

This week's Best Gems

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Week beginning: **What was the best thing I ... ?** Name:

Gem Day	Saw	Ate	Smelt	Felt	Received (eg: a smile, pay, gift, phone call, help from a friend, a thank you)	Did for me (eg: hair cut, new skirt, massage, gym, movie, time out)	Did for someone else (ie: an act of kindness)
Sun							
Mon							
Tues							
Wed							
Thur							
Frid							
Sat							

And what happened this week, for which I'm MOST Grateful ?

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