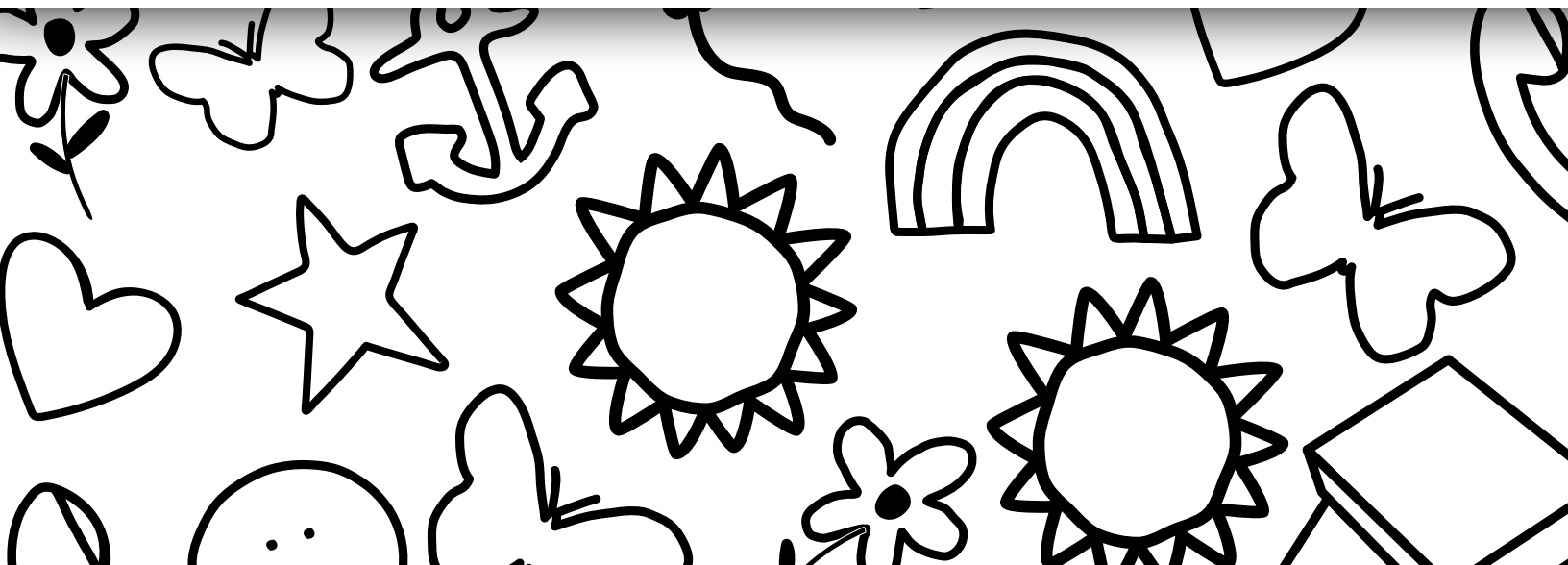




My Journal

This journal belongs to:



**What is one thing about yourself
that you are proud of today?**

**What are some things you like
most about yourself?**

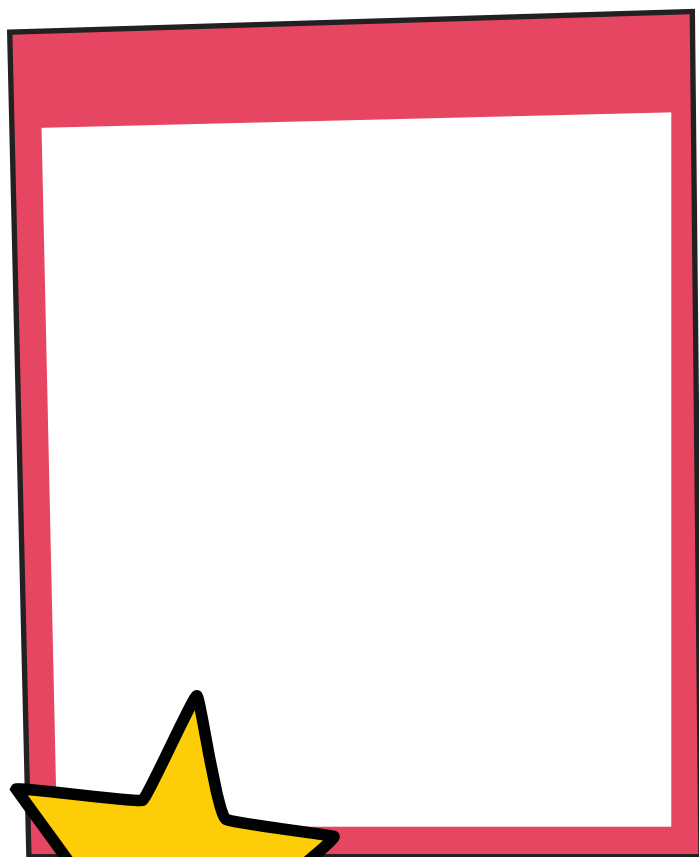
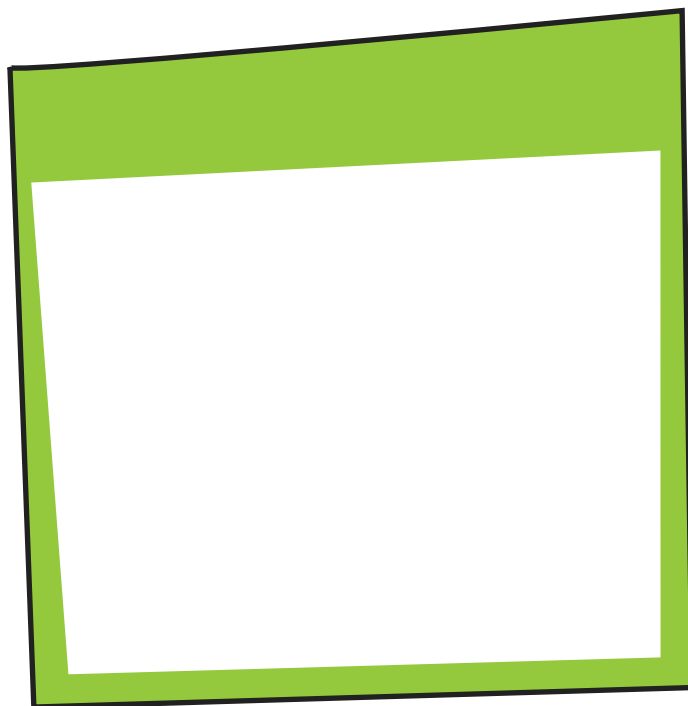
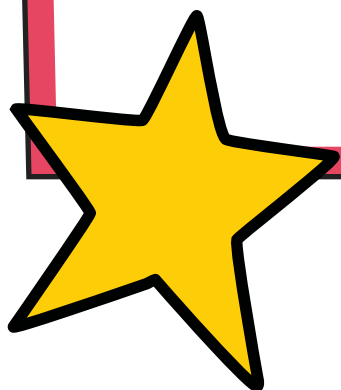
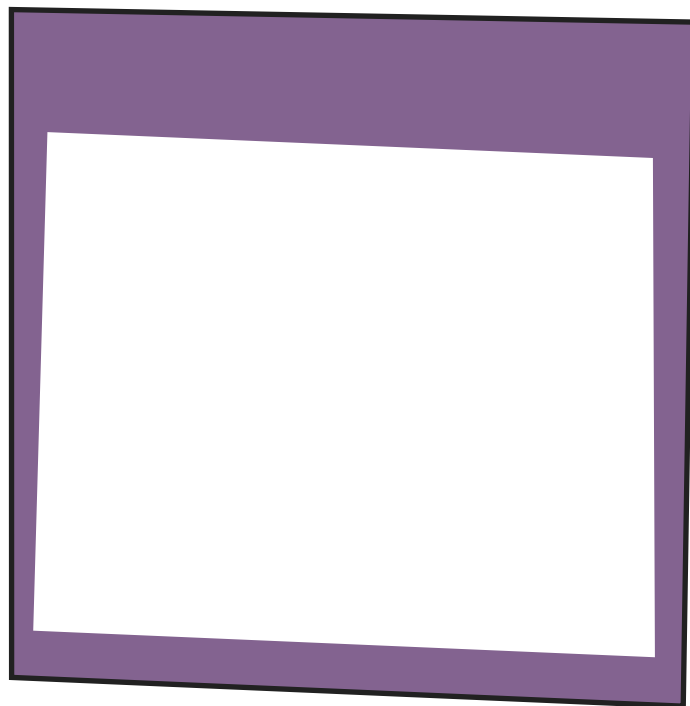


What was a recent positive thing someone said about you?

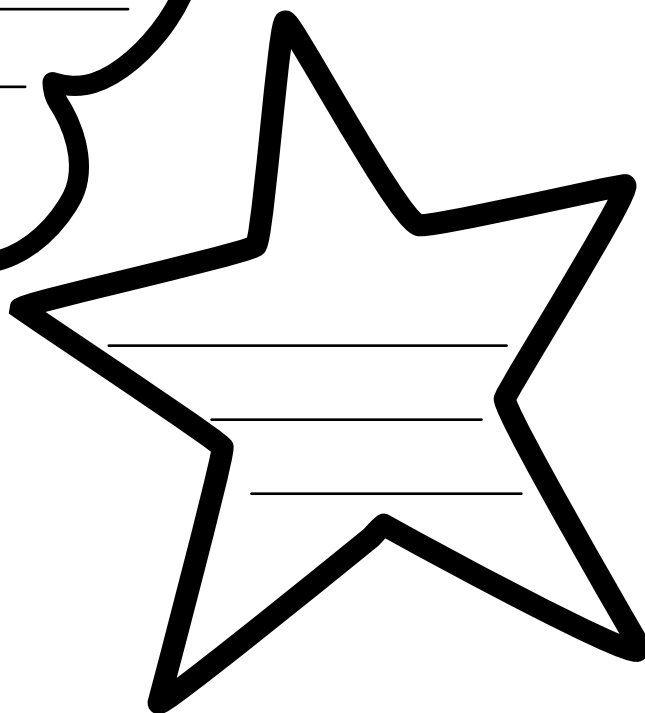
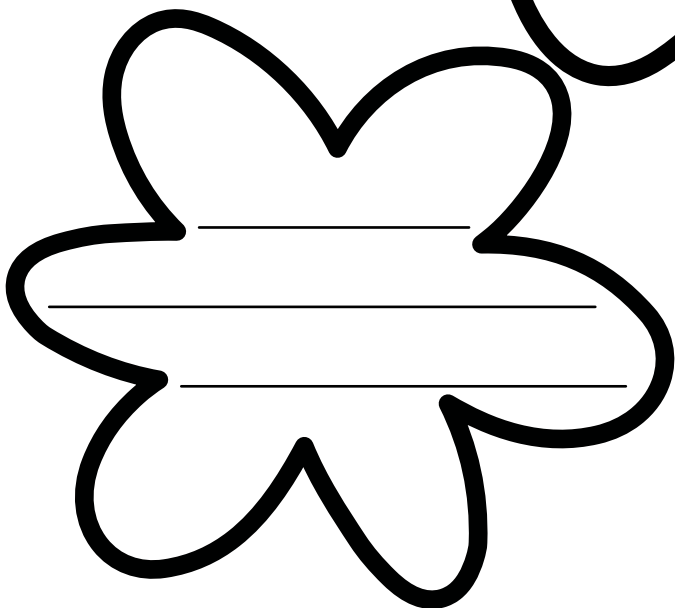
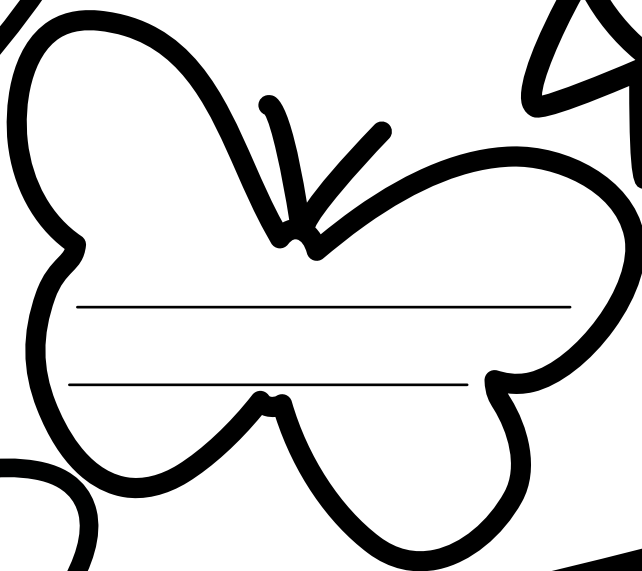
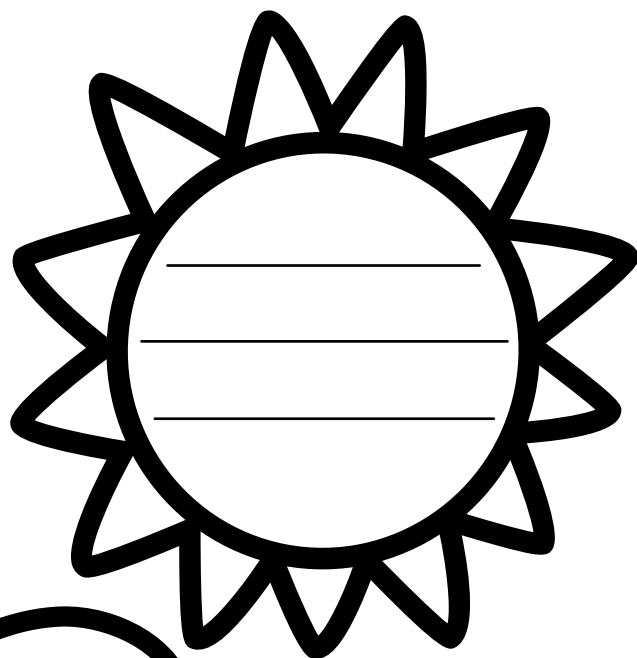
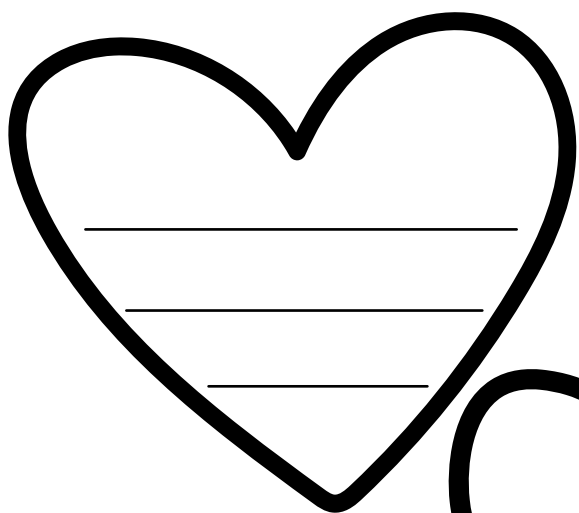
Has someone you admired ever made a mistake? How did they overcome it?



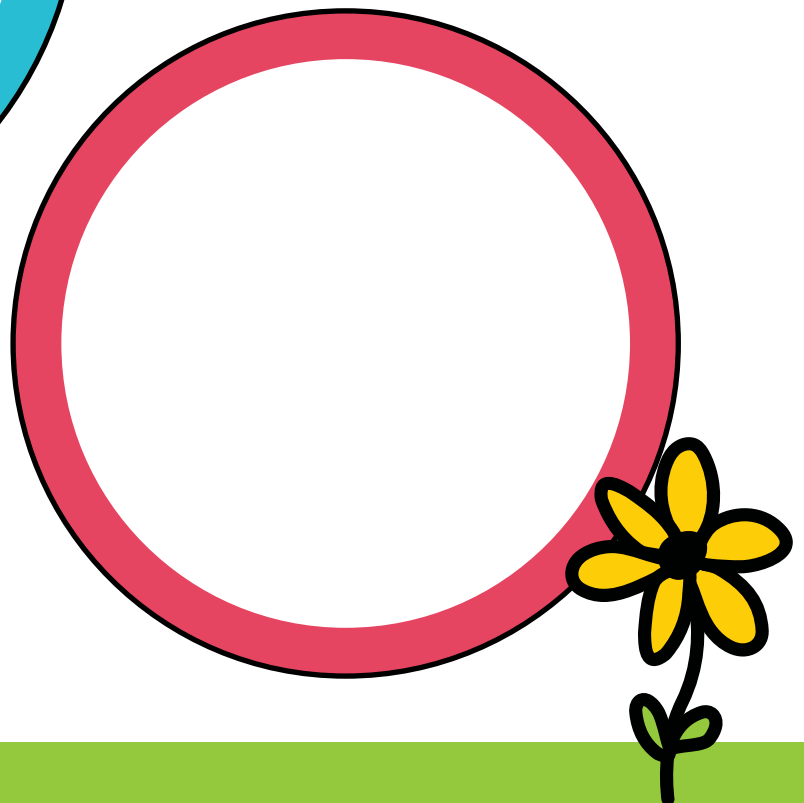
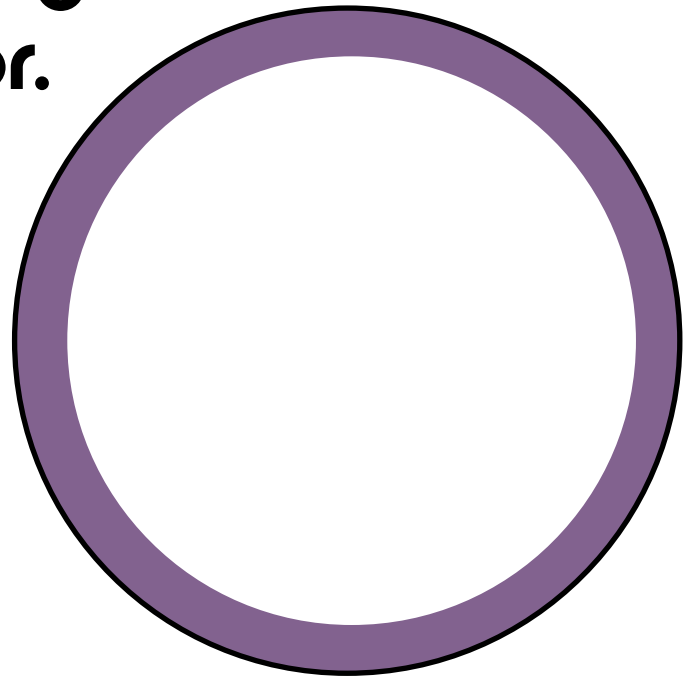
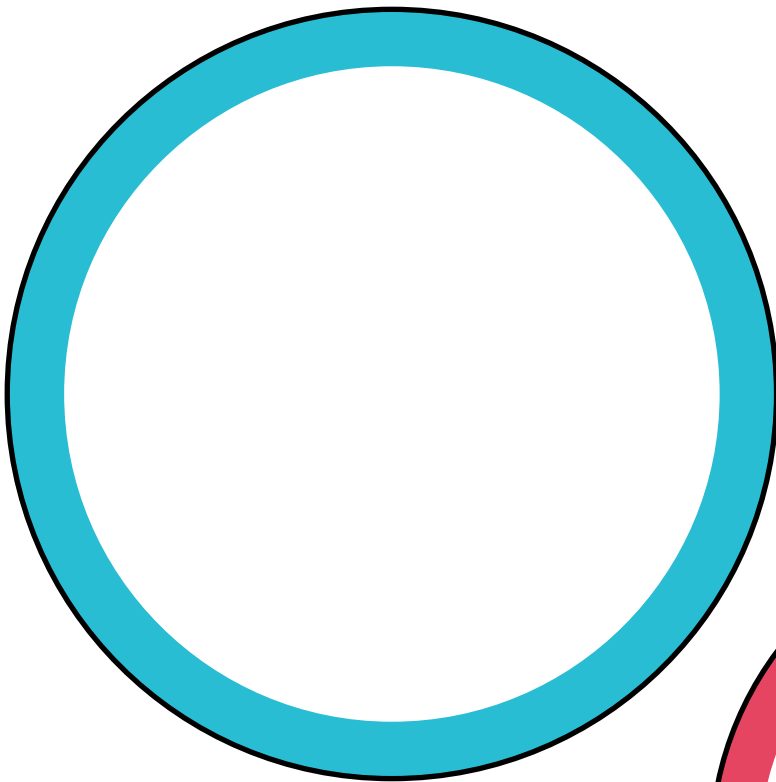
**List 3 things that
went right today.**

A large, empty rectangular box with a thick pink border, intended for writing one of the three things that went right today.A large, empty rectangular box with a thick green border, intended for writing one of the three things that went right today.A large, empty rectangular box with a thick purple border, intended for writing one of the three things that went right today.

**Write 5 positive affirmations
to remember (like I am brave or I
can do hard things).**



**Write or draw 3 things
you feel grateful for.**





**The Kids
Mental Health
Foundation™**

KidsMentalHealthFoundation.org

