



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?





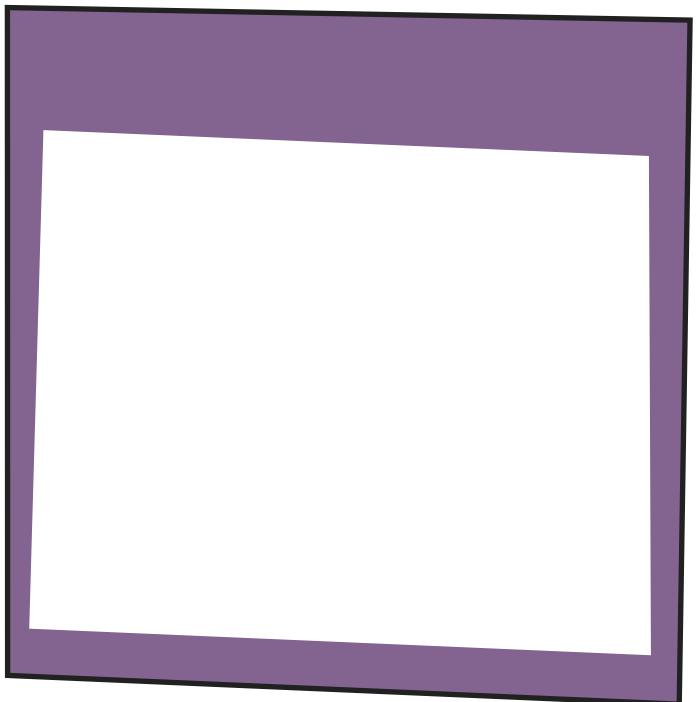
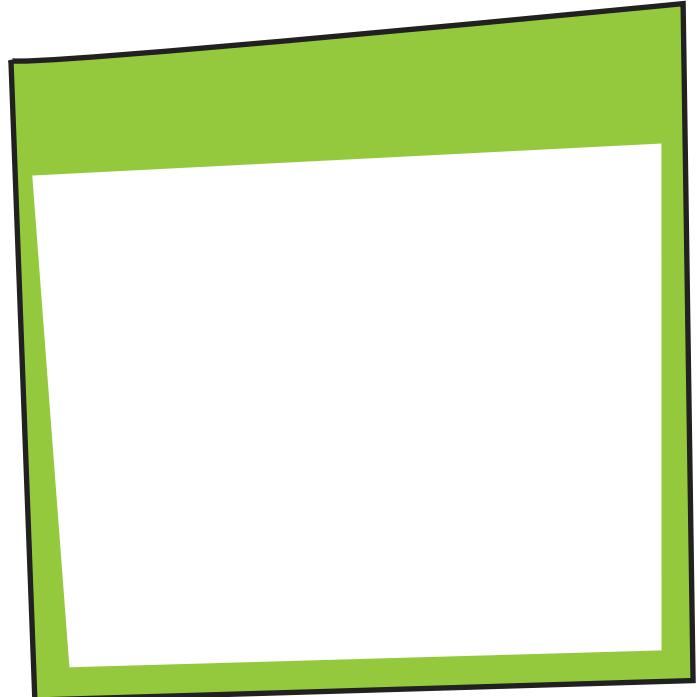
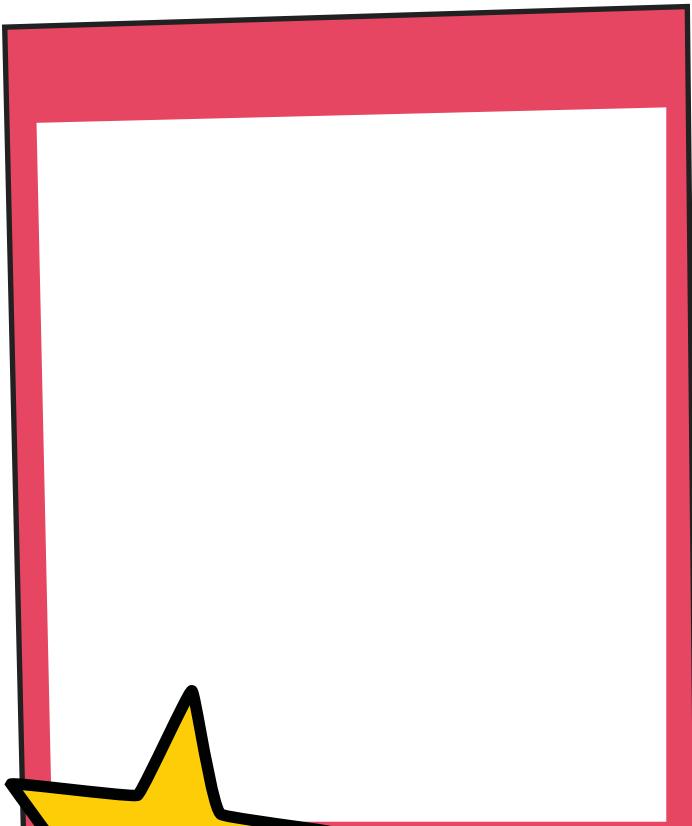
**What was a recent positive thing
someone said about you?**

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

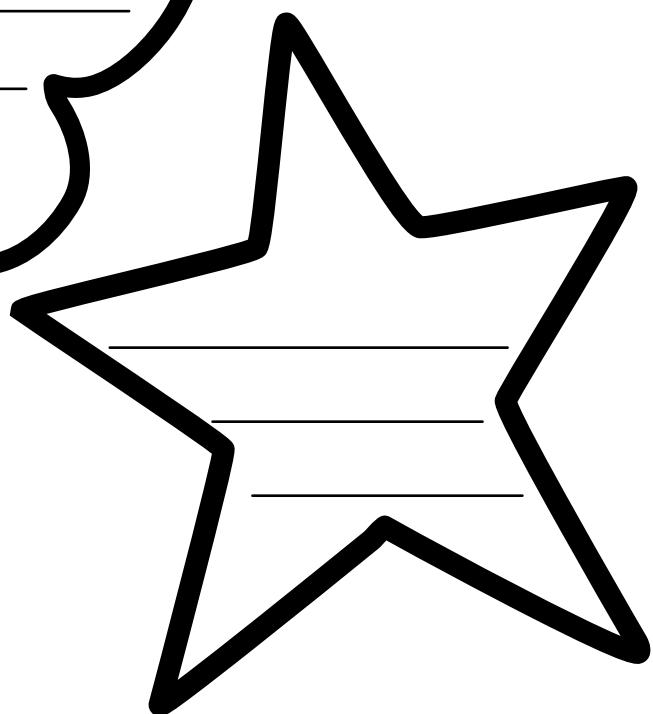
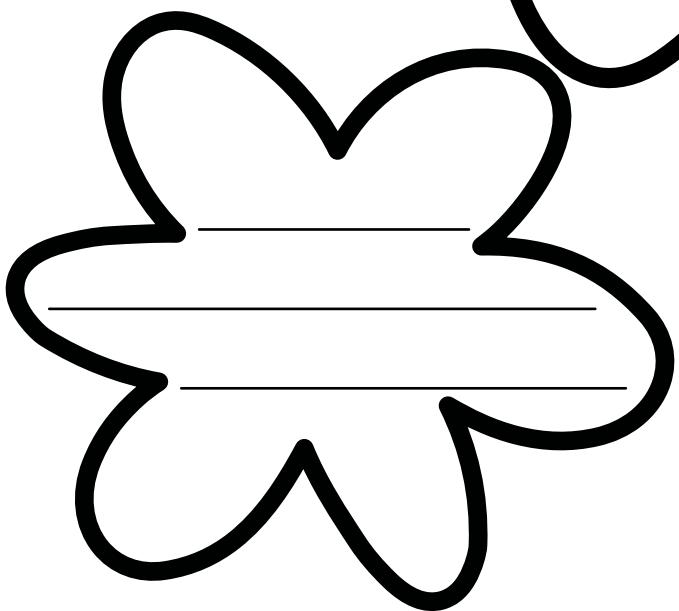
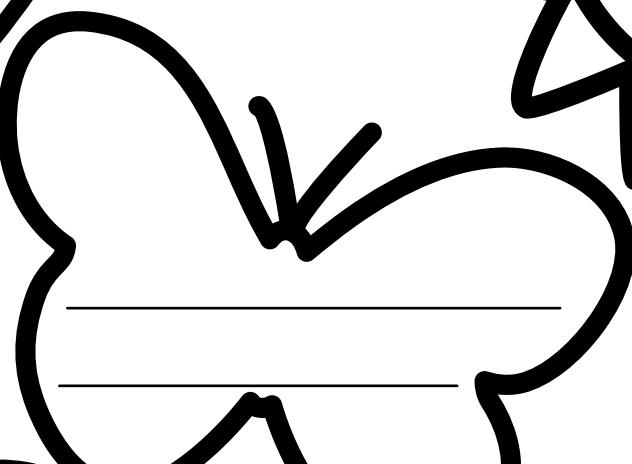
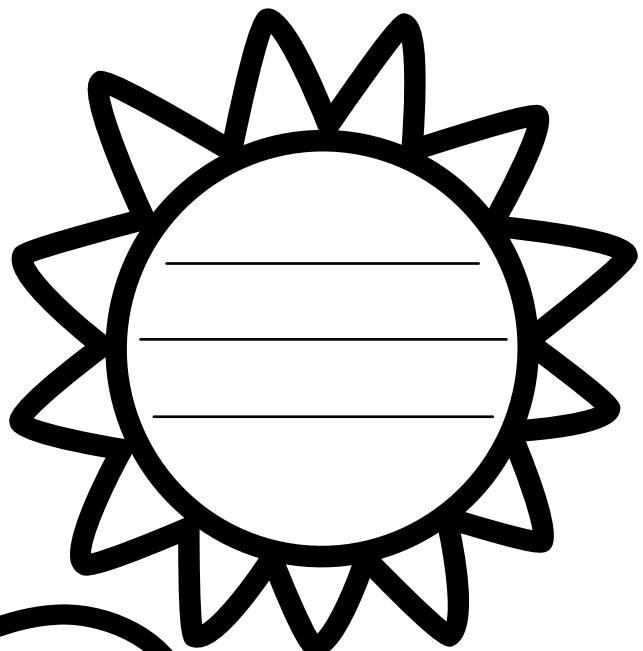
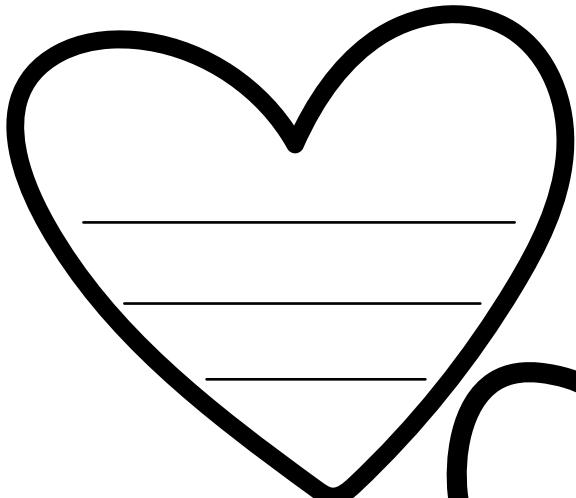




**List 3 things that
went right today.**

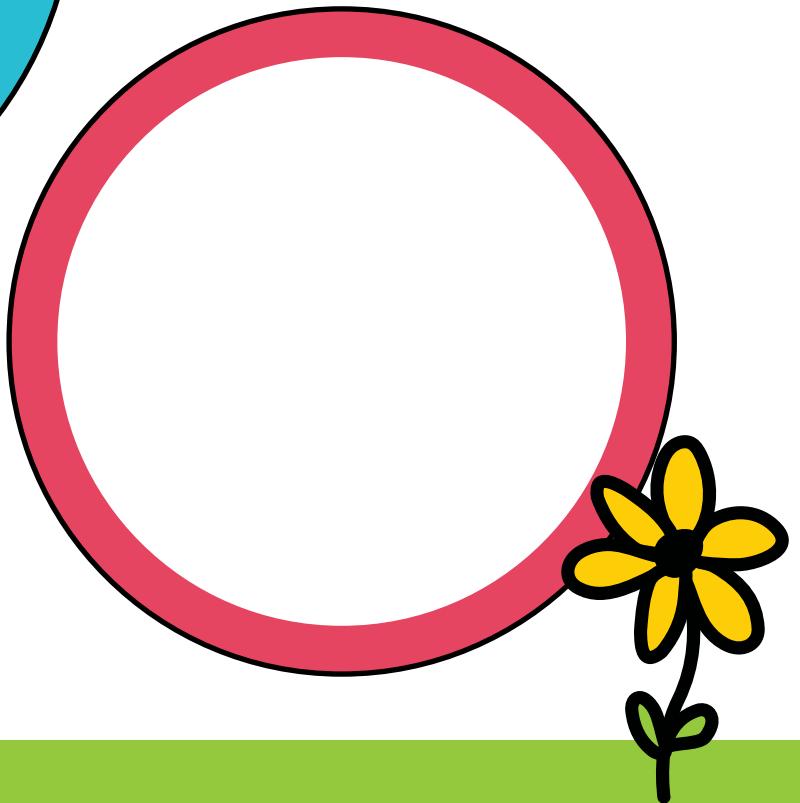
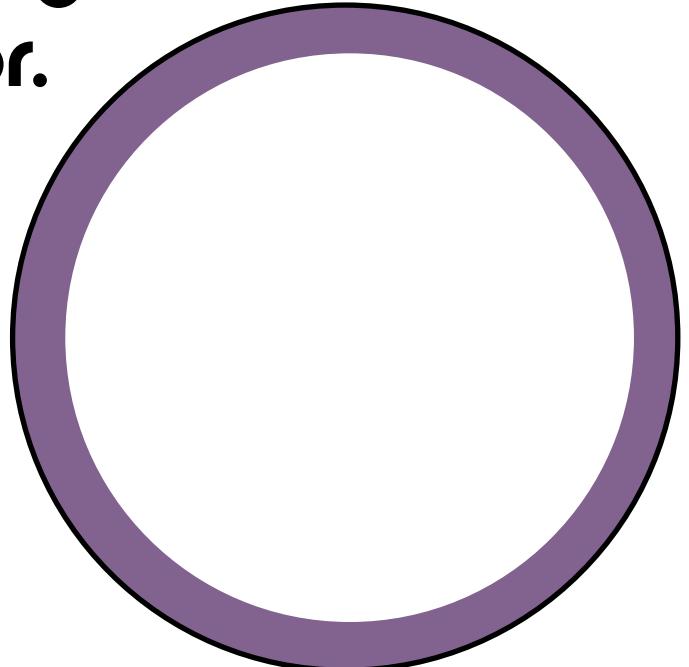
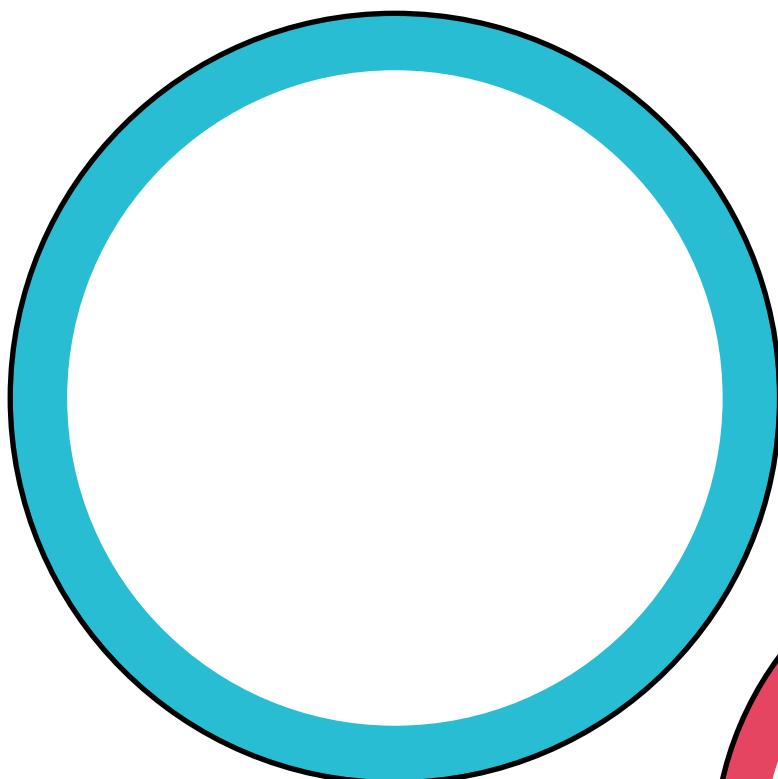


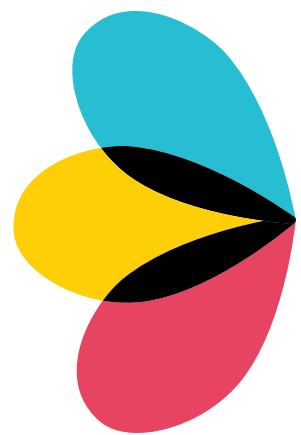
**Write 5 positive affirmations
to remember (like I am brave or I
can do hard things).**





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





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