

# GOOD DAY / BAD DAY

FOR WHO:

DATE: [Click here to enter a date.](#)

THOSE CONTRIBUTING:

What makes a <b>GOOD DAY</b> ...	What makes a <b>BAD DAY</b> ...

*Both sides should include details about what elements make up both 'good' and 'bad' days. Good days: what do you look forward to? Who do you look forward to seeing? What gives you energy? What motivates you? The Good Stuff in your days. Bad days: Things that throw your day off? What made it bad? Made you frustrated? People who made it challenging? What was boring? Took the fun out of it?*