

# MY JOURNAL



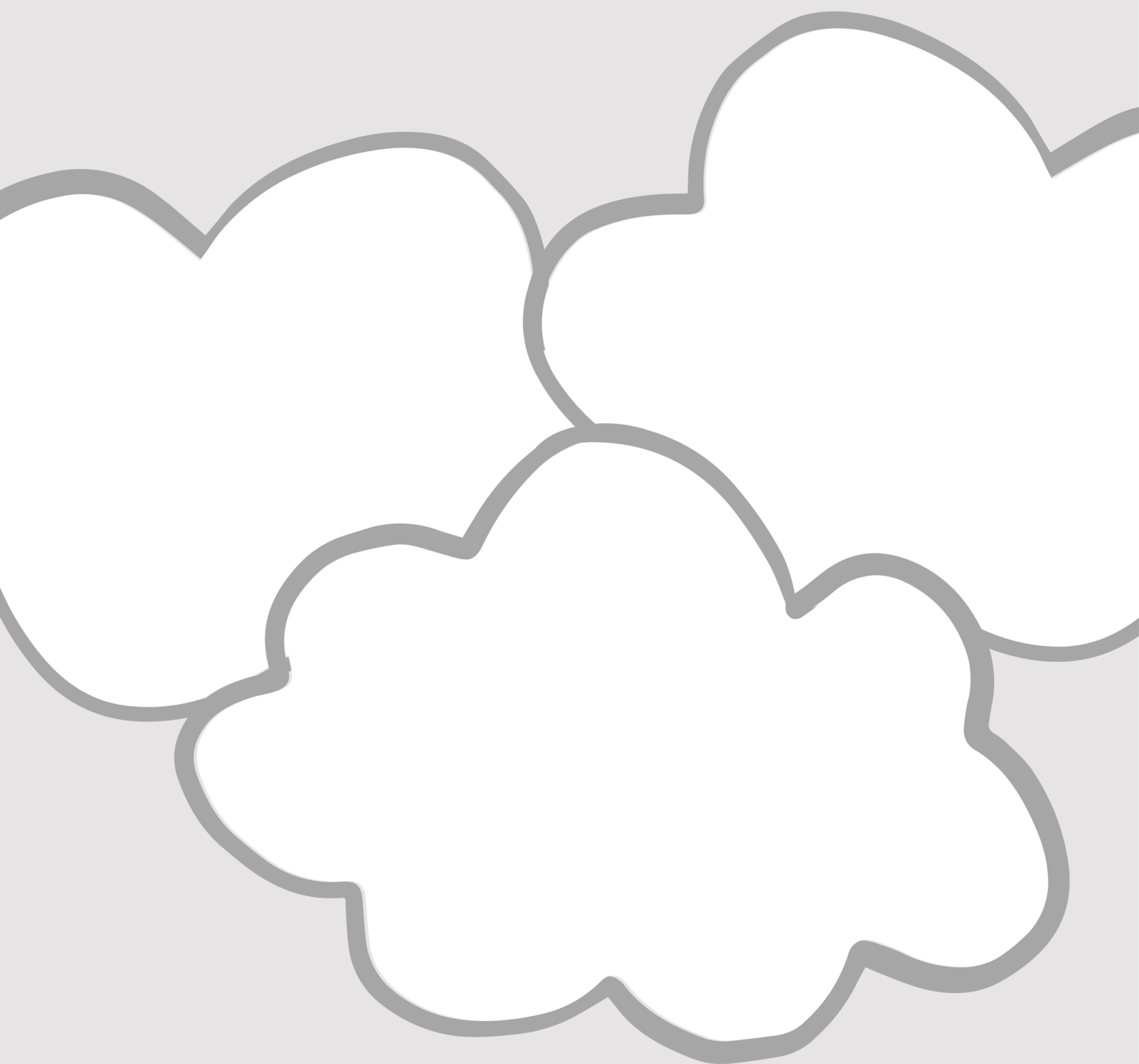
**NAME:**

---

**AGE:**

---

**DRAW 3 THINGS  
I AM GRATEFUL FOR  
TODAY**



DRAW MY  
**DREAM HOUSE**



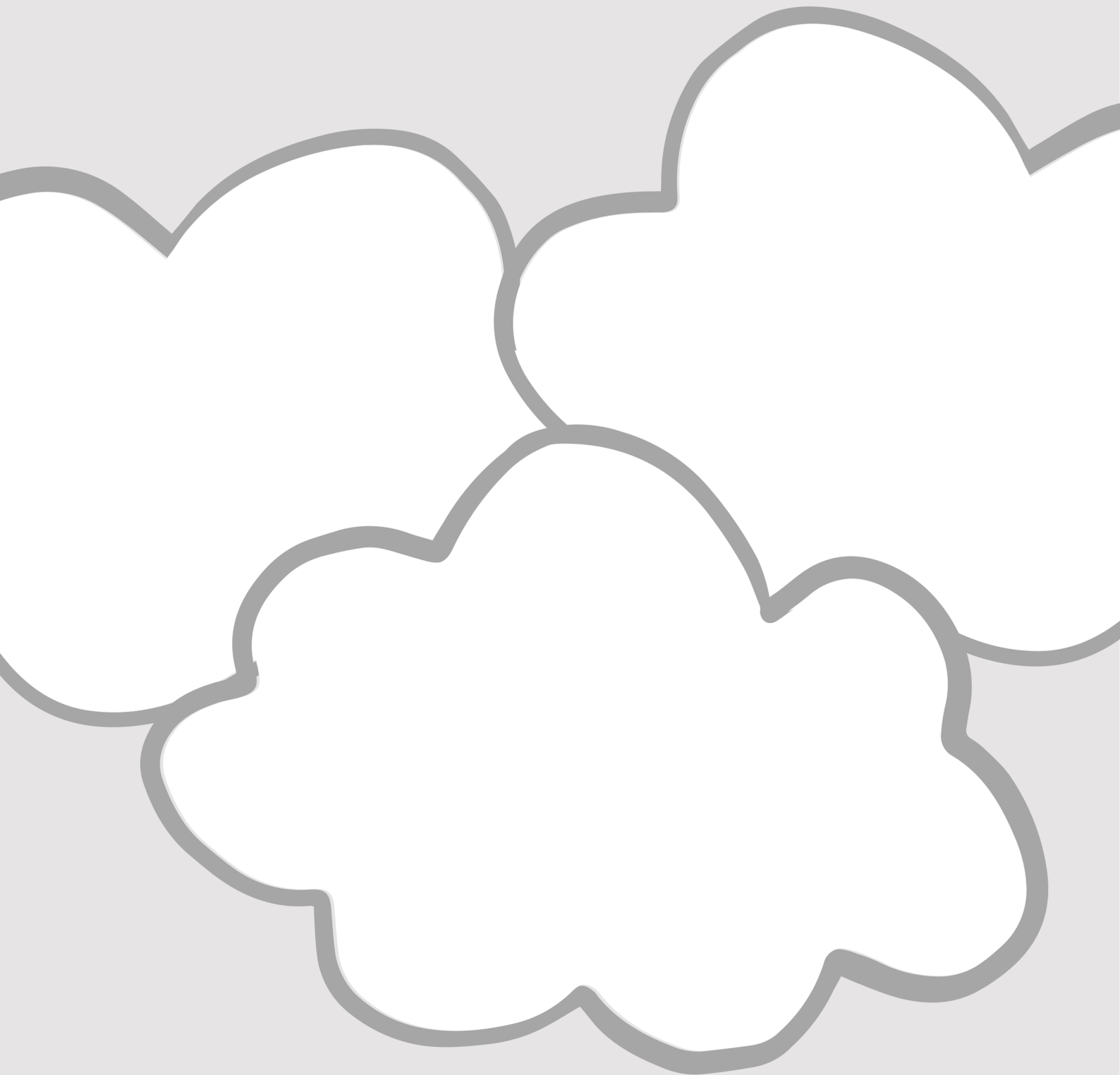
WRITE A LETTER OF  
**APPRECIATION**  
TO MYSELF

GOOD  
JOB!!

well  
done!

# I AM KIND

DRAW 3 THINGS TO SHOW WHY

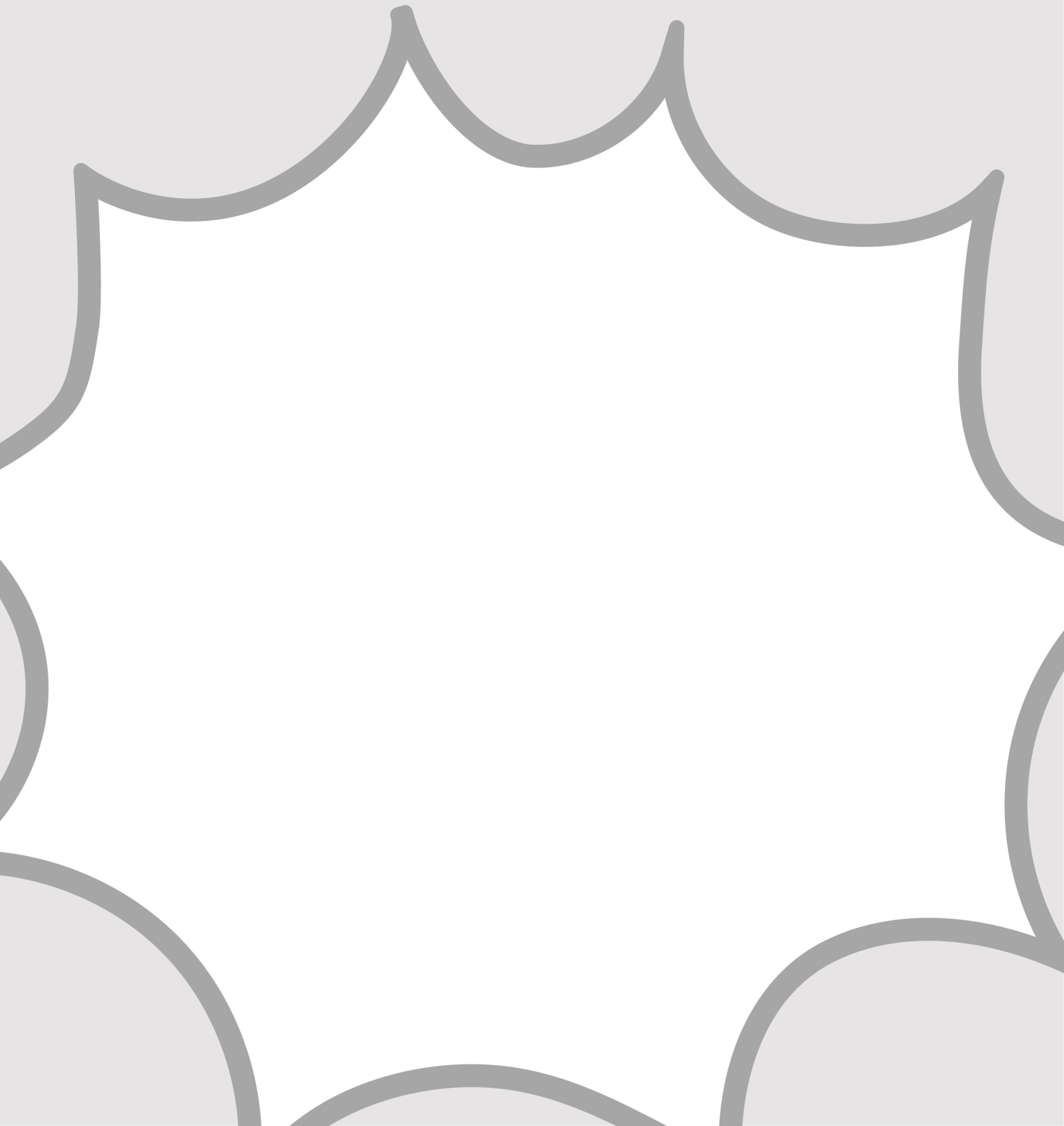


# **WHAT MAKES A GOOD FRIEND?**

**WRITE ABOUT A FRIEND WHO  
MEANS A LOT TO ME AND WHY.**

# MY SUPERPOWER

WHAT WOULD BE MY SUPERPOWER?  
HOW WOULD YOU USE IT TO HELP OTHERS?



**DRAW TO TEN**



**TO CALM  
MYSELF DOWN**

**1**

**2**

**3**

**4**

**5**

**6**

**7**

**8**

**9**

**10**



# MY FAVORITE MEMORY

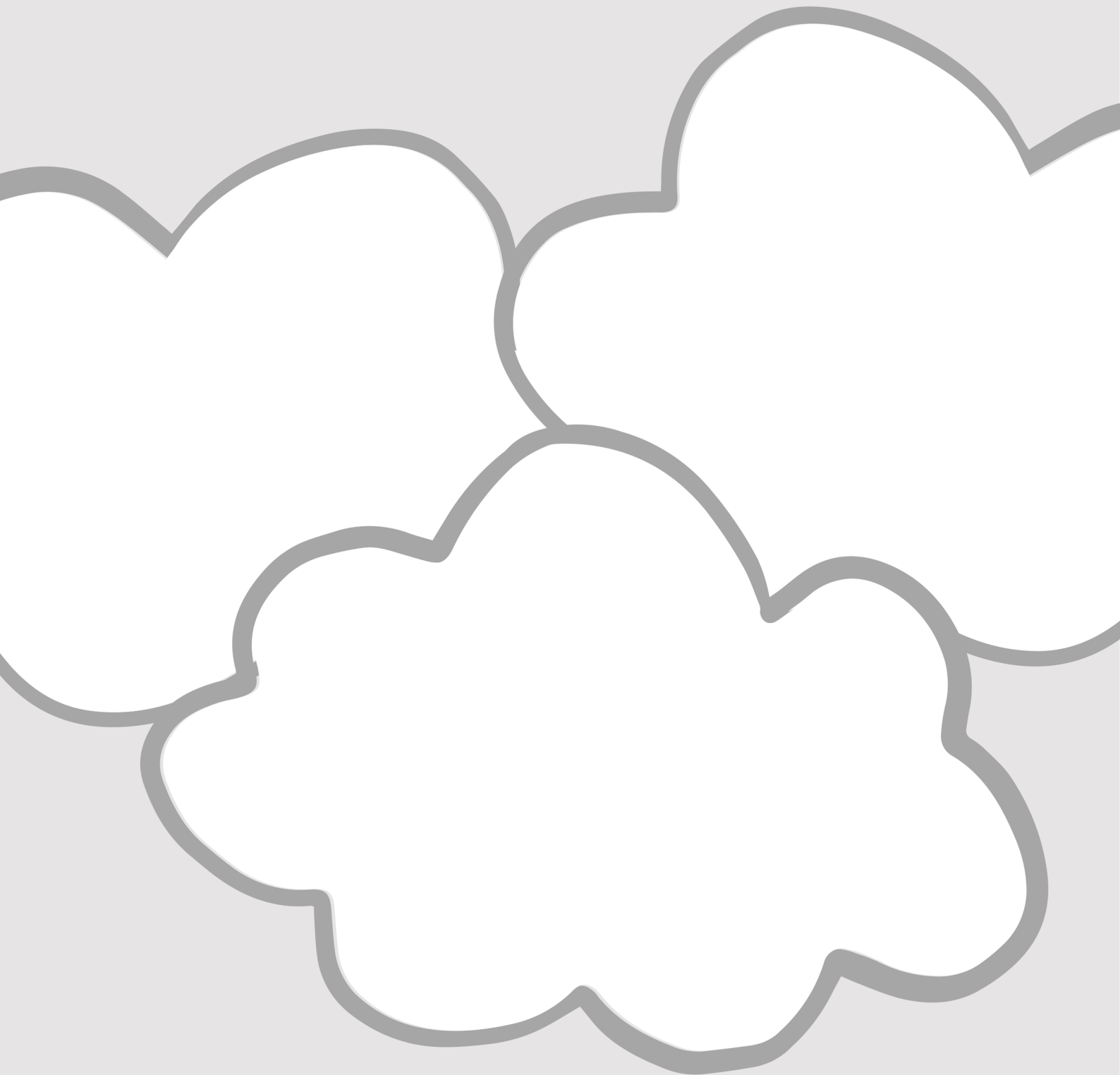
WHAT IS ONE OF MY FAVORITE MEMORIES?

WHY IS IT SPECIAL TO ME?



# 3 POSITIVES

WRITE THREE POSITIVE THINGS ABOUT MYSELF  
WHY ARE THESE QUALITIES IMPORTANT?

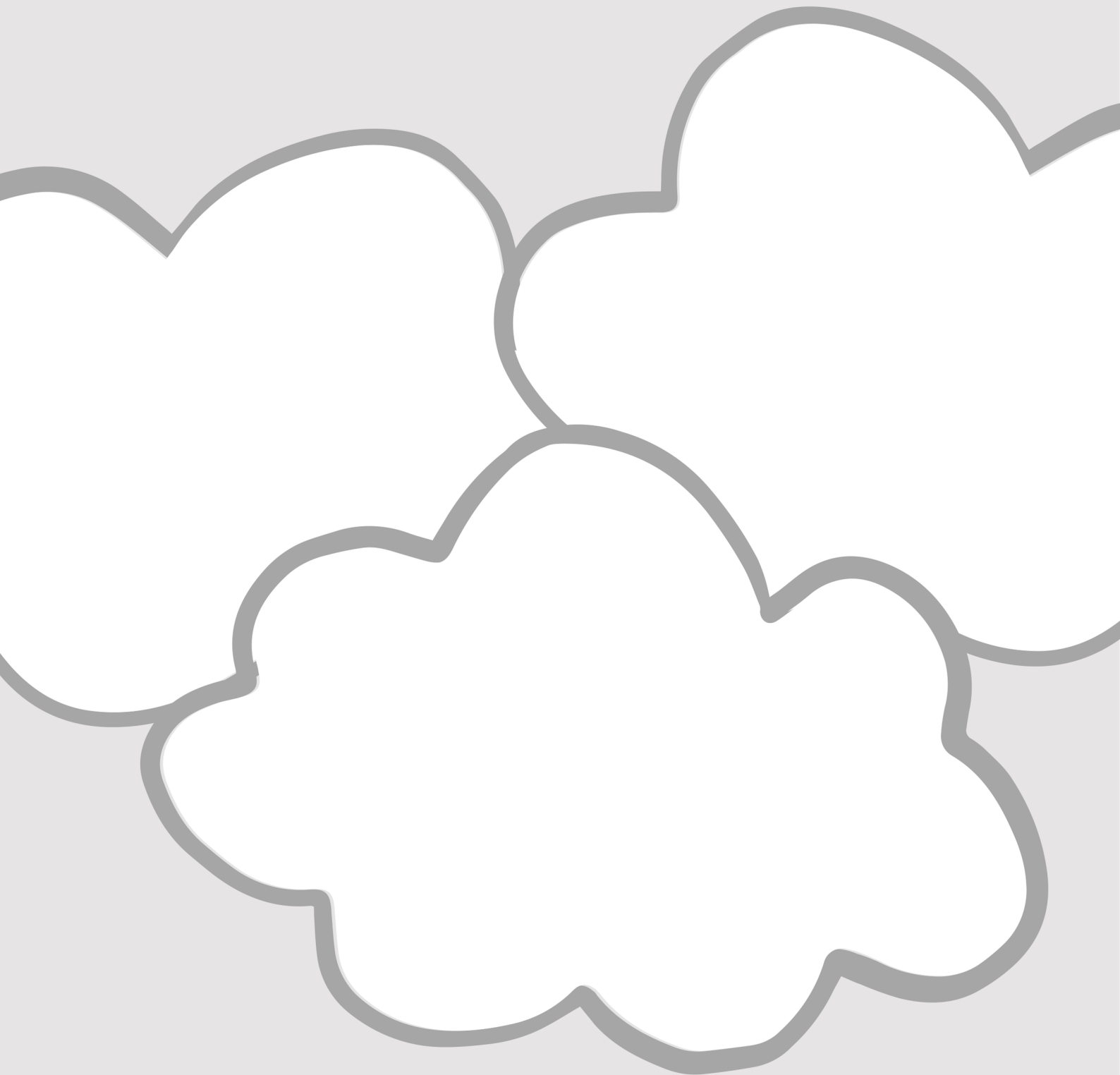


DESIGN MY  
**OWN T-SHIRT**  
AND DISPLAY IT WITH PRIDE!



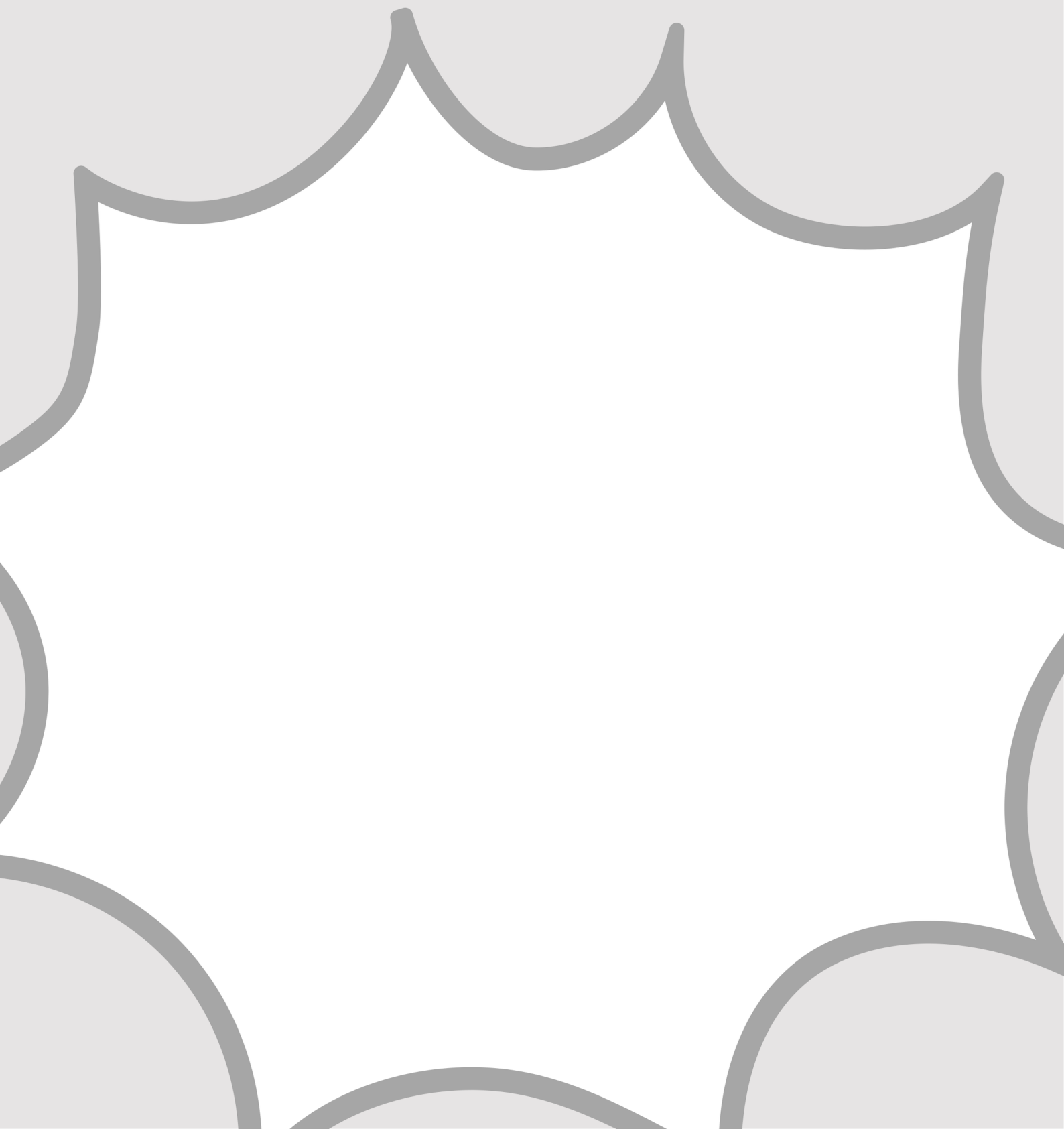
# I AM LOVED

DRAW 3 THINGS TO SHOW HOW



# MY ROLE MODEL

WRITE ABOUT SOMEONE YOU ADMIRE.  
WHAT QUALITIES DO THEY HAVE THAT YOU LOOK UP TO?



# ACHIEVEMENTS

WRITE ABOUT SOMETHING YOU DID  
THAT YOU ARE PROUD OF.

A large, stylized outline of a trophy cup, intended for a child to write their achievement inside. The cup has a wide, flared base and a narrower, rounded top. The outline is thick and gray, set against a light gray background. The interior of the cup is white, providing a space for writing. The cup is centered on the page, with its base extending towards the bottom edge and its rim near the top of the writing area.

# GOAL SETTING

WHAT IS ONE GOAL I HAVE?

HOW CAN I ACHIEVE IT?

