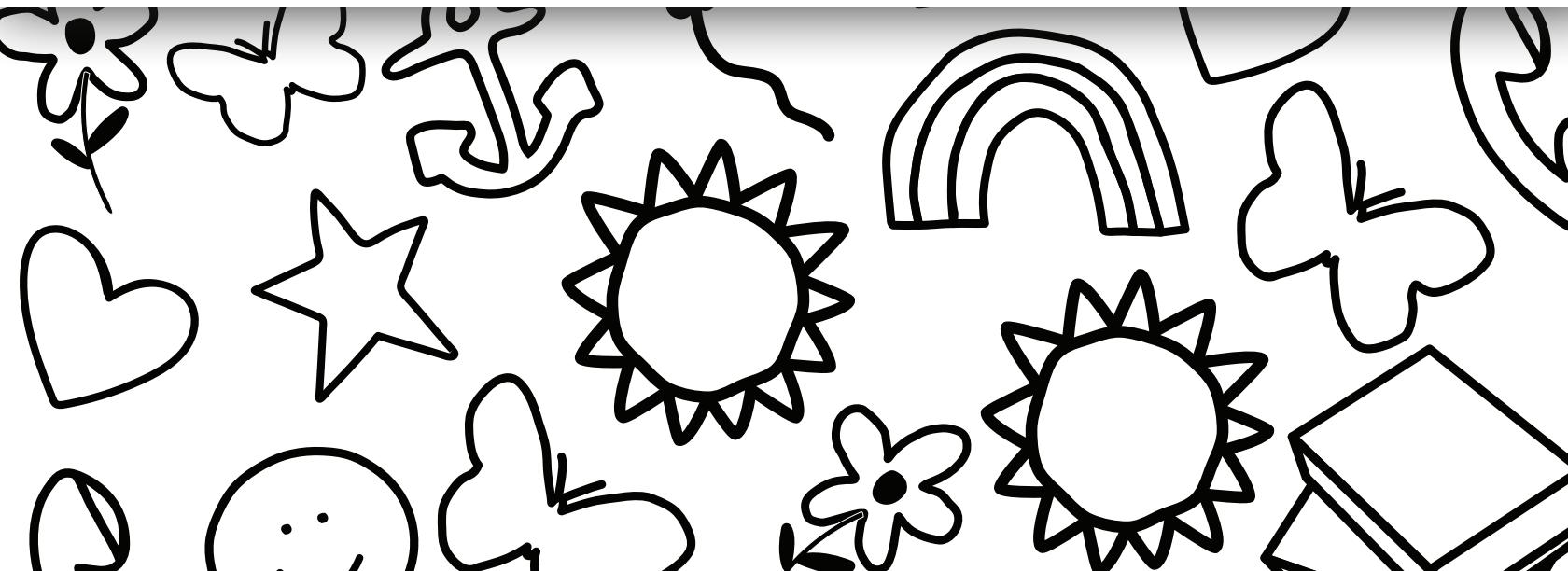


# Mi Diario

Este diario le pertenece a:

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**¿Cuál es una cosa de ti mismo de la que te sientes orgulloso hoy?**

# ¿Qué cosas te gustan más de ti?





**¿Cuál fue la última cosa positiva  
que alguien te dijo sobre ti?**

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**¿Alguna vez alguien a quien  
admirabas cometió un error?  
¿Cómo lo superó?**

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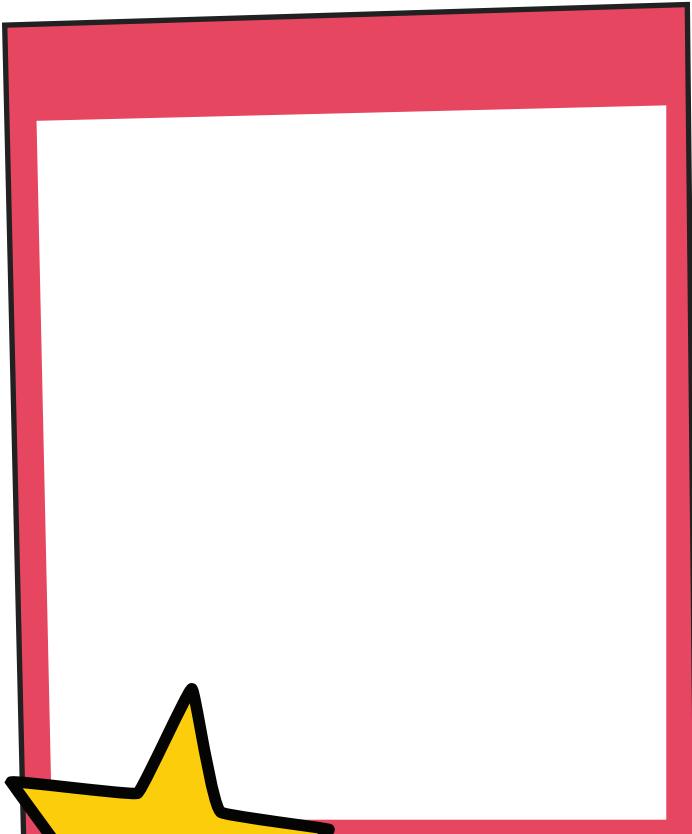
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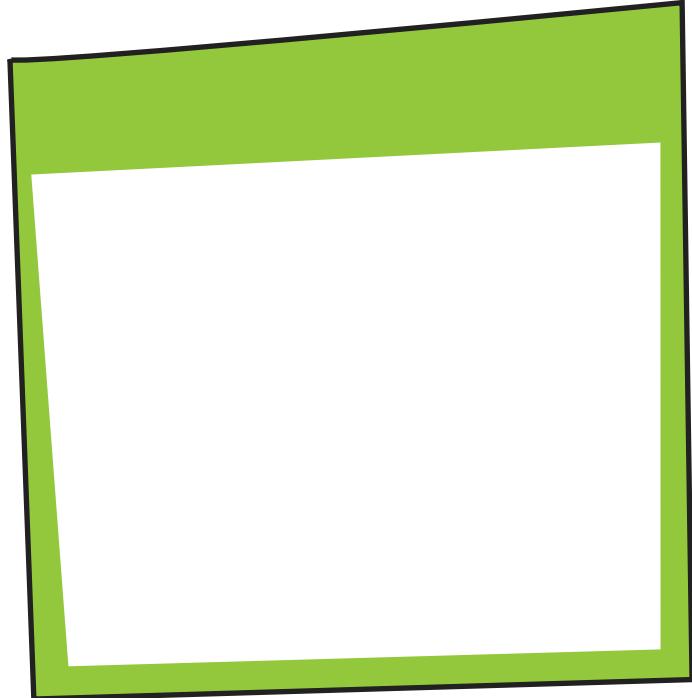




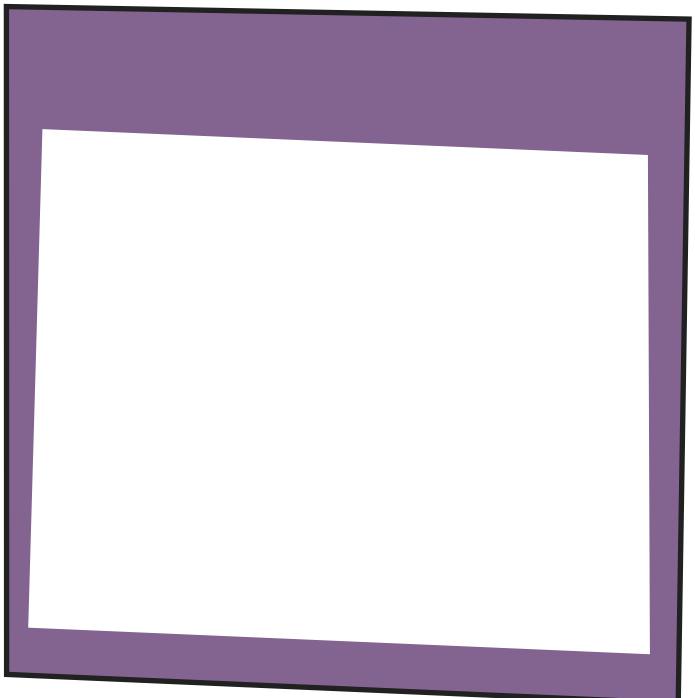
**Escribe 3 cosas  
que salieron  
bien hoy.**



A large red rectangular frame with a black border, positioned on the left side of the page. A yellow star with a black outline is located at the bottom left corner of this frame.

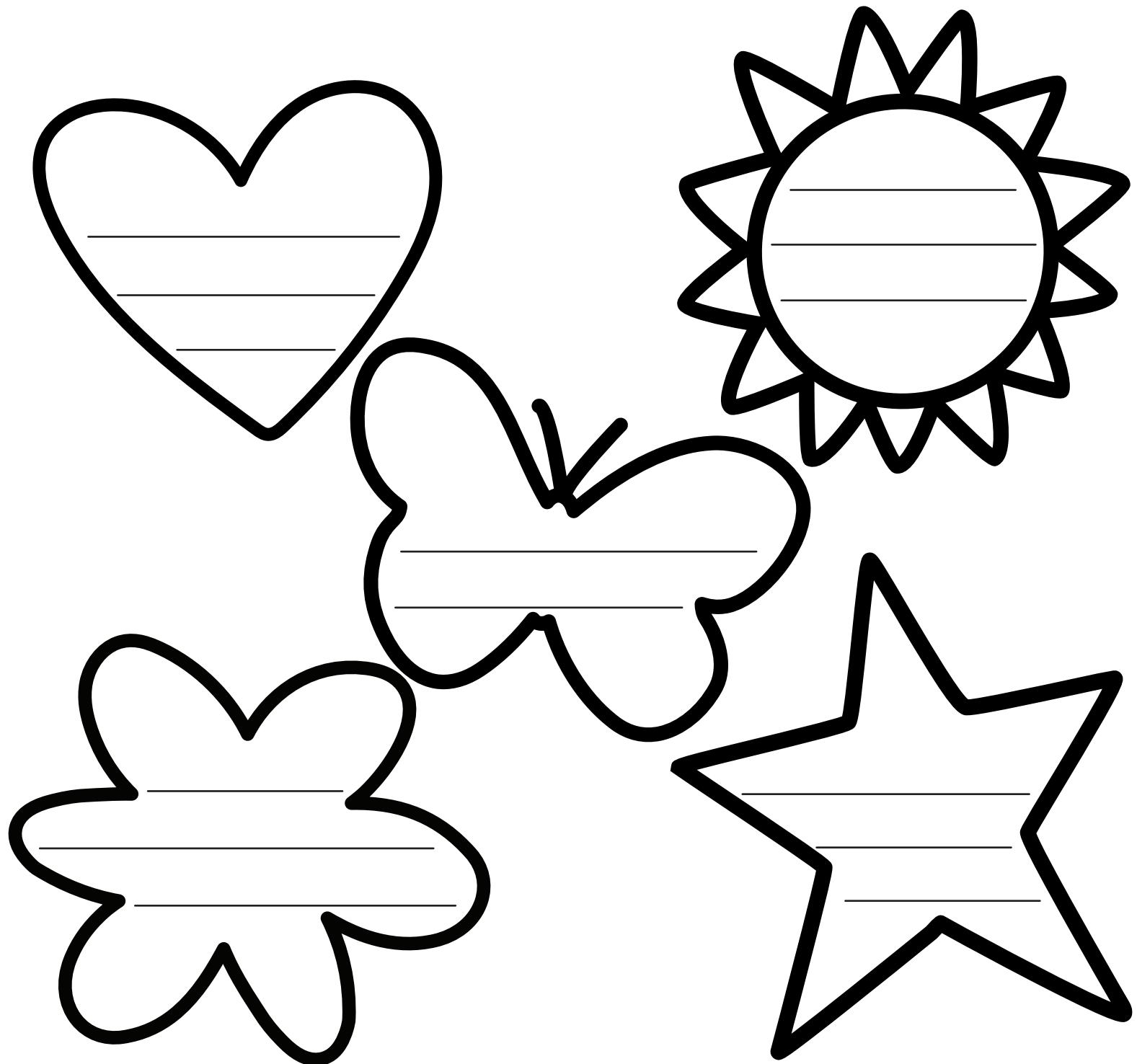


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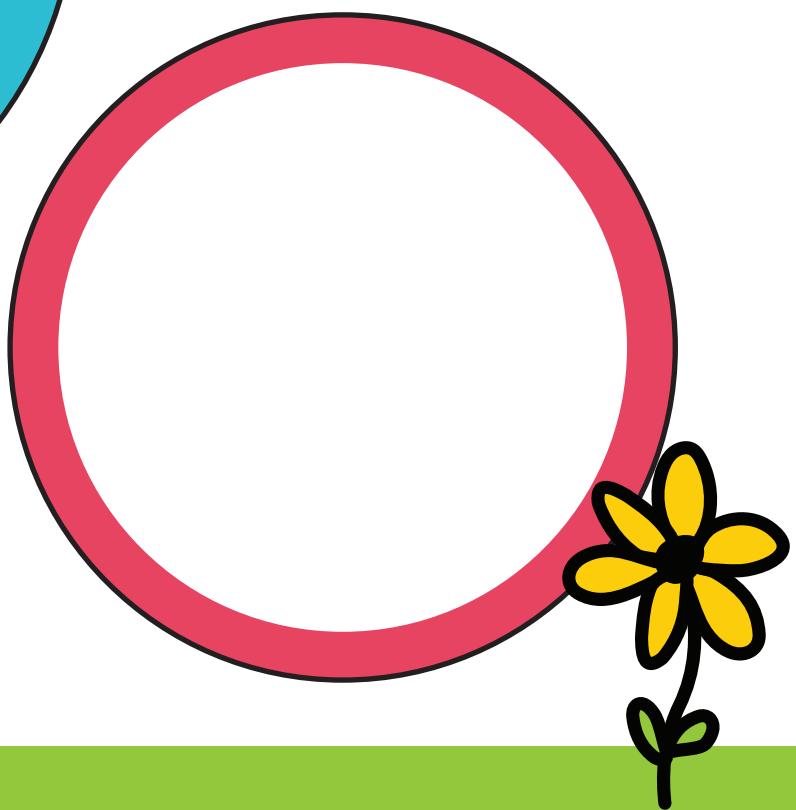
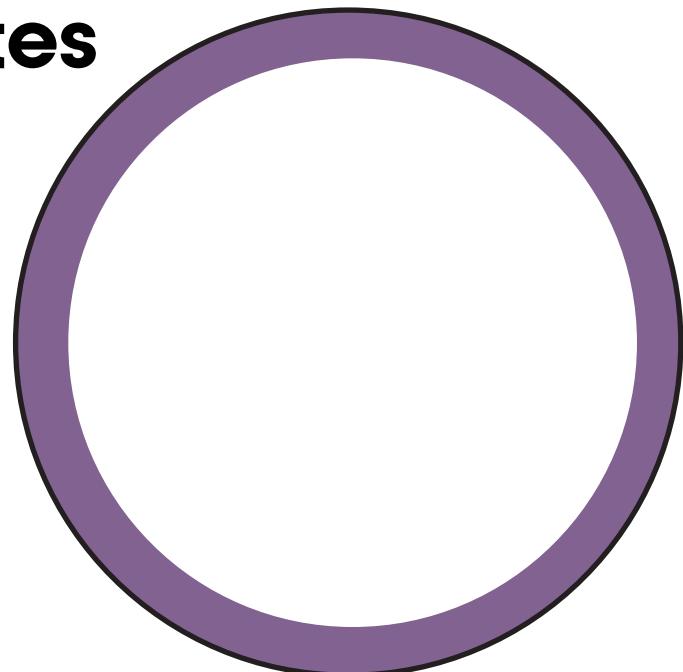
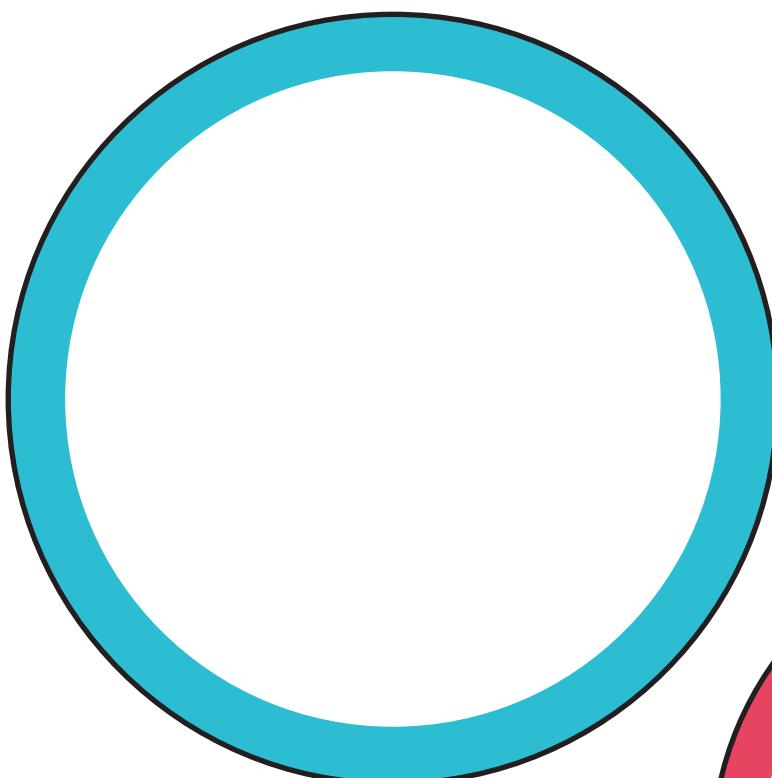


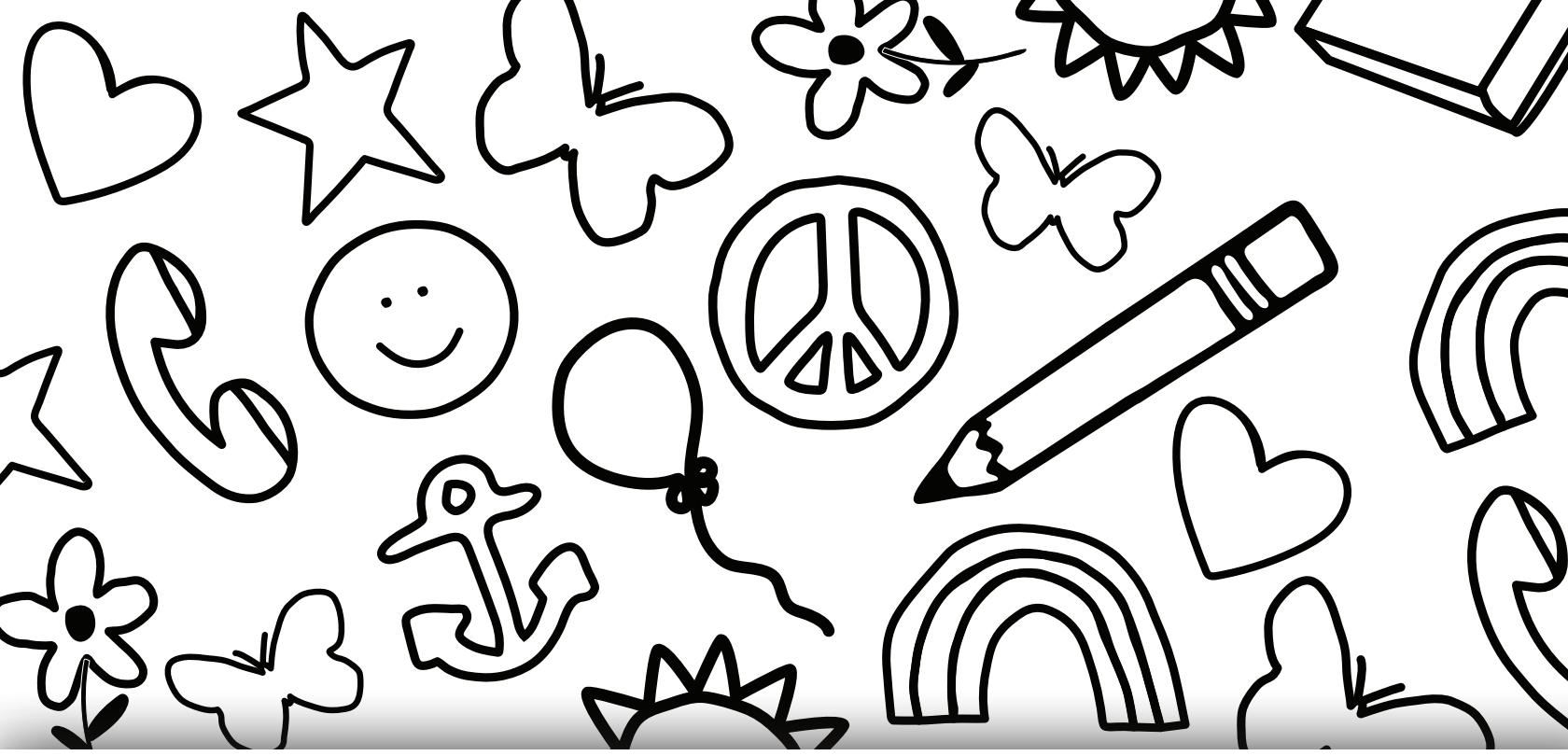
A large purple rectangular frame with a black border, positioned in the lower right quadrant of the page.

**Escribe 5 afirmaciones  
positivas para recordar.**



**Escribe o dibuja 3 cosas  
por las que te sientes  
agradecido.**





# The Kids Mental Health Foundation™

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