



YOU ARE ON THE CREW TONIGHT
NAME

HERO NAME

Draw yourself here — scrubs, cape, hair, whatever you want.
You are the sixth one.

WHAT HAPPENED TODAY

THE HARD BIT

SOMETHING GOOD

THINGS I WANT TO ASK

THINGS I GOT THROUGH

- ☐ Woke up
- ☐ Ate something
- ☐ Got up
- ☐ Asked for help
- ☐ Was brave about
- ☐ _____
- ☐ _____