

Reflections:

Happy Moments and Cruddy Moments in my Day

Use this reflection sheet as a tool to track and monitor the defining moments in your day. The “happy” moments will reinforce what is important to you, what you do well and what you are grateful for in your day. The “cruddy” moments will help you to identify what troubles you, where you need to grow, what you can work on and where you need to let go. This sheet can also help to open up conversations with your parents and others!

Date: _____

My Happy Moments Today: _____

My Cruddy Moments Today: _____

Note: Look for patterns of repetitive feelings, thoughts or behaviors in your day that could be contributing to your happy or cruddy moments. Write them down and track your results.

