

Catch the Positive!

Date	Day	A positive thing <i>that happened</i> was...	A positive thing <i>I did</i> was...	A positive thing <i>I thought</i> was...	Safety check (Circle one)
	Monday				<p style="text-align: center;">Good-to-go</p> <p style="text-align: center;">I need a 5-minute break</p> <p style="text-align: center;">I need to talk with the counselor</p>
	Tuesday				<p style="text-align: center;">Good-to-go</p> <p style="text-align: center;">I need a 5-minute break</p> <p style="text-align: center;">I need to talk with the counselor</p>
	Wednesday				<p style="text-align: center;">Good-to-go</p> <p style="text-align: center;">I need a 5-minute break</p> <p style="text-align: center;">I need to talk with the counselor</p>
	Thursday				<p style="text-align: center;">Good-to-go</p> <p style="text-align: center;">I need a 5-minute break</p> <p style="text-align: center;">I need to talk with the counselor</p>
	Friday				<p style="text-align: center;">Good-to-go</p> <p style="text-align: center;">I need a 5-minute break</p> <p style="text-align: center;">I need to talk with the counselor</p>