?

Week 1 ✦ _____

Week 2 ✦ _____

Week 3 ✦ _____

Week 4 ✦ _____

Week 5 ✦ _____





3.

What did you do today?

Week 1 ✦ _____

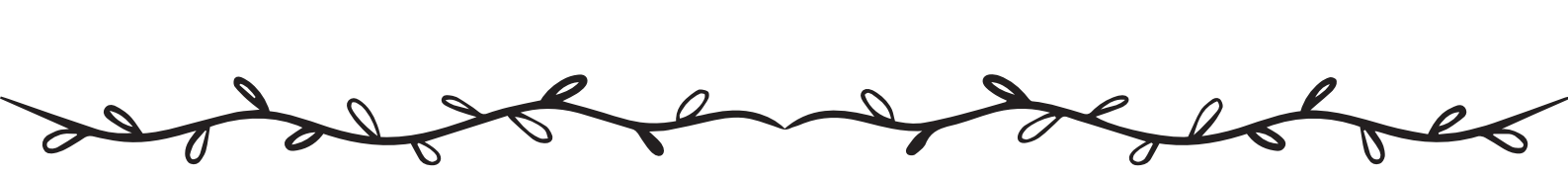
Week 2 ✦ _____

Week 3 ✦ _____

Week 4 ✦ _____

Week 5 ✦ _____





4.

Did you learn something
new today? What was it?

Week 1 ✦ _____

Week 2 ✦ _____

Week 3 ✦ _____

Week 4 ✦ _____

Week 5 ✦ _____





5. What is the most beautiful thing you saw today?

Week 1 ✦ _____

Week 2 ✦ _____

Week 3 ✦ _____

Week 4 ✦ _____

Week 5 ✦ _____





6. Did you come across any
challenges today? What was it?
How did you overcome it?

Week 1 ✦ _____

Week 2 ✦ _____

Week 3 ✦ _____

Week 4 ✦ _____

Week 5 ✦ _____





1. What was your favorite moment of the past week?

Week 1 ✦ _____

Week 2 ✦ _____

Week 3 ✦ _____

Week 4 ✦ _____

Week 5 ✦ _____



Travel Notes

[illegible]