

This weekend..

I wanted the ground to swallow me up..

Next time I will..

I love seeing..

I'm excited about..

Today..

I'm nervous about..

I cant stand it when..

Positive things about today..

I'm going to give..

It made me

smile..

Write on...

I will get in touch

I laughed out loud..

Write out your hopes, fears , thoughts and feelings. Writing for yourself is a way of releasing those pent up emotions without judgment . So give it a go and write it out.

with..

Today I won't let..

I love it when..

I will try..

I will share..

I'm aiming for..

I remember..

When I see my grandparents I

To change this I will..

will..

I cant believe..

I was upset by..



People who have made me feel appreciated..

I will help myself by..

I will help my parents by..