



MY CALM CORNER
MIND MATTERS
AGE: 16 & ABOVE





*This Journal
belongs to*

Name: _____



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Journal Developed by Dr. Princess Olufemi-Kayode
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Print ISSN : 1595 - 000x

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Published by Dorothy Njemanze Foundation

ACKNOWLEDGEMENTS

We extend our heartfelt gratitude to the following individuals and organisations who have played a significant role in the development of this journal:

- 1.The dedicated staff of the Dorothy Njemanze Foundation (DNF) - Dorothy Njemanze, Dorcas Edet, Priye Diri, Opeyemi Adenikan, Caro-Ann Ogri, and Hafsat Abdulrasaq worked tirelessly to bring this project to life
- 2.The adolescents who shared their thoughts, experiences, and insights through surveys and focus group discussions - your voices are heard and valued.
- 3.The school at IDP Camp, New Kuchinguru, that participated and the parents who gave permission
- 4.The mental health experts - Nnyen Adomi, Mrs. Fola Rojuginbokan, and Mrs. Oredola Kayode-Sanni, provided their expertise and guidance to ensure the journal's content is informed and effective.
- 5.Dr. Princess Olufemi-Kayode, the journal's developer, for her expertise and passion in creating a tool that genuinely supports the well-being of young people.
- 6.EMpower, our funding partner, for their belief in our mission and their generous support.

Thank you for your contributions, dedication, and commitment to supporting young people's mental health and well-being.

WELCOME NOTE

Hey You,

Welcome to a journal that's about to become your superpower. This isn't just another book—it's a passport to understanding yourself, exploring your inner world, and discovering the incredible person you're becoming.

Life as a teenager can feel like an emotional rollercoaster. One moment you're on top of the world, and the next, everything seems challenging. This journal is your secret weapon—a safe space where you can be completely, unapologetically you. Inside these pages, you'll find more than just blank spaces. You'll discover activities designed to help you navigate the complex landscapes of your emotions, relationships, and personal growth.

Think of this journal as your trusted companion. It won't judge you. It won't interrupt you. It's here to listen, to help you process your thoughts, and to support you through both the spectacular and the tough moments of adolescence. Whether you're dealing with stress, trying to understand your feelings, or simply wanting to explore who you are, these pages are your playground for self-discovery.

We created this journal with one fundamental belief: You are capable of amazing things. Your experiences, your feelings, your challenges—they're all part of your unique journey. This journal is here to help you embrace your strengths, learn from your struggles, and grow into the compassionate, confident person you're meant to be.

So take a deep breath. Turn the page. Your adventure starts now.

You've got this.

With love,
Team DNF

HOW TO USE THIS JOURNAL

Navigating the Journal:

Once again, welcome to your journal! Your own personal space where you can be yourself without anyone spying on you!

This section, 'How to use the journal,' will help guide you on how to use this journal. It is divided into different sections that you will use daily to get the most out of your journaling experience:

- **Self-Help Section:** This section provides exercises and tips on accessing help and support when you need it.
- **Glossary:** This is a list of mental health and well-being terminologies to help you better understand the ideas discussed in the journal.
- **Monthly themes:** Every month will focus on an important topic and assist you in developing and building your capacity to cope and manage your mental and physical wellbeing.
- **Weekly Guide:** These topics are broken down into weekly topics to make them easy for you to understand.
- **Monthly Review:** This section will allow you to look back at the month and think about your takeaways. Helping you to note your growth and progress.
- **Monthly Affirmations:** There are a few statements to keep speaking over yourself every month. You can increase or even rewrite them. Some daily prompts will encourage you to add more based on the month's theme. Try your best to say them to yourself daily. It may not be easy at first, but keep trying. You will see the result gradually if you keep at it. They say repetition is the mother of lasting impressions.
- **Daily Journal Pages:** Each day starts with guiding sentences and activities to kick start the day, and later, you look back at how your day was. It will also examine your thoughts and feelings. Visiting your journal in the morning and later in the day will be nice.

- **Mindfulness Moments:** Your daily journaling page has a spot for mindfulness. This is where you meet strategies and exercises to maintain good mental health. You get to learn them and practice them. They will be repeated all through the year. This is an excellent resource for coping, managing difficult situations, and maintaining balanced mental health. Please do not take them lightly. If perfected, you will be emotionally intelligent and stay healthy in spirit, soul (mind) and body.
- **Express Yourself:** These pages allow you the freedom to express yourself. Here, you can write, draw, sketch, paint, and colour – it is yours to do as you please.
- **Annual Review:** This section marks the end of your twelve-month journey. Here, you will have the opportunity to reflect on your overall progress, growth, and experiences throughout the year. It's a chance to celebrate your achievements, acknowledge your challenges, and set new goals for the future.
- **Where to Get Help:** People and organizations you can call if you need help

Tips for Consistent Journaling

1. **Set a Routine:** Here, you are to set aside a specific time each day for journaling, whether it's in the morning to set how you want your day or in the evening to look back on your experiences, how you have been managing to help you make the most of this journal.
2. **Be Honest:** This is your space, so be truthful with yourself. Write down your true feelings and thoughts without worrying about anyone reading or judging you.
3. **Stay Open-Minded:** Approach each prompt and activity with an open mind. Some may seem more difficult than others, but they are all intended to help you grow. Some may be repeated, but it is reinforced, like cement, when building with blocks.
4. **Use Creative Outlets:** Feel free to sketch, draw, or use colours in your journal. Creativity can be a great way to express your emotions and thoughts. Check the Express Yourself pages in the journal to do so.
5. **Inspirational and motivational quotes:** Each month, you will take a moment to look back on these quotes. Let them inspire you, provide comfort, and motivate you to keep moving forward. Use them to remind you that you are not alone and that others have walked similar paths and become stronger.
6. **Affirmations:** Use the positive confessions shared each month with conviction. They are powerful tools for boosting self-belief and building a positive mindset. Add them into your daily regular activities to boost your confidence and self-worth. They are made to be the same with each month's topic to stay concentrated and motivated. You can be creative and add to them or create yours.
7. **Review and Reflect:** At the end of each week and month, take some time to examine what you've written. Looking back on what you have written can provide valuable understanding and help you see your progress.

Remember, this journal is a tool for you to use in whatever way you feel it will be most helpful to you. There are no strict rules—only guidelines to help you on your journey.

Happy journaling!

YOUR MENTAL HEALTH MATTERS!

Let's talk about something really important - your mental health! That is what this is all about.

Your mental health is like your superpower, influencing how you think, feel, and act. It helps you handle and manage stress relationships and make big decisions.

You're Not Alone!

As a teenager, you're probably experiencing a wide range of emotions and some mental health challenges. That's totally normal! But sometimes, things can feel too much at a time.

Here are some common mental health challenges you might face:

1. **Anxiety:** Feeling worried or nervous? That's okay! But if it's affecting your daily life, you'll need help. This journal is going to help as well.
2. **Depression:** Feeling down or hopeless? You're not alone, and there's help available.
3. **Stress:** Stress can be motivating, but too much of it can be harmful. Let's find ways to manage it.
4. **Self-esteem:** You are unique, just the way you are! Let's work on building that confidence.
5. **Peer Pressure:** Remember, you don't have to conform to fit in. You're unique, and that's your strength!

Take Control!

Your mental health is your journey, and you have the power to shape it. In this journal, we have shared ways to help you discover ways to:

1. Manage stress and anxiety
2. Build self-esteem and confidence
3. Develop healthy relationships
4. Make positive choices and more!

You Got This!

Remember, taking care of your mental health is a sign of strength, not weakness. You're not alone, and there's support available. Get ready to do this!

Mental health refers to your emotional, psychological, and social well-being. It affects how you think, feel, and act. It also helps determine how you handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Know the Signs, Take Control!

It's important to recognize the signs of mental health issues early so that you can seek help and support if it becomes unmanageable. This can make a big difference. Here are some common signs and symptoms to look out for:

Anxiety Alert!

When you feel anxious, you are likely to:

- be in constant worry or fear
- be feeling restless or on edge
- have trouble focusing
- have sleepless nights
- have physical symptoms like headaches, stomach aches, or muscle tension

Depression Warning Signs

When you feel depressed, you experience the following:

- have persistent sadness or low mood
- Lose interest in things you love
- have changes in appetite or weight
- have sleep struggles
- be feeling tired or hopeless
- Negative self-talk (talking bad about yourself to yourself in your mind – e.g. “I am not good enough.” “I cannot do anything well.” “I am a failure.” “I am not beautiful.” etc.) or feelings of worthlessness
- Thoughts of self-harm or suicide (please seek help Immediately /ASAP!)

Stress Overload!

When you are experiencing stress overload, you may:

- be feeling overwhelmed or constantly worried
- be irritability or short temper
- have trouble relaxing
- have physical symptoms like headaches, muscle tension, or digestive issues
- have changes in sleep patterns

Self-Esteem Struggles

As for self-esteem issues, you may be experiencing:

- Constant self-criticism or negative self-talk
- Avoiding social situations or activities
- Comparing yourself unfavorably to others
- Physical symptoms like stomach aches or headaches

Peer Pressure Pitfalls

As for peer pressure issues, you may:

- Be feeling pressured to engage in risky behaviours (e.g., drinking, smoking, drugs or skipping school)
- Create changes in your behaviour to fit in with a group so that they can like and accept you/
- Have feelings of guilt or regret after following peers' actions

Don't Wait, Seek Help!

If you or someone you know is experiencing these signs and symptoms, it is important to take it seriously like a life or death matter and talk to:

- A trusted adult (parent, senior family member, teacher, or school / religious counsellor)
- Mental health professionals (psychologists or therapists), particularly those specialising in adolescent mental health.

Remember, seeking help is a sign of strength, not weakness. You got this!

TAKE CONTROL OF YOUR STRESS AND EMOTIONS - SELF-HELP STRATEGIES

Mastering stress and handling emotions is really important when you're a teenager. But it's a journey, so be patient and consistent and ask for help when you need it. You can do this!

Here are some effective self-help tactics tailor-made just for you. Some may seem strange to you, while some may not. You may only like some of it. Nevertheless, find the one that is okay with you. They are here to help you release stress, work out your emotions, relax, and be in great shape in your mind, body, and life.

1. Journaling - Your Secret Weapon! (Like this journal)

- **Daily Reflections:** Spend a few minutes writing about your thoughts and feelings each day. This can help you process emotions and gain insights into your mental state.
- **Gratitude Journaling:** Focus on the positive by writing down things you're thankful for. This practice can shift your mindset and reduce stress.

2. Mindfulness and Meditation - Relaxation Made Easy!

- **Deep Breathing exercise:** Practice deep breathing exercises by inhaling slowly for a count of four, holding for four, and exhaling for four. Repeat several times to calm your mind and body.
- **Body Scan Meditation:** Relax your body and mind by putting your attention on each part of your body, from your toes to your head. Notice any tension and consciously relax those areas.
- **Mindful Observation:** Spend a few minutes observing your surroundings by giving attention to the present moment (Right Now). Notice the details, such as the sounds and the sensations, without any judgement. This can help ground you in the present moment. You can do this by becoming aware of which direction the wind is flowing or the different shades of green colour that the plants, grass, tree leaves have, etc. if you are outside. You can give attention to something in the present moment to help you stay in the present place.

3. Get Moving – Regular Exercise / Physical Activity for Mental Wellness!

- **Regular Exercise:** Engage in physical activities you enjoy to release endorphins (These are chemicals in the brain that, when released,

make you feel good and put you in a good state of mind) and improve your mood. Engage in physical activities you enjoy, such as running, swimming, or dancing. Exercise releases endorphins, which improve mood and reduce stress.

- **Outdoor Activities:** Spend time in nature and enjoy the fresh breeze. Simply walking outdoors can help to revitalize and ease stress.

4. Healthy Sleep - The Ultimate Stress-Reliever!

- **Plan Consistent Sleep:** To the best of your ability, go to bed and wake up at the same time every day, even on weekends. Continuity helps regulate your body's internal clock.
- **Sleep Environment:** Create a restful sleep environment by keeping your room cool, dark, and quiet. Limit your screen time before bed and consider using a relaxing bedtime routine.
- **Avoid Drinks or additive medications:** Avoid anything like caffeine or energy drinks to make sure you have a good night's sleep by avoiding taking them late in the day. Also, be mindful of other stimulants like nicotine that can scatter sleep time.

5. Nourish Your Body - Healthy Eating for Mental Health!

- **Balanced Diet:** Do your best to eat various fruits, vegetables, and nuts. These foods provide essential nutrients that support mental health.
- **Stay Hydrated:** Drink plenty of water throughout the day. Dehydration can affect your mood and energy levels.
- **Limit packed, bottled or canned drinks:** Reduce your sugary and energy drinks intake, as they can lead to energy crashes and mood swings.

6. Surround Yourself with Positivity - Social Support!

- **Connect with Friends and Family:** Maintain healthy relationships with people who support you and uplift you. Share your feelings and experiences with trusted friends or family members.
- **Join Clubs or Groups:** Engage in social activities you find in your community that interest you. This can be in school, at religious meetings places, social, and maybe volunteering. Being part of a community can provide a sense of belonging and reduce feelings of isolation (being alone or feeling alone).
- **Seek Professional Help:** If you're struggling, don't hesitate to reach out to a school counsellor, therapist, or mental health professional. They can provide guidance and support specifically made to meet your needs.

7. Relaxation Techniques - Unwind and De-Stress!

You will see a lot of these in the mindfulness moments. They are important tools to learn and perfect. Do not worry if your mind wanders a lot during the activities. The victory is catching your thoughts and returning them to the present moment where you are sitting or lying down, which is in the NOW!

- **Progressive Muscle Relaxation:** To reduce physical tension, start by clenching your fist, holding it up to your shoulder, and then tightening the muscles in your arm while counting from 1 to 10. After that, release by dropping your hand and relaxing your fist and hand. This technique helps to relax each muscle group and reduce physical tension and stress.
- **Visualization:** Close your eyes and imagine a peaceful place or situation. Use all your senses to create a vivid mental image. Imagine a peaceful place or situation to calm your mind. For instance, think back to a time or location where you felt happy and imagine the scene. Remember the feeling of happiness and imagine the people who were there and, if possible, everything that happened there. Feel it like it happened back then. It's like watching a movie play in your mind. This is visualization, and this can help calm your mind and reduce anxiety.
- **Enjoy and relax through creative activities like music and art.** Whether you love dancing, choreography, singing, writing songs, mimicking your favourite artist, or just listening to music, these activities can help you relax and feel good. If drawing, sketching, or painting is more your thing, that can help too. Whichever creative activity you enjoy can take your mind off whatever is bothering you. Listening to soothing music, playing an instrument, drawing, or painting can be effective ways to express emotions and relax.

8. Time Management - Stay on Top of Your Game!

- **Prioritize Tasks:** Make a list and follow through with the assigned work based on how important they are and their deadlines. Break larger tasks into smaller, manageable steps.
- **Set Reasonable Goals:** Set achievable goals for each day and reward yourself for completing them. This can help you stay motivated and reduce feelings of being overwhelmed.

- **Avoid Postponement:** Develop tips and ways to avoid postponing important things that need to be done and find ways or methods to get them done on time. Such as setting specific time blocks for tasks and minimizing things that can distract you.

9. Positive Affirmations - Boost Your Confidence!

- **Daily Affirmations:** These are like confessions that you start your day with. Saying positive sentences and phrases to yourself out loud, and you can also whisper them to yourself to boost confidence and reduce stress. Examples include "I am capable," "I am strong," and "I can handle this." Repeating affirmations can boost your confidence and reduce stress.
- **Affirmation Cards:** You can try to create cards or write them using paper cartons to make them and place them where you can see them daily. This can be on your notebooks, the inside page of the cover of your jotter, your mirror, your wallet or purse, your school bag, handbag, etc.

10. Seeking Help - You're Not Alone!

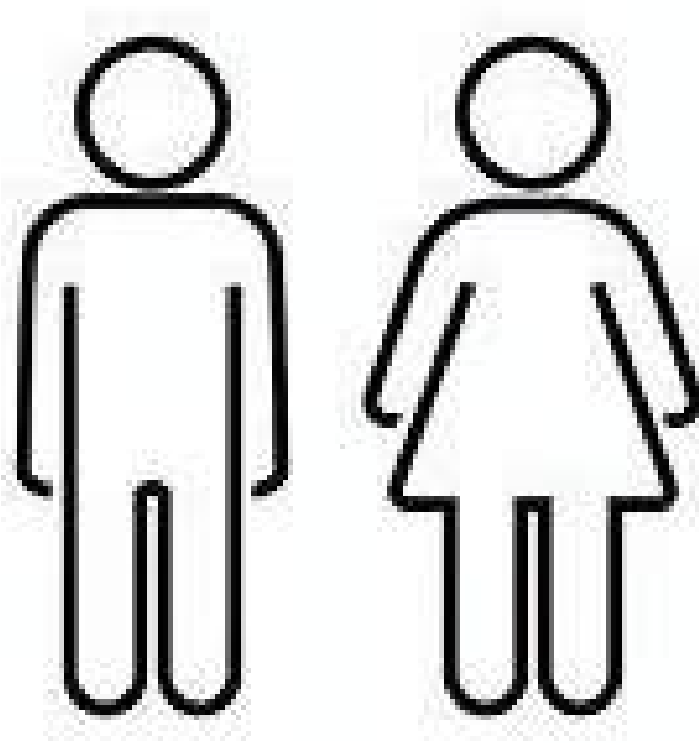
- **Helplines:** Know the resources available in your area. There are helplines and support groups available. These resources can provide immediate assistance and a sense of community. We shared some
- **Online Resources:** Take advantage of online resources for mental health support. These can offer coping strategies, mindfulness exercises, and forums for sharing experiences if you can access the internet. We shared a few on our resource page.

Remember, managing stress and emotions is an ongoing process. Combining these self-help strategies into your daily routine can help you build flexibility and improve your overall well-being. It's important to be patient with yourself and seek support when needed.

Know that you are not alone on this journey.

START OFF PAGE

Sometimes, certain parts of your body may feel heavy or tense. This could be one specific area, such as the shoulders, one side of the shoulders, knees, ankles, wrists, or even your entire body. Feeling this way could be a sign that you have a lot on your mind or are troubled about something. You can use this exercise to identify and address these areas of tension by colouring or shading them.



Note:

After coloring or shading the identified areas, you can use the Progressive Muscle Relaxation shared in the Take Control of Your Stress and Emotions - Self-Help Strategies section.

Remember, understanding how the exercise works takes practice and repetition, and you will improve with practice.

GLOSSARY:

Accomplishments: Things you've achieved or done well, like goals met or successes.

Adaptability: Ability to adjust to new situations or challenges. **Adjust:** To change or modify something to fit better.

Adversity: Challenges or difficult situations that test your strength.

Affirmation: Positive things you say to yourself to feel better. Affirmations are a powerful tool for rewiring your mind with positive thoughts and beliefs. (Repeat these affirmations to yourself regularly, especially when feeling stressed or uncertain. Believe in yourself and your potential! Weekly affirmations have been added to this journal. They are aimed at promoting self-empowerment, positivity, resilience, and self-care. They help your mind develop a strong foundation for mental well-being. Repeat and reflect on one affirmation weekly to cultivate a growth mindset and become more confident and compassionate!)

Aggressive: Standing up for yourself in a forceful or hurtful way.

Anxiety: Feeling really worried or nervous about something. **Assertive:** Standing up for yourself in a respectful and confident way.

Assumptions: Ideas or beliefs you assume are true without knowing for sure.

Belief: Something you think is true or accept as true, like a thought or idea that guides your actions and decisions.

Examples:

"I believe I can do this!" (a positive thought that gives you confidence).

"I believe my friends like me for who I am." (a thought that makes you feel accepted).

"I believe I'll get through this tough time." (a thought that gives you hope) Beliefs can shape how we feel, think, and behave and can be powerful tools for building resilience and confidence!

Boundaries: Limits you set for yourself to feel safe and respected.

Change: Something that is different or new.

Clarifying: Making things clearer or more understandable.

Compromise: Finding a middle ground that works for everyone.

Conflict: is a disagreement or argument between two or more people who want different things or ideas.

Coping Mechanism: Ways to handle stress or hard feelings.

Counselor: A person who helps you talk about and solve your problems.

Cultivate: To grow and develop something, like a skill or a positive mindset.

Depression: Feeling very sad for a long time and losing interest in things you used to enjoy.

Emotion: A strong feeling like happiness, sadness, or anger.

- **Angry:** Feeling frustrated, irritated, or upset. You might have a scowl on your face or feel tense.
- **Bored:** Feeling uninterested or lacking excitement.
- **Calm:** Feeling peaceful, relaxed, and at ease. You might have a serene expression and steady breathing.
- **Confused:** Feeling uncertain or puzzled. You might furrow your brow or scratch your head.

Embarrassed: Feeling self-conscious or ashamed. You might blush or avoid eye contact.

Excited: Feeling enthusiastic, eager, or thrilled. You might have a big smile and feel butterflies in your stomach.

Fearful: Feeling scared, anxious, or worried. You might have a worried expression or feel jittery.

Frustrated: Feeling annoyed or exasperated.

Happy: Feeling joyful, content, and upbeat. You might be smiling and have positive energy.

Hopeful: Feeling optimistic or looking forward to something positive.

Informed decision: Choosing by thinking carefully and knowing all the facts.

Jealous: Feeling envious or resentful of someone else's success or possessions.

Lonely: Feeling isolated or disconnected from others. You might feel like you have no one to talk to.

Nervous: Feeling jittery or apprehensive about something. **Proud:** Feeling accomplished or satisfied with yourself. You might stand tall and have a confident expression.

Sad: Feeling down, blue, or melancholy. You might have tears in your eyes or feel low in energy.

Surprised: Feeling shocked or taken aback. You might have wide eyes and an open mouth. *(Remember: It's okay to feel a mix of emotions and accepting and expressing your feelings is essential.)*

Empathy: Understanding and caring about how someone else feels.

Encourage: To support and motivate someone, like cheering them on.

Enthusiasm: Excitement and energy for something you enjoy.

Evolve: To grow and develop over time, like becoming a better version of yourself.

Flexible: Able to adapt or adjust to changes or new situations.

Goals: Short term, Long Term and SMART

Gratitude: Feeling thankful and appreciative for what you have (like the good things in your life).

Grounding: Focusing on the present moment to feel more stable and centered.

Healthy: Taking care of your body, mind, and feelings in a good way, like eating well, exercising, and getting enough sleep.

Illustration: A picture that helps explain or show something.

Imagination is the ability to create mental pictures or situations that aren't real or haven't happened yet. It's like a creative power in your mind that lets you dream up new ideas, worlds, and possibilities. You can use it to think creatively, come up with new ideas, and envision things that don't exist yet!

Think of it like a superpower that lets you:

- *Dream up new worlds and characters*
- *Create new ideas and solutions*
- *Envision your future self and what you can achieve*
- *Think creatively and outside the box*

It's like a magic canvas in your mind where you can create anything you want!

Influence: The power to shape someone's thoughts, feelings, or actions.

Intimacy: Close, personal connections with others, like trust and understanding.

Journal: A book where you write down your thoughts, feelings, and experiences.

Mantra: A special phrase or word to repeat for motivation or calm.

Meditation is a way to calm your mind by focusing on breathing or a peaceful thought.

Mental Health: Taking care of your thoughts, feelings, and emotions.

Mind Map: A visual diagram that uses words, images, and colors to connect and organize ideas, like a map of your brain! Think of a Mind Map like a brainstorming session on paper,

Navigate: To find your way through challenging situations or emotions.

Negative: Unhelpful, sad, or harmful thoughts, feelings, or actions that can bring you down or hurt others.

Mood Tracker: A tool to help you track how you're feeling.

Mindfulness: Paying close attention to what you're doing and how you're feeling right now.

Mindset: The way you think about things. **Momentum:** Like a snowball rolling down a hill, getting bigger and faster - it's when you start to make progress and get excited!

Overwhelmed: Feeling like you're way over your head and don't know what to do. **Passion:** Something you love and are super excited about.

Passive: Not taking action or standing up for yourself.

Phobia: An intense fear of something that might seem irrational to others.

Positive: Good, happy, and helpful thoughts, feelings, or actions that make you feel uplifted and confident.

Priority: Something important that needs attention or focus. **Purpose:** What you want to achieve or do with your life.

Reflect: Thinking back on what happened and trying to learn from it.

Reflection: Like looking in a mirror, it's when you examine your own thoughts and feelings to understand yourself better.

Reframe: To change your perspective or view on something, like looking at a situation in a new light.

Reframe/Reframing: Changing your thoughts or views to be more positive or helpful.

Relationship: A connection or bond between two people, like friends, family, or romantic partners, which involves communication, trust, and support.

Resilience: The ability to bounce back from difficult times, like a rubber band that stretches but returns to its original shape. It means coping with challenges, learning from them, and becoming stronger on the other side.

Example:

"After a tough day, I took a deep breath, talked to a friend, and did something I enjoyed. That's resilience!"

Building resilience helps you handle life's ups and downs with confidence and strength!

Reward: Something nice you give yourself for achieving a goal.

Routine: A regular schedule or habit, like brushing your teeth every morning.

Self-Esteem: Feeling good about yourself and your abilities. Self-care: Doing things to take care of yourself and feel better.

Setback: When something gets in the way and stops you from making progress.

Skill: Something you learn or practice to get better at, like a hobby, sport, or way to manage your emotions.

Examples:

- Learning to ride a bike is a skill.
- Practicing deep breathing to calm down is a skill.
- Mastering a new video game is a skill.
- Developing skills can help build confidence, self-esteem, and a sense of success!

Solutions: Answers or ideas that help solve a problem.

Strategy: A plan to achieve something, like a roadmap to success.

Stress: Feeling worried or tense because of something happening in your life.

Support System: People who help you and make you feel better, like family and friends.

Symptoms: Signs or feelings that something's not right, like a headache or a sad mood.

Technique: A method or skill to help you manage your emotions or behaviors.

Therapy: Talking to someone who can help you feel better, like a counselor.

Thoughts: What goes through your mind, like ideas, feelings, and daydreams.

Tracker: A tool to help you keep track of your progress or habits.

Trigger: Something that makes you remember a bad memory and feel upset. Like a reason for something. The cause of something happening.

Values: What's most important to you and guides your decisions.

Well-Being: Feeling healthy and happy.

Verbal & Non-Verbal: Ways of communicating with words (verbal) or without words (non-verbal), like body language.

Vision Board: A visual tool that displays images, words, and goals, helping you focus on what you want to achieve or attract into your life, like a collage of your dreams! Think of a Vision Board as a visual representation of your aspirations!

Visualization: Imagining a goal or dream in your mind, like a mental picture.

Vulnerability: Being open about your feelings, even if it's a little scary.

CREATE YOUR VISION BOARD

FIRST MONTH

Understanding Self-Identity



Hello!

Guessing who you are can sometimes feel like a giant puzzle, but guess what? It's one of the most exciting puzzles you'll ever get to solve!

This month, you shall be looking at understanding self-identity. What is self-identity? Your self-identity is all about understanding what makes you, you—your values, your strengths, your passions, and even your peculiarities.

At this time of your life, you're in a pretty cool spot. You're old enough to start making your own choices and young enough to search through lots of different ideas about who you want to be. This journey isn't about fitting into a box or being what others expect you to be. It's about studying your exceptional combination of thoughts, feelings, and experiences that shape your identity.

In this journal, you'll have a safe space to dig deep into what matters to you, figure out what you're really good at, and set some personal boundaries that keep you feeling strong and confident. You'll also get to think a lot about how you've grown and what you've learned about yourself so far.

Remember, there's no rush. Take your time, be honest with yourself, and most importantly, have fun with it!

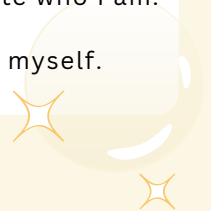
Embrace every part of who you are and let this journey of self-discovery be as colorful and unique as you are.

Ready to start?

Let's dive in!

AFFIRMATIONS

- I am worthy of love and respect.
- I embrace my unique qualities and celebrate who I am.
- I trust myself to make the right decisions.
- I am open to discovering new things about myself.



WEEK 1

EXPLORING PERSONAL VALUES

Welcome to the first step of your journey into self-identity!

This week, you're diving into something super important—your personal values. Think of your values as the invisible compass that guides your decisions, actions, and how you see the world. They're the things that matter most to you, like honesty, kindness, loyalty, or creativity.

But here's the thing—sometimes, you don't even realise what your values are because you're so busy with school, friends, and everything else. That's why this week is all about taking a moment to really study what really makes you tick. What do you stand for? What principles do you want to live by? Understanding your values is like discovering a secret map to who you are and who you want to be.

Your values are the values and beliefs that guide your actions and decisions. They shape who you are and how you work together with the world. Knowing your values can help you make choices that are true to yourself.

Maybe you value freedom and want to live life on your own terms, or perhaps you're all about family and find comfort in close connections. Whatever your values are, they're specially yours, and they help shape every part of your identity.

This week, the journal will guide you through some fun and reflective exercises to help you uncover and define your personal values. You might be surprised by what you discover! And remember, there's no right or wrong answer here—it's all about what feels true to you.

So grab your pen, get comfy, relax and start exploring what makes you, YOU!

This is your chance to set the foundation for the person you're becoming, one value at a time.



DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: What makes you, you?

Start by listing five things that you believe define who you are. These could be your personality traits, beliefs, interests, or anything else you feel is core to your identity. Reflect on how these aspects shape your daily life. This prompt offers a chance for introspection and helps clear mental clutter by focusing on what's most important to you.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Take 10 minutes to practice mindful breathing. Find a quiet space, close your eyes, and focus on your breath—breathe in deeply for four counts, hold for four counts, and exhale for four counts. Repeat. You can also do this before bedtime.

This simple exercise can calm your mind and reduce stress, leaving you feeling good and refreshed.

Inspirational Quote:

"The future belongs to those who believe in the beauty of their dreams."
- Eleanor Roosevelt

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: When do you feel most like yourself?

Think about the times when you feel most comfortable, dependable, and true to yourself. Is it when you're with certain people, doing a specific activity, or in a particular place? Expressing these feelings can be a powerful way to reduce stress and affirm your identity.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Take 10 minutes to practice mindful breathing. Find a quiet space, close your eyes, and focus on your breath—breathe in deeply for four counts, hold for four counts, and exhale for four counts. Repeat. You can also do this before bedtime.

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- Eleanor Roosevelt

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: What values do you hold most dear?

List three to five values that are most important to you, like honesty, kindness, or freedom. How do these values influence your decisions and actions? This prompt provides a space to express opinions and helps you better understand the core principles that guide your life.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Describe a time when you stood up for something you believed in.

Think about a moment when you defended your values or made a choice that felt right for you, even if it wasn't easy. How did it make you feel? This exercise can relieve stress by supporting your experiences and highlighting your commitment to your values.

Mood tracker:

Circle the emotion that stood out the most:



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Frustrated



Moody



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Create a Vision Board

Spend some time gathering images, quotes, and other items that inspire you and represent your goals or dreams. Arrange them on a board or a large piece of paper. This creative activity is a fun way to visually express your aspirations, helping you focus on positive results that you desire and relieving stress through art.

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: What are your biggest strengths?

Today, you will identify and write about your strengths—those qualities or skills you're most proud of. Thinking about your strengths not only boosts your confidence but also offers a clear mental health benefit by focusing on the positive aspects of yourself.

Mood tracker:

Circle the emotion that stood out the most:



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Angry



Sad



Frustrated



Moody



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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: How do you handle stress and challenges?

Today, you will think about a recent stressful situation and how you dealt with it. What does your response to stress say about you? Writing about this can provide a space to express feelings and might even help you discover new coping strategies for future challenges.

Mood tracker:

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Angry



Sad



Frustrated



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- Eleanor Roosevelt

DAILY JOURNAL

Date: ____/____/____

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- _____
- _____

Daily Prompt: What's one thing you want to improve about yourself?

Today, choose one aspect of yourself that you'd like to work on and why it's important to you. This could be a habit, a skill, or even a mindset. For example, impatience – like rushing to get things done and missing some information from the instruction. Setting a goal for self-improvement is a healthy way to end the week, providing both self-examination and a sense of purpose.

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- Eleanor Roosevelt

WEEK 2

IDENTIFYING STRENGTHS AND WEAKNESSES

Understanding who you are goes beyond just knowing your likes and dislikes. It's about really digging deep to uncover your unique strengths and identifying and knowing the areas where you might need to do some work. This week, you're going to search both sides of the coin—because recognizing your strengths can boost your confidence while being aware of your weaknesses can help you grow.

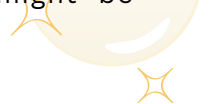
Why Does This Matter to YOU?

Imagine you're building a box of tools for life. Imagine your strengths are the tools you already have, sharp and ready to use. At the same time, your weaknesses are the tools that might need a bit of sharpening, like a cutlass used on the farm or a kitchen knife. By knowing both, you can tackle challenges more efficiently and reach your goals faster.

Let's Dive In:

- *What are your strengths: These are your natural talents, skills, and qualities that make you stand out. Think about what you're good at—maybe it's being creative, solving problems, or connecting with others. Recognizing these strengths is like shining a spotlight on the best parts of you. They're the things that can give you confidence and help you succeed in different areas of life.*
- *Weaknesses: Everyone has them, so don't shy away from identifying yours. Weaknesses aren't something to be ashamed of; they're opportunities for growing. Maybe you struggle with managing your time or find it hard to speak up in front of others like in a group setting. By confirming these areas, you can start working on them—whether that means seeking advice, practicing, or just being more conscious of them.*

Why This Is Empowering: Knowing your strengths and weaknesses isn't just about self-improvement; it's about embracing who you are, entirely. Your strengths are your superpowers, and your weaknesses? They're just areas where you can begin working on to get better. This balance is what makes you a human being and understanding both sides is a big step towards becoming the best version of yourself. So, grab your journal and start exploring—you might be surprised at what you find!



DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: What are three things you're really good at?

Today, you will take out some time to think about your natural talents and skills. Yeah! What comes easily to you? That you can do easily without putting in much effort. How do these strengths make you feel? Write about how they contribute to your daily life.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

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Inspirational Quote:

"Start where you are. Use what you have. Do what you can."
- Arthur Ashe

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Think of a recent challenge you faced. What was difficult or hard about it, and how did you handle it?

Think back on a moment when you struggled. What made it tough? How did you overcome the difficulty situation or thing, if you did? And if not. Consider whether this challenge revealed any areas where you need to improve.

Mood tracker:

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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

**Daily Prompt: Who do you admire (like and look up to) most, and why?
What strengths do they have that you see or wish to see in yourself?**

List three to five values that are most important to you, like honesty, kindness, or freedom. How do these values influence your decisions and actions? This prompt provides a space to express opinions and helps you better understand the core principles that guide your life.

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Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Write about a situation where you felt out of your depth. (like totally overwhelmed or just losing it)

How did it make you feel, and what did you learn from it? As humans, we all face situations where we feel overwhelmed. Today, you will think about such a time in your life. How did it affect you emotionally? What did you learn about your weaknesses, and how can you turn them into strengths?

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Create an image that shows what you are good at. *This will help you figure out your strengths and work on them. You can add more strengths later and feel good about yourself. This activity will help you identify and develop them, allowing you to focus on building upon your strengths. You can revisit this exercise to add more strengths and boost your self-esteem.*

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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: What activities make you lose track of time because you enjoy them so much? And what strengths do these activities highlight?

Today, you will be thinking about the hobbies or work you enjoy doing that you get completely carried away when doing. What do these activities say about your strengths? How can you use this information to focus more on what you're good at?

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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Think about a time when someone pointed out a weakness of yours. How did you react, and what steps did you take to improve?

You will think about the positive assessment you've received. How did it feel to have a weakness pointed out to you? What did you do to work on it? How can you continue to grow in this area?

Mood tracker:

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- Arthur Ashe

DAILY JOURNAL

Date: ____/____/____

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- _____
- _____
- _____

Daily Prompt: What's one thing you want to improve about yourself?

Today, choose one aspect of yourself that you'd like to work on and why it's important to you. This could be a habit, a skill, or even a mindset—for example, impatience – like rushing to get things done and missing some information from the instruction. Setting a goal for self-improvement is a healthy way to end the week, providing both self-examination and a sense of purpose.

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WEEK 3

SETTING PERSONAL BOUNDARIES

Welcome to the third week of this month.

You shall be looking at Setting personal boundaries.

What comes to your mind when you hear the word boundaries? Boundaries may sound like a serious idea, but they're actually all about making life smoother and more comfortable for yourself.

Think of boundaries as invisible lines that protect your space, energy, and feelings. They help you feel safe, respected, and in control of your relationships and life. In this week's journey, you'll go on a journey to dig deeper into the art of setting your personal boundaries. It's not just about saying "no" to things you don't want; it's about saying "yes" to yourself. When you set boundaries, you're taking care of your mental and emotional health, making sure that you're prioritizing what matters the most to you.

Why Are Boundaries Important?

Imagine you're in a football game, and there are no sidelines or goalposts. The game would be disorderly, right? Boundaries are like the rules and lines that keep the game of life fair and fun. They help you define what's okay and what's not, ensuring that others treat you with the respect you deserve.

How to Set Boundaries:

Setting boundaries can feel awkward at first, especially if you're not used to speaking up for yourself. But with practice, it becomes easier. This week, you'll look at different ways on how to identify where you need boundaries, how to communicate them clearly, and how to stick to them—even when it's tough.

Fun Fact:


Did you know that boundaries can actually improve your relationships? When people know your limits, they're more likely to respect you and your needs. Plus, setting boundaries can help you avoid feeling overwhelmed, stressed, or resentful.

Motivation to Keep You Going:

Remember, setting boundaries is a form of self-respect. It's about honoring who you are and what you need to thrive. You deserve to feel comfortable and supported in your relationships, and boundaries are your way of ensuring that happens.

This week, challenge yourself to really take a look at your boundaries and see how they can make your life better. Whether it's saying no to that extra request when you're already swamped or overwhelmed without time for yourself to relax, every step you take towards setting boundaries is a step towards a healthier, happier you.

Enjoy this self-care journey, and don't forget to celebrate your progress!



DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: What does the word 'boundaries' mean to you?

This week, you will start by defining what boundaries mean in your life. How do they help you feel safe, respected, and in control of your relationships and daily communications with friends, classmates, family, etc.?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

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Inspirational Quote:

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- Jim Rohn

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
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- _____

Daily Prompt: Think of a time when someone crossed your boundaries.

How did it make you feel, and what did you do about it? Reflect on an experience where someone didn't respect your limits. How did you react? What did you learn from this situation about your personal boundaries?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



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DAILY JOURNAL

Date: ____/____/____

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- _____
- _____
- _____

Daily Prompt: What areas of your life need stronger boundaries?

Identify parts of your life—whether in friendships, family, school, or social media—where you feel your boundaries could be stronger. What makes you feel uneasy or taken for granted?

Mood tracker:

Circle the emotion that stood out the most:



Happy



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Sad



Frustrated



Moody



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DAILY JOURNAL

Date: ____/____/____

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- _____
- _____
- _____

Daily Prompt: How do you communicate your boundaries to others?

Today, you will consider how you let people know about your limits. Are you a clear and assertive person, or do you find it difficult to express your needs? Think about ways to improve your communication.

Mood tracker:

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What Does It Mean to Have Boundaries?

Having boundaries means understanding and defining what is acceptable and comfortable for you in various aspects of your life, such as relationships, work, and personal time. Boundaries are like invisible lines that protect your well-being by ensuring that others respect your space, time, and emotions. They help you maintain a healthy balance in life, preventing you from feeling overwhelmed, stressed, or taken advantage of.

For example, imagine you're studying for an important exam, and your cousin keeps asking you to hang out or help with something at the last minute. While you care about your cousin, you know you need to focus on your studies to do well. A healthy boundary here would be to explain to your cousin that during study hours, you need uninterrupted time to concentrate. You can offer to help or hang out after you're done studying. By doing this, you're prioritizing your education while still showing respect and care for your cousin's needs.

Now, do something creative and fun to express yourself! This is your space, and there is no right or wrong way to do this.

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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Write about a boundary you've successfully set. How did it improve your life?

Think about a time when you set a boundary that was respected by others. How did this positively impact your well-being and relationships? What did you learn from this experience?

Mood tracker:

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DAILY JOURNAL

Date: ____/____/____

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- _____
- _____
- _____

Daily Prompt: How do you react when someone else sets a boundary with you?

With a growing understanding of setting boundaries, today, consider how you will respond when others set boundaries. Do you respect their limits, or do you find it challenging? Reflect on how understanding others' boundaries can help build stronger relationships.

Mood tracker:

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DAILY JOURNAL

Date: ____/____/____

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- _____
- _____
- _____

Daily Prompt: List three boundaries you want to set or reinforce. How will you go about it?

Today, you will identify three specific boundaries you'd like to establish or strengthen in your life. Whether it's saying no to extra responsibilities or creating more personal time, outline your plan to enforce these boundaries.

Mood tracker:

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WEEK 4

REFLECTING ON SELF-DISCOVERY

As you can see from what the month looked deeper at, self-discovery isn't just a one-time event; it's a continuous, lifelong adventure. It's about getting to know yourself better each day, understanding your thoughts, feelings, and actions, and using that knowledge to make choices that reflect who you truly are. This week, you are going to be diving into the power of reflection—taking a step back to look at your personal journey and the growth you've experienced along the way.

Why Reflect on Self-Discovery?

Think of self-discovery like a map. Every experience, every choice, and every challenge adds a new detail to your map, showing you where you've been and helping guide you to where you're going next. Reflecting on what you've learned about yourself gives you valuable insights that can help you make decisions that align with your values and aspirations. It's like checking your compass to make sure you're still on the right path.

How to Reflect on Self-Discovery

It does not have to be hard or difficult. It can be as simple as thinking about a moment when you learned something new about yourself or recognizing how you've changed over time. This week, you'll explore different ways to reflect on your journey—whether through journaling, talking with a friend, or just taking some quiet time to think. The goal is to understand yourself better so you can continue growing in the direction that is right for you.

Fun Fact

Did you know that reflection is a key part of learning? Just like how sports people review their performances to improve, reflecting on your experiences helps you understand what's working in your life and what might need a change.

Motivation to Keep You Going

Self-discovery is empowering. The more you learn about yourself, the more confident you become in your ability to know how to travel in life's challenges. Reflection helps you appreciate how far you've come and keeps you motivated to continue your journey. It's about acknowledging your growth, recognizing your strengths, and making peace with any mistakes—because those, too, are part of what makes you, you.

This week, give yourself the gift of time to reflect on your journey. Celebrate the person you're becoming and embrace the endless possibilities that lie ahead. Remember, self-discovery is your superpower—it helps you shape your life into something specially yours. Keep exploring, keep reflecting, and keep growing!



DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: What's one thing you want to improve about yourself?

Today, choose one aspect of yourself that you'd like to work on and why it's important to you. This could be a habit, a skill, or even a mindset—for example, impatience – like rushing to get things done and missing some information from the instruction. Setting a goal for self-improvement is a healthy way to end the week, providing both self-examination and a sense of purpose.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Depending on your environment. Remember not to disturb others. Turn up your favourite tunes and dance like no one's watching! Letting loose and moving to the rhythm is an excellent way to shake off stress and boost your mood. Singing along, humming along or just listening to uplifting music can also work wonders for your mental health.

Inspirational Quote:

"Feelings are much like waves; we can't stop them from coming, but we can choose which one to surf." – Jonatan Mårtensson

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Take some quiet time to think about recent situations where you felt confident or struggled. What was happening? How did you handle it? This can give you clues about your strengths and weaknesses.

Also Ask Around: Sometimes, others can see your strengths and weaknesses more clearly than you can. Ask a friend, family member, or teacher what they think your strengths are and where you might need some improvement. It's a brave move, but it can be super revealing.

List It Out: Grab your journal and divide a page into two columns—one for strengths and one for weaknesses. You can use your EXPRESS YOURSELF PAGE. Start listing them out, and don't rush it. Keep adding to the list throughout the week as you discover more about yourself.

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MONTHLY REVIEW PAGE

Self-Discovery Scavenger Hunt

This activity will help you to take some time to look at some areas of who you are through a fun and engaging hunters hunt (Scavenger) that encourages self-reflection, creativity, and personal growth.

Instructions:

- **Create a List:** Below is a list of prompts related to self-discovery. Your assigned instruction is to find or create something that represents each prompt. This could be a physical object, a drawing, a quote, a song, or even a memory. Be creative and think outside the box!
- **Capture the Moment:** Once you've found or created something for each prompt, take a photo, write about it, or draw it in your journal. If it's a memory or something abstract, describe how it relates to you.
- **Reflect:** After completing the scavenger hunt, take some time to think about what you've discovered. What did you learn about yourself? How did these items or memories make you feel? Write down your thoughts in your journal.

Scavenger Hunt Prompts:

- *An object that represents your biggest strength.*
- *A quote or lyric that resonates with your personal values.*
- *A photo that captures a moment when you felt truly happy.*
- *An item that is like a symbol of something you're proud of.*
- *A piece of clothing or accessory that shows your style.*
- *A memory of a time you overcame a challenge.*
- *A song that always lifts your mood or motivates you.*

Bonus Challenge:

Share one of your discoveries with a friend or family member and explain why it's important to you. This helps reinforce your self-identity while it is also opening up conversations about personal growth and understanding.

Why This Activity is Important:

The Self-Discovery Scavenger Hunt is more than just a fun exercise—it's a chance to explore who you are in a creative and meaningful way. By identifying items and memories that represent your identity, you build a stronger connection to yourself, boosting your confidence and self-awareness. Plus, this activity encourages mindfulness and self-reflection, both of which are great for your mental health.

Remember, there are no right or wrong answers in this scavenger hunt. It's all about discovering what makes you, you. So have fun with it, and embrace the journey of self-discovery!

SECOND MONTH

SELF-LOVE AND COMPASSION



Welcome to a new month.

How has your journaling experience been? I hope you've been having a meaningful experience. If you haven't gotten into the habit of visiting your journal every day, commit to doing better this month. And if you've been engaging every day, that's also great - keep it up! So, this month, you will be digging deeper into self-love and compassion. Both are about how you will treat yourself with the same kindness and understanding that you would offer to a friend. It is recognizing your worth, accepting your imperfections, and celebrating your strengths. For many of us, it can be easier to support others than to show ourselves the same care. But remember, you deserve love and respect—especially from yourself.

Why Is Self-Love Important?

Self-love is the foundation of your well-being. When you value yourself, you're more likely to make choices that are good for you. This means setting boundaries, saying no when you need to, and surrounding yourself with positive influences. Self-love gives you the strength to face challenges and the confidence to pursue your goals.

Practicing Compassion Towards Yourself

We all make mistakes, and it's easy to be hard on yourself when things don't go as planned. But practicing self-compassion means forgiving yourself and learning from your experiences. Instead of focusing on your imperfections, remind yourself of your achievements and the effort you put in. Treat yourself with the same patience and kindness you would offer to someone you care about.

Daily Acts of Self-Love:

Self-love isn't just about grand gestures; it's in the small, everyday things you do for yourself. It could be taking time out to relax, doing something you enjoy, or simply reminding yourself that you're doing your best. These daily acts of self-care add up, helping you build a strong, positive relationship with yourself.

Embracing Your Uniqueness:

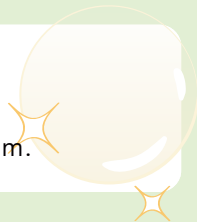
No one else in the world is exactly like you, and that's something to be proud of. Embrace what makes you different—your talents, your personality, your dreams. When you appreciate your uniqueness, you can express yourself more freely and live a life that's true to who you are. As you explore this theme of self-love and compassion, remember that it's a journey, not a destination. There will be ups and downs, but with each step, you'll learn more about yourself and grow stronger. Celebrate your progress and keep moving forward with confidence and kindness.

Final Thoughts

Remember, building healthy relationships takes time and effort, but the rewards are worth it. Surround yourself with people who uplift you, respect your individuality, and encourage your growth. And don't forget, the most important relationship is the one you have with yourself—be kind, patient, and loving towards you, too! Have a beautiful month!

AFFIRMATIONS

- I love and accept myself unconditionally.
- I deserve all the love and happiness in the world.
- I am kind to myself and others. I am enough just as I am.



WEEK 1

WHAT IS SELF-LOVE?

Hey! Welcome to a new month

It is all about loving yourself!

This Self-Love

Self-love is about caring for yourself. It is about appreciating who you are and knowing that you deserve happiness and respect. It's not about being selfish or putting yourself above others—it's about valuing yourself and taking care of your well-being. Imagine how you treat your best friend when they're feeling down. Now, think about how you treat yourself when things don't go well. Do you offer the same kindness?

This week is all about learning to give yourself that same care and attention. Start by recognizing that you're enough just as you are. You don't need to be perfect to be worthy of love and respect, and that starts with how you see and treat yourself.

Spend some time thinking on how you can show yourself love this week. Is it by taking time for a hobby you enjoy? Or by giving yourself a break when things get overwhelming? The more you practice self-love, the better you'll feel about yourself and the world around you. It's your time to shine, and that begins by loving yourself.

Fun Tip: Make a playlist of your favorite feel-good songs and take 10 minutes each day this week to listen and unwind! It's a small way to treat yourself with the love and care you deserve.



DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: What does self-love mean to you?

Be creative, choose how you want to answer this question – you can choose to write/draw/ about how you currently show love and care to yourself. Are there things you want to change or improve?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Loving-Kindness Meditation: Send kind thoughts to yourself and others. Be creative in how you do this. You are going to be doing this all week. You may want to write short notes to yourself or to others. It is your decision. Be free. There is no right or wrong way.

Inspirational Quote:

"You are enough just as you are."
- Meghan Markle

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Daily Prompt:

Think about a time when you felt really proud of yourself. What did you achieve, and how did it make you feel? How can you remind yourself of that feeling more often?

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Daily Prompt: Write down three things you love about yourself, both inside and out.

It could be your kindness, your sense of humour, or your creativity. How can you celebrate these qualities more?

Mood tracker:

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Daily Prompt: When was the last time you said “no” to something you didn’t want to do?

Think about this, and how did it feel? Reflect on how setting boundaries is an act of self-love.

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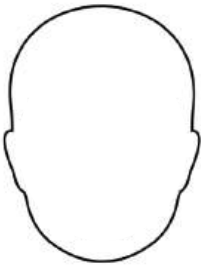
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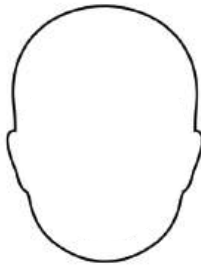
EXPRESS YOUR SELF

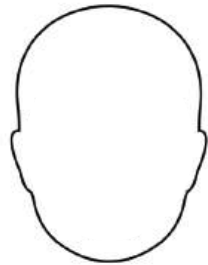
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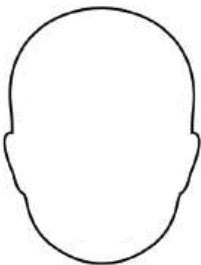
Capture your emotions through the power of facial expressions.

Let your inner feelings come to life as you draw and label each face with its corresponding expression.

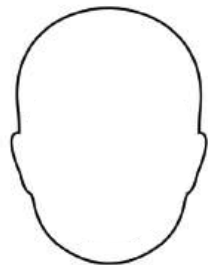












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Daily Prompt:

Take a moment to think about how you treat yourself when things don't go well. Do you give yourself the same kindness you'd give a friend? How can you be more compassionate to yourself?

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Daily Prompt:

Think about one self-care activity you can do today, whether it's going for a walk, taking a break, or listening to your favourite music. Write about how this makes you feel.

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Daily Prompt:

How has exploring self-love this week changed the way you think about yourself? Reflect on what you've learned and how you plan to continue practising self-love in your daily life.

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WEEK 2

PRACTISING SELF-COMPASSION

Hello,
How was the past week?

Were you able to journal every day? If yes, great. Keep it up; if not, try to reboot and catch up! This new week, you'll be examining Self-compassion. What is it, and what is it all about?

Self-compassion is all about being kind to yourself, especially when things don't go the way you expect. We're often quick to criticize ourselves for every mistake or challenge, but think about this—how would you treat a close friend who's struggling? You'd probably offer them comfort, understanding, and encouragement, right? That's what self-compassion is all about: treating yourself like you would a friend in times of difficulty.

This week, you'll focus on learning how to forgive yourself and be less harsh when things don't go as planned. Mistakes and setbacks are part of life, but instead of blaming yourself, practice understanding that it's okay not to be perfect. We all have moments where we feel like we've messed up, but being kind to yourself in those moments is what helps you bounce back stronger.

It also means recognizing that everyone goes through tough times—it's part of being human. Instead of feeling alone in your struggles, realize that others are experiencing similar things. This shift in how you look at this can help you feel more connected and less alone. It's not about ignoring your problems but approaching them carefully and patiently.

Take the next seven days to focus on treating yourself with kindness. When you face challenges or make mistakes, ask yourself: "How can I be more understanding towards myself in this situation?" Whether it's through positive self-talk, giving yourself time to rest, or acknowledging your efforts, practicing self-compassion will help you feel more resilient, more balanced, and more at peace with yourself.

So get ready to embark on this journey and treat yourself with the kindness, care, and respect you deserve.



DAILY JOURNAL

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Daily Prompt: Think about a recent time when things didn't go as planned.

How did you react? What could you say or do differently to be kinder to yourself in that situation?

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Mindfulness Moment:

Deep Breathing Instructions

- Find a comfortable and quiet place. Sit comfortably with your eyes closed.
- Take one minute to focus on your breath.
- With each inhale, repeat: "I am kind to myself"
- With each exhale, repeat: "I am at peace with myself"
- If your mind wanders, gently return it to the phrases.
- After one minute, take a deep breath in and out, and slowly open your eyes

Reflection:

How did repeating these phrases make you feel?

Can you carry this sense of self-kindness with you throughout your day?

This mindfulness moment is a simple yet powerful way to begin to develop self-compassion and kindness towards yourself.

Inspirational Quote:

"To love and be loved is to feel the sun from both sides."
- David Viscott

DAILY JOURNAL

Date: ____/____/____

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Daily Prompt: Write down three kind things you could say to yourself when you're feeling down or stressed.

Imagine these words coming from a friend who truly cares about you. (The designer will create the page and the outlook make space for the five things, and perhaps

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Daily Prompt: When you make a mistake, how do you usually treat yourself?

Take a moment to reflect on how you can show yourself forgiveness the next time things go wrong.

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Daily Prompt: Think of a challenge you've faced recently.

How did you overcome it, and what did you learn? How can acknowledging your resilience help you be more compassionate with yourself?

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Here's a new activity called Self-Compassion Mandala.

You are encouraged to try it out. The idea is to create a visual representation of self-compassion and kindness. Do not worry, an example will be shared Here are the Instructions:

- *Start by drawing a circle (or a mandala shape) on a piece of paper. 2*
- *Write down words or phrases that represent self-compassion and kindness in the center of the circle. Examples: "I am enough," "I am loved," "I am kind."*
- *Draw petals or shapes around the center, each representing an aspect of self-compassion, such as Gentleness; Understanding; Patience, and Forgiveness*
- *Decorate each petal with patterns, colors or shade if you do not have crayons or a coloring tool, or come up with images that produce strong feelings of warmth and kindness.*
- *Add a border or frame to the mandala, symbolizing protection and care. 6. Write a self-compassionate message or affirmation around the border.*

Here are some reflection questions:

What does self-compassion mean to me? How can I practice self-compassion in my daily life? What are some kind words or phrases I can use to comfort myself?

Tips:

- *Use colourful markers, coloured pencils, or paint to make it visually appealing.*
- *Add symbols or images that hold personal significance, such as a heart or a favorite animal.*
- *Create a digital version on a tablet or smartphone if preferred.*

This activity encourages self-reflection, creativity, and self-kindness, promoting a deeper understanding of self-compassion and its importance.

EXPRESS YOUR SELF

This space is a canvas for your self-expression. Whether you prefer to write, sketch, draw, or engage in any other form of creative expression, feel free to do so. This is your journal, a place where your unique voice and creativity can flourish.

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt:

Write about a time when you were too hard on yourself. How did that affect your mood? Now imagine how things might have felt if you'd shown yourself more understanding and care. (The designer will create the page and the outlook make space for the five things and perhaps

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Deep Breathing Instructions

- Sit comfortably with your eyes closed.
- Take one minute to focus on your breath.
- With each inhale, repeat: "I am kind to myself"
- With each exhale, repeat: "I am at peace with myself"
- If your mind wanders, gently return it to the phrases.
- After one minute, take a deep breath in and out, and slowly open your eyes

Reflection:

How did repeating these phrases make you feel?

Can you carry this sense of self-kindness with you throughout your day?

This mindfulness moment is a simple yet powerful way to begin to develop self-compassion and kindness towards yourself.

Inspirational Quote:

"To love and be loved is to feel the sun from both sides."
- David Viscott

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt:

Practise a simple self-care activity today, like taking a break or doing something that makes you happy. Reflect on how doing something nice for yourself helps boost your mental health.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

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- David Viscott

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt:

As you look back on this week, how has practising self-compassion helped you? What's one thing you'll continue doing to be kinder to yourself?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

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WEEK 3

SELF-CARE IN ACTION

How was the last seven days? Share with a friend if you do not mind. Okay, it is time to get into a new week, looking deeper into self-care and why it is important to care for you!

Self-care isn't just about taking time off or treating yourself to something nice (although that's great too!). It's about actively doing things that make you feel good—both physically and mentally. It's like pressing the reset button when life gets overwhelming (like too much), and it's one of the best ways to show yourself love and respect. This week, we're diving into what "self-care in action" looks like.

Self-care can be as simple as making sure you get enough sleep, eating foods that give you energy, or setting aside time to do something you love, like listening to music or hanging out with friends. It's also about creating healthy boundaries—saying "no" when you need a break or stepping away from stressful situations when you feel overwhelmed.

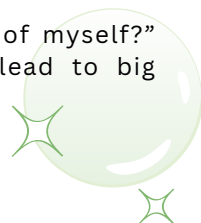
Also, self-care goes deeper, too. It's about checking in with yourself emotionally. Ask yourself: "How am I feeling today?" If you're feeling stressed, anxious, or sad, give yourself permission to rest, talk to someone, or engage in something that lifts your mood. Self-care is knowing when to stop and recharge, but also knowing when to push yourself out of a feeling stuck.

Think about the activities that make you feel good inside and out. Whether it's exercising, practicing mindfulness, journaling, or spending time with people who make you laugh—these are all forms of self care. The key is making time for these activities regularly, not just when you're feeling down or exhausted.

This week, we'll explore different ways to put self-care into action. Remember, it's not selfish to take care of yourself. In fact, it's necessary! When you make your well-being a priority, you're better equipped to handle whatever life throws at you.

So, ask yourself: "What can I do this week to take care of myself?" And then make it happen! Small, intentional actions lead to big improvements in how you feel.

Let's make self-care a habit, not just a one-time thing!



DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: How did you care for your mind, body, and spirit today?

Reflect on one thing you did today that made you feel good mentally, physically, or emotionally. How did it make you feel, and how can you make it a habit?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Deep Breathing Exercise: Take 10 minutes to practice mindful breathing. Find a quiet space, close your eyes, and focus on your breath—breathe in deeply for four counts, hold for four counts, and exhale for four counts. Repeat. You can also do this before bedtime. This simple exercise can calm your mind and reduce stress, leaving you feeling good and refreshed.

Inspirational Quote:

"Believe in yourself and all that you are. Know that there is something inside you that is greater than any obstacle." – Christian D. Larson

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: What's one activity that always lifts your mood?

Think of something that consistently brings you joy or peace. How can you make time for it regularly, even during busy days?

Mood tracker:

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Date: ____/____/____

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- _____
- _____
- _____

Daily Prompt: When was the last time you said “no” to protect your mental health?

Reflect on a time you set a boundary for your own well-being. How did it feel, and how can you practice setting boundaries more often?

Mood tracker:

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- _____
- _____

Daily Prompt: What's one area of your life where you've been neglecting self-care?

Is there something you've been putting off because life got too busy? How can you prioritise taking care of that area this week?

Mood tracker:

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EXPRESS YOUR SELF

Here's a fun and relaxing mindfulness moment for self-care. It is an imagination exercise called 'Self Care Oasis.'

Here's how you do it.

Find a quiet, relaxed and comfortable spot to sit or lie down. Next is to close your eyes and take five deep breaths. Imagine yourself in a peaceful, serene oasis (e.g., at a park, farm, field, sports ground, or anywhere that you know you will find that kind of space. Remember that it is all in the mind. You are imagining this place. Next is to visualize the sights (what you will see there), sounds, and sensations you will feel in striking detail. E.g the warm sun on your skin, the gentle breeze rustling leaves, and the soothing sounds of waves or birds.

You will now move to imagine a comforting, calming activity in this oasis (e.g., reading, swimming, napping, etc.). Allow yourself to fully relax and unwind in this imaginary place. Stay for 5-7 minutes, breathing deeply and feeling revitalized.

Reflection

Later, think about what happened by answering the following questions

- *What did your oasis look and feel like?*
- *How did you feel after spending time in your oasis?*

This mindfulness moment helps you unwind, relax, and prioritize self-care through visualization and imagination.

Would you like to create another one?

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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: What does “rest” mean to you?

Rest can mean different things to different people. Is it physical rest, emotional rest, or even taking a break from social media? How will you give yourself that rest today?

Mood tracker:

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Frustrated



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DAILY JOURNAL

Date: ____/____/____

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- _____
- _____
- _____

Daily Prompt: How do you feel after doing something kind for yourself?

Do one kind thing for yourself today— whether it's taking a long walk, eating your favourite meal, or having some quiet time. Write about how it made you feel.

Mood tracker:

Circle the emotion that stood out the most:



Happy



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Sad



Frustrated



Moody



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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

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- _____
- _____

Daily Prompt: How does self-care help you deal with stress?

Think about a time when practising self-care helped you cope with a stressful situation. What can you learn from that, and how will you apply it the next time you're stressed?

Mood tracker:

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WEEK 4

EMBRACING IMPERFECTION

Hello and welcome to this fresh week,

Do you know that no one's perfect, and guess what? That's totally okay!

We live in a world that often pressures us to be flawless—to have the perfect grades, friendships, looks, or even social media profiles. But the truth is, perfection is a myth, and trying to reach it can actually make life more stressful and less fun.

This week, it is about embracing your imperfections and realising that they're part of what makes you unique and amazing. Yes!

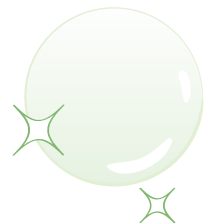
It's not about lowering your standards; it's about being kind to yourself when things don't go as planned. Instead of focusing on what went wrong or what you didn't do perfectly, try to see the beauty in your efforts and progress.

Celebrate the small wins, laugh at the little mistakes, and understand that every flaw is an opportunity to grow.

Remember, even the most successful people have stumbled many times. Embracing your imperfections means accepting yourself fully, and that's the real key to self-love.

So, how can you let go of perfection this week and focus more on simply being your authentic, incredible self?

Let's explore that together!



DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: What's one thing you're hard on yourself about?

Write about why it bothers you and how you could show yourself more kindness in that area

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Throughout this week, you will be writing on your EXPRESS YOURSELF page every day one thing you love about yourself. See how long or how short the list will be .

Inspirational Quote:

"You are enough just as you are. Confidence begins when you embrace your true self." - Unknown

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Think of a recent mistake you made.

Instead of focusing on what went wrong, write about what you learned from it and how you can use that lesson to grow.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Describe a time when things didn't go as planned.

How did you feel at the moment? Looking back, was the outcome really as bad as you thought?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: What's one thing you love about yourself that isn't "perfect"?

Reflect on how that trait or "imperfection" makes you unique and special.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



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EXPRESS YOUR SELF

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Think of someone you admire.

Are they perfect? Write about what you admire in them despite their imperfections.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Write a letter to your younger self.

What advice would you give about embracing flaws and loving yourself through the ups and downs?

Mood tracker:

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Sad



Frustrated



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DAILY JOURNAL

Date: ____/____/____

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- _____
- _____
- _____

Daily Prompt: How can you be more compassionate towards yourself today?

List three specific ways you can embrace imperfections and celebrate progress over perfection.

Mood tracker:

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Happy



Angry



Sad



Frustrated



Moody



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MONTHLY REVIEW PAGE

You will create a self-care plan with activities that make you feel good. Go ahead and look over the list of things you love about yourself that you wrote on the EXPRESS YOURSELF page. Ask yourself the question, why do you like the things you have listed about YOU?

Reflection Exercises:

Reflect on how you show yourself love and compassion. Think about a time when you felt proud of yourself and what led to that feeling. Consider which self-care activities help you feel recharged and refreshed. Finally, reflect on how practicing self-love has positively impacted your life.

Express the answers in whatever way you feel!

THIRD MONTH

DEVELOPING SELF-CONFIDENCE



Hey there!

This month, you are focusing on something super important - Self-confidence.

Now, let's be real—everyone struggles with confidence at some point. Whether it's about fitting in, how you look, or even feeling unsure about your future, these are things we all face. But here's the cool part: you can build confidence, just like a muscle!

Self-confidence isn't about being perfect. It's about believing in yourself, trusting your abilities, and knowing that, no matter what happens, you're enough. Imagine walking into a room, feeling comfortable in your own skin, and knowing you've got this! That's the power of self-confidence. But it doesn't happen overnight, and that's okay.

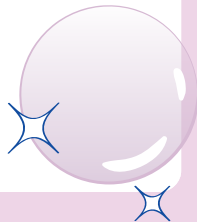
This month, you will explore how to build your confidence in fun, practical ways. We'll talk about facing challenges, celebrating wins (even the small ones), and how to handle setbacks without doubting yourself. You'll also learn to let go of what people think and focus on being your best self.

Ready to start this journey to a more confident YOU? Let's dive in and remember—confidence comes from within, and you've already got what it takes to shine!

AFFIRMATIONS

Say this out loud every day in this month and believe it. You can add to it as it comes to you. Write them in your journal and keep saying it over and over again. Whisper it, shout it - if you can!

- I am constantly growing and progressing.
- I believe in my ability to achieve my goals.
- I am capable of overcoming challenges.
- I am proud of my progress and the person I am becoming.



WEEK 1

UNDERSTANDING WHAT CONFIDENCE IS

Confidence can sometimes feel like a secret superpower—something you either have or you don't.

But the truth is, confidence isn't magic, and it is not something you're born with. It's something you build over time. Confidence comes from believing in yourself and trusting that you have what it takes, even when things are tough or uncertain.

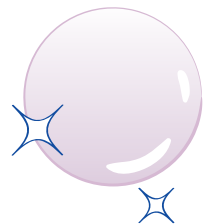
This week, you'll start to explore what self-confidence really means. It's not about being perfect or knowing all the answers. It's about knowing that you are capable, even when mistakes happen, or challenges arise.

Confidence allows you to try new things, take risks, and keep going, even when you're unsure of the result. Why is self-confidence so important? Because when you believe in yourself, you're more likely to pursue your dreams, speak up for what you need, and face challenges head-on.

This week is all about beginning that journey—discovering what confidence feels like and how you can start building it, step by step.

Remember, confidence doesn't come all at once. It's a process, and you're already on your way.

Get on with it!



DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: What does confidence mean to you?

Could you write down your thoughts on what confidence looks and feels like? Do you think confidence is something people are born with or something you can learn and build over time?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Visualization: Spend at least 5-10 minutes daily to imagine. Visualize a future success. Play the actor's role in your imagination – how will the place look? What will you be wearing? How do you feel? And feel it NOW! What sound can you identify? To help you focus – stay on one success you want to achieve throughout this week.

Inspirational Quote:

"Growth is never by mere chance; it is the result of forces working together."
- James Cash Penney

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Think of someone you admire for their confidence. What is it about them that stands out to you?

Please think about what qualities or behaviours you look at in others when it comes to confidence. How do they carry themselves, and what can you learn from them?

Mood tracker:

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Date: ____/____/____

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- _____
- _____
- _____

Daily Prompt: Write about a time when you felt confident, even if it was just for a moment.

Think of a time when you felt sure of yourself. What were you doing, and what made you feel that way? And how can you create more moments like this in your life?

Mood tracker:

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- _____
- _____
- _____

Daily Prompt: What makes you doubt yourself?

You can explore the moments when your confidence dips. What situations, thoughts, or feelings make you second-guess yourself, and how can you challenge these doubts?

Mood tracker:

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EXPRESS YOUR SELF

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: What is one small thing you can do today to boost your confidence?

Pick one action, no matter how small, that you can take today to build your confidence. It could be speaking up in class, trying something new, or simply giving yourself a compliment.

Mood tracker:

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Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: How does your body language affect how confident you feel?

Could you take a moment to reflect on how you hold yourself? Does your posture change when you feel confident versus when you feel unsure? How can changing your body language improve your self confidence?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Visualization: Spend at least 5-10 minutes daily to imagine. Visualize a future success. Play the actor's role in your imagination – how will the place look? What will you be wearing? How do you feel? And feel it NOW! What sound can you identify? To help you focus – stay on one success you want to achieve throughout this week.

Inspirational Quote:

"Growth is never by mere chance; it is the result of forces working together."
- James Cash Penney

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: What is something you are good at, and how can you use this strength to build your confidence?

Identify a skill, talent, or quality that you know you're good at. How does it make you feel when you use this strength, and how can it help you feel more confident in other areas of your life?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Visualization: Spend at least 5-10 minutes daily to imagine. Visualize a future success. Play the actor's role in your imagination – how will the place look? What will you be wearing? How do you feel? And feel it NOW! What sound can you identify? To help you focus – stay on one success you want to achieve throughout this week.

Inspirational Quote:

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- James Cash Penney

WEEK 2

OVERCOMING SELF-DOUBT

Hey there,

Self-doubt is something we all face from time to time. This week you shall be looking eye ball to eye ball the monster called self-doubt.

Maybe you've questioned whether you're good enough or worried about what others think sometimes in your life. Do you know what it is?

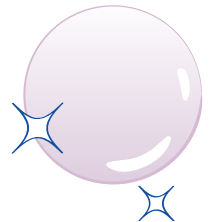
It's that little voice in your head that makes you second-guess yourself, even when you're fully capable. This week, you'll dig deeper into how to recognise self-doubt when it shows up, but more importantly, how not to let it take control of your actions.

Overcoming self-doubt starts with focusing on your strengths rather than your weaknesses. When those negative thoughts creep into your mind, ask yourself: "Is this really true, or am I just being hard on myself? The goal is not to avoid self-doubt completely (because it will come up) but to handle it in a way that doesn't stop you from going after what you want.

You'll explore practical techniques for managing those moments when self-doubt starts to take over. Whether it's changing the way you talk to yourself, learning to focus on your achievements, or simply giving yourself permission to make mistakes, this week is all about pushing through those doubts and growing stronger.

Remember, self-doubt is just a feeling—it doesn't define who you are or what you're capable of.

Get ready to take the driver's seat!



DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: What doubts have been holding you back recently?

Write them down and reflect on whether they are based on facts or feelings. How do they affect your decisions?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Notice the Voice, Not the Words

This week, take note of when self-doubt arises, acknowledge the voice in your head, but don't focus on the words. Imagine the voice as a separate entity, like a curious observer. Then, gently ask the voice, "What's the intention behind these thoughts?" or "What's driving this self-doubt?" This helps detach from the thoughts and understand the underlying motivations.

Inspirational Quote:

"The greatest weapon against stress is our ability to choose one thought over another."
- William James

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Think about a time when you doubted yourself but managed to succeed anyway.

Write them down and reflect on whether they are based on facts or feelings. How do they affect your decisions?

Mood tracker:

Circle the emotion that stood out the most:



Happy



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- William James

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: What are three things you are proud of that you've achieved?

Think about how you felt during those moments and how they contradict any negative thoughts you have about yourself.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Identify a situation where you often experience self-doubt.

How could you reframe your thinking in that moment to focus on your strengths instead of your weaknesses?

Mood tracker:

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Sad



Frustrated



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- William James

EXPRESS YOUR SELF

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Here's a fun activity for you! Be creative – create your own avatar hero.

It's called 'Self-Doubt Smackdown: Afrobeats Edition.' Follow the instructions:

- *Think of a popular Afrobeats song that motivates and inspires you (e.g., Wizkid's "Essence" or Tiwa Savage's "Koroba").*
- *Write down the lyrics that resonate with you the most.*
- *Identify a situation where self-doubt holds you back (e.g., speaking up in class, trying out for a sports team, or asking someone out).*
- *Create a short rap or poem (even if you're not a great rapper!) using the inspiring lyrics as a starting point.*
- *Address your self-doubt directly in the rap, using confident and affirming language.*
- *Perform your rap (even if it's just in front of a mirror or with friends) with swagger and conviction!*

Reflection

Later, think about what happened by answering the following questions

- *How did using Afrobeats inspire you to tackle self-doubt?*
- *What lyrics or phrases can you carry with you to boost confidence?*

This activity combines the power of music with self-expression to help you overcome self-doubt and build confidence.

This activity creatively confronts self-doubt, helping you reframe negative thoughts and build confidence.

Want to create another one?

EXPRESS YOUR SELF

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Write down some positive affirmations that you can say to yourself when self-doubt creeps in

How does speaking kindly to yourself change the way you feel?

Mood tracker:

Circle the emotion that stood out the most:



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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Who in your life helps you feel confident?

Think about how their support makes you feel and why it's important to surround yourself with people who lift you up, and make you feel good about yourself.

Mood tracker:

Circle the emotion that stood out the most:



Happy



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Sad



Frustrated



Moody



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- William James

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Imagine a future where you've overcome your current doubts.

What would your life look like? How would you act differently, and what steps can you take now to move toward that future?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



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Inspirational Quote:

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- William James

WEEK 3

CELEBRATING YOUR ACHIEVEMENTS

Welcome to the new week,

As human, we tend to focus on our mistakes or things that didn't go as planned, forgetting to acknowledge the things we've done right.

This week is all about changing that mindset and recognizing your achievements—whether they're big or small. Achievements aren't just about trophies or top scores; they can be personal wins, like making it through a tough day or learning something new about yourself.

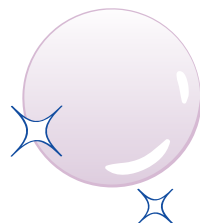
When you take a moment to reflect on how far you've come, it's a reminder of how capable you are. By celebrating your progress, you're building your self-confidence and encouraging yourself to keep moving forward.

It's important to give yourself credit for the efforts you make each day. This week, focus on celebrating those wins and reminding yourself that every step forward is worth mentioning.

Let this be a week of looking at what's gone right, no matter how small, and giving yourself the recognition you deserve.

You've come this far, and that's something to be proud of!

We celebrate you!



DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: What's something you achieved this week, no matter how small? How did it make you feel?

Taking time to acknowledge even the small wins helps you see your progress. Write about an achievement, big or small, that made you proud.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Pause and Taste the Flavour:

Throughout this week, pause and take a deep breath when you achieve something, no matter how small. Notice the feelings of accomplishment (success), pride, and joy in your body. Taste the moment like a delicious meal - slowly, intentionally, feel it and be grateful. Repeat the phrase, "I celebrate myself" or "I am enough" to strengthen and boost your self-appreciation.

Inspirational Quote:

"The only way to achieve the impossible is to believe it is possible."
- Charles Kingsleigh

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Think of a time when you surprised yourself by doing something you didn't think you could. What was it, and how did it change your perspective of yourself?

Reflect on a moment when you exceeded your own expectations. How did it make you feel about your abilities?

Mood tracker:

Circle the emotion that stood out the most:



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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: What's something you've done recently that others might overlook but is a big deal to you?

Often, we celebrate the big things, but the small, personal wins are just as important. Write about a personal achievement you're proud of that others might not know.

Mood tracker:

Circle the emotion that stood out the most:



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Moody



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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: How do you usually celebrate your achievements? If you don't, what are some ways you could start?

Celebrating doesn't have to be flashy. Think of ways you can reward yourself for the progress you make. How can you make it a habit to acknowledge your achievements?

Mood tracker:

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Happy



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Frustrated



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EXPRESS YOUR SELF

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Focus on Evidence:

In moments of self-doubt, take a step back and look at the facts. Think about times when you've succeeded or overcome a challenge. Write down or mentally list your achievements to remind yourself of what you're capable of. This helps ground your thoughts and proves that you have the skills and resilience to push through difficult moments.

EXPRESS YOUR SELF

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: What's the most recent challenge you've overcome? What did you learn from it, and how can you celebrate that growth?

Reflect on a recent challenge. How did you push through it, and what have you learned about your resilience and ability to adapt?

Mood tracker:

Circle the emotion that stood out the most:



Happy



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Frustrated



Moody



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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Think of someone who has helped you achieve something recently. How can you show gratitude to them, and how does this support make a difference in your life?

Reflect on a recent challenge. How did you push through it, and what have you learned about your resilience and ability to adapt?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

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- Charles Kingsleigh

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Take a moment to reflect on the journey you've been on so far. What's something you're proud of from the past year? How will you continue building on that?

Sometimes, it's helpful to look at the bigger picture. Write about an achievement from the past year and how you can keep moving forward, building on that success.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

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- Charles Kingsleigh

WEEK 4

TAKING RISKS AND LEARNING FROM FAILURE

Hello!

You are doing great! This is the last week in the first quarter of the year.

Time to see what this week has to offer in your journey to improve your mental health and overcome self-doubt.

Taking risks might feel scary, but it's a key part of growing your confidence. When you try something new or step out of your comfort zone, you're showing belief in yourself, even if you're nervous.

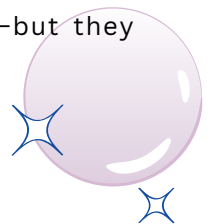
This week, you're going to focus on the power of embracing challenges and understanding that it's okay to fail. Every mistake you make teaches you something, and each time you take a risk, you get a little stronger.

Instead of fearing failure, you'll learn how to see it as a stepping stone toward success. Taking risks doesn't mean being reckless; it means pushing yourself to try, even when things feel uncertain.

By the end of this week, you'll understand that every time you challenge yourself, you're giving yourself the opportunity to grow into the confident, resilient person you're meant to be.

Fun Fact: Did you know that Michael Jordan, one of the greatest basketball players of all time, missed over 9,000 shots in his career? He said, "I've failed over and over and over again in my life. And that is why I succeed."

Even the most successful people have faced failure—but they never let it stop them from trying again!



DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Reflect on a time when you took a risk.

What motivated you to take that step, and how did it feel before and after? Did it lead to success or failure? How did you handle the outcome

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Embracing the Storm

When it rains, the weather gradually turns to a storm with lightning and thunder. It can be unpredictable how this will affect us. Sometimes, there may be heavy wind and flood! Power our rage – no electricity, trees and electric poles falling, bridges collapsing, and so on and so forth. How do you feel during a storm? You are going to use the storm in this mindfulness moment this week.

To start, find a quiet spot, sit comfortably, and close your eyes. Then, visualise (means to imagine with eyes closed) a challenging situation (e.g., exams, peer pressure, or personal goals). Imagine yourself standing in the midst of a storm with strong winds and rain. Notice your thoughts, emotions, and physical sensations. Now, visualise roots growing from your feet, deep into the earth, helping to hold you strong regardless of the strong wind and heavy rains. As the storm rages on, repeat: "I am grounded," "I am strong," or "I can weather this. Stay for about 5-7 minutes, breathing deeply.

Inspirational Quote:

"Do not wait to strike till the iron is hot but make it hot by striking."
- William Butler Yeats

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Think about a failure or mistake you've made in the past.

How did you respond to it? What did you learn from that experience that you carry with you today?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

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- William Butler Yeats

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: What's something you've been afraid to try because you fear failing?

Write about what could happen if you succeeded instead. How would it feel to take that risk and discover something new?

Mood tracker:

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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: How do you usually react to failure? Do you tend to give up or push through?

What's one thing you could change about your reaction to failure to help you learn and grow from it?

Mood tracker:

Circle the emotion that stood out the most:



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Try this technique called the 'Fail Forward' Challenge

What is it?

The "Fail Forward" Challenge is a fun and motivating way to help you get comfortable with taking risks and learning from mistakes. The goal is to try something new each week that takes you out of your comfort zone—something that you might not be great at right away. The twist? You celebrate your failures as steps towards growth!

How to do it:

1. **Pick a Challenge:** Choose an activity that feels a little risky—maybe it's trying out a new skill, speaking up in class, or starting a conversation with someone new. The key is to try something that stretches you.
2. **Do It!** Now, make the attempt and give it your best shot, knowing it's okay if you don't succeed perfectly.
3. **Celebrate the Attempt:** Whether it went well or not, celebrate the fact that you tried. Share your experience with a friend or write it down in your journal.
4. **Reflect:** After your challenge, think about what you learned. Did you discover something new about yourself? How can you use what you learned to take more risks next time?

Why it works:

It's a de-stresser because you're shifting the focus from being perfect to simply trying and learning. You get to have fun, challenge yourself, and realise that failure is just part of the journey! Yipee!

EXPRESS YOUR SELF

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Think of someone you admire who has taken risks and faced failure.

What did they do to overcome their challenges? How can you apply their approach to your own life?

Mood tracker:

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Embracing the Storm

When it rains, the weather gradually turns to a storm with lightning and thunder. It can be unpredictable how this will affect us. Sometimes, there may be heavy wind and flood! Power our rage – no electricity, trees and electric poles falling, bridges collapsing, and so on and so forth. How do you feel during a storm? You are going to use the storm in this mindfulness moment this week.

To start, find a quiet spot, sit comfortably, and close your eyes. Then, visualise (means to imagine with eyes closed) a challenging situation (e.g., exams, peer pressure, or personal goals). Imagine yourself standing in the midst of a storm with strong winds and rain. Notice your thoughts, emotions, and physical sensations. Now, visualise roots growing from your feet, deep into the earth, helping to hold you strong regardless of the strong wind and heavy rains. As the storm rages on, repeat: "I am grounded," "I am strong," or "I can weather this. Stay for about 5-7 minutes, breathing deeply.

Inspirational Quote:

"Do not wait to strike till the iron is hot but make it hot by striking."
- William Butler Yeats

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: What's one small risk you could take this week to step out of your comfort zone?

How can this action help you grow, even if it doesn't go perfectly?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Failure isn't the end— it's a stepping stone.

Reflect on how taking risks and embracing failure can build your confidence and resilience. What's the next challenge you're ready to take on?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

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- William Butler Yeats

MONTHLY REVIEW PAGE

PERSONAL GROWTH

How was this month's journal experience? Is there anything new you have learnt in your mental health journey? Think about the you before the month began and at now? Is there any changes, growth, etc.... Do a mental check and give yourself a thumbs up for moving forward , no matter how small.

Attempt setting a personal growth goal for the new month. Once you have that figured out. Remember there is power in writing it down. Next is to create a vision board with your aspirations. Put up something visual that will help you keep remembering and taking action to achieve it.

Reflection Exercises:

Think about the areas of your life you want to improve. Reflect on a challenge you overcame and what you learned from that experience. Consider how you have grown in the past few months. Finally, identify the steps you can take to continue growing and improving.

FOURTH MONTH

MANAGING STRESS AND ANXIETY



Hello,

It's time to celebrate yourself. No matter what you happened in your past. Life can sometimes feel overwhelming, and it's normal to experience stress and anxiety, especially with everything going on— school, friendships, family, and just figuring out who you are. But here's the thing: stress isn't always bad! It can motivate you to get things done. The key is learning how to manage it so it doesn't take over your life.

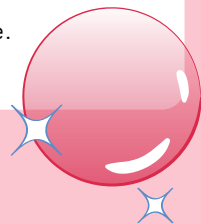
This month, we're going to explore how you can handle stress and anxiety in a healthy way. You'll discover fun activities, relaxation techniques, and new habits that can help you feel calmer and more in control. Whether it's through deep breathing exercises, journaling your thoughts, or getting active, there are plenty of ways to manage stress that don't have to be boring or complicated.

Stress is a part of life, but when you learn how to deal with it, you become more resilient and able to handle whatever comes your way. This month is all about building that resilience and creating a toolkit for those stressful days.

Fun Fact: Did you know that laughter reduces stress? Yep, it's true! Laughing triggers the release of endorphins, the body's destressing chemicals, which can help reduce tension and make you feel more relaxed. So, the next time you're feeling stressed, put on your favourite comedy or hang out with someone who makes you laugh—it's like a mini workout for your brain!

AFFIRMATIONS

- I communicate openly and honestly with others.
- I deserve to be treated with respect and kindness.
- I attract positive and supportive relationships into my life.
- I am a good friend and listener.



WEEK 1

RECOGNISING STRESS AND ANXIETY

Sometimes, we can feel stressed or anxious without even realising it. It might show up as being extra tired, feeling easily irritated, or just having a million thoughts racing through your mind. Recognising when you're feeling stressed is the first step in managing it.

This week is all about becoming more aware of how stress and anxiety show up for you.

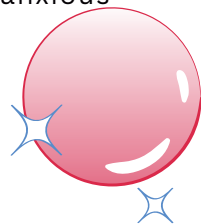
Take a moment each day to check in with yourself. How is your body feeling? Are your shoulders tense? Is your mind racing? By understanding your stress signals, you can start to take action before things get overwhelming.

In the next seven days, you'll explore different ways to recognize those signs early so you can manage stress in a healthy way before it builds up.

Pay attention to your emotions, your body, and your reactions. It's not about fixing everything right away but being aware of when you need to slow down and take care of yourself.

Fun Fact:

Did you know that taking deep breaths can actually calm your nervous system? When you're stressed, your body goes into "fight or flight" mode, but deep breathing signals to your brain that everything is okay, helping you relax. Try taking a few deep breaths next time you're feeling anxious—it's a super simple way to feel better instantly!



DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: What does stress feel like in your body?

Take a few moments today to notice any tension, discomfort, or restlessness in your body. Where do you feel it most—your head, shoulders, stomach? Write about how stress shows up for you physically.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Breathe, Body, Balance:

When feeling stressed or anxious this day, focus on your breath. Notice physical sensations in your body (e.g., tension, numbness). Finally, bring balance by repeating: "Breathe in calm, breathe out stress" or "My body is strong, my mind is clear."

Inspirational Quote:

"The most important thing in communication is hearing what isn't said."
- Peter Drucke

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: What thoughts race through your mind when you're anxious?

When anxiety takes over, our minds can feel like they're spinning. Write about some of the thoughts that tend to pop up when you feel anxious. How do these thoughts make you feel, and how can you calm them?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: What activities or situations make you feel stressed?

Identify a few things that cause stress in your daily life. Is it schoolwork, social situations, or family expectations? Understanding what triggers your stress can help you plan how to deal with it.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: How do you usually react when you're stressed or anxious?

Do you withdraw, get angry, or feel overwhelmed? Reflect on your typical reactions to stress and anxiety. Is there anything you want to change about how you respond?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

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EXPRESS YOUR SELF

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EXPRESS YOUR SELF

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: What helps you relax when you're feeling stressed?

Think about the things that help you unwind when you're feeling anxious or tense. Is it listening to music, going for a walk, or talking to a friend? Make a list of your go-to activities.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: What's one small change you can make today to reduce your stress?

Whether taking a short break, doing a quick breathing exercise, or limiting how much you can take on, write about one thing you can do today to feel more in control of your stress.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: How do you feel after reflecting on your stress and anxiety this week?

Take time to look back at your reflections over the week. How has becoming more aware of your stress helped you? What new things have you learned about yourself?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

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WEEK 2

HEALTHY COPING MECHANISMS

We all face stress, anxiety, and difficult emotions from time to time. The key to getting through these tough moments is learning healthy ways to cope.

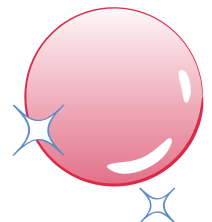
Healthy coping mechanisms are positive actions or habits that help you deal with stress without making things worse. This week, we'll explore what it means to cope in a healthy way and how you can build habits that keep your mind and body strong.

You'll discover different coping techniques, from journaling to physical activity, that you can use to calm your mind and help you feel more in control.

Remember, it's okay to feel overwhelmed sometimes—what's important is how you handle it. So, let's learn how to handle life's challenges in a way that leaves you feeling better, not worse.

Fun Fact:

Did you know that laughing can reduce stress? Laughter triggers the release of endorphins, the body's natural feel-good chemicals. So, don't forget to smile and find time for things that make you laugh!



DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: What's one small thing you do that helps you relax when you feel stressed?

Take a few moments today to notice any tension, discomfort, or restlessness in your body. Where do you feel it most—your head, shoulders, stomach? Write about how stress shows up for you physically.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Roots of Resilience

Identify healthy coping mechanisms (e.g., exercise, journaling, dancing, singing, basket balling, football, talking to friends). Visualize these mechanisms as roots growing from within you. Nurture these roots daily to strengthen resilience.

Inspirational Quote:

"Good communication is just as stimulating as black coffee and just as hard to sleep after." - Anne Morrow Lindbergh

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Think about a time when you felt overwhelmed.

What coping mechanism did you use? Looking back, was it helpful or not? What could you try next time? Example: Writing down your thoughts or listening to calming music.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Physical activity can be a great way to release stress.

What's your favourite way to move your body? How do you feel afterwards? Share the feeling! Example: Dancing, playing sports, or even stretching

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Sometimes, talking to someone can be the best way to cope with stress.

Who's one person in your life you feel comfortable talking to when things get tough? How does sharing your feelings help? Example: A friend, family member, or mentor.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

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*Check out this fun Activity: Slam Poetry: **My Coping Mechanisms***

Write a short poem about your favourite healthy coping mechanisms. You can share with friends or family using expressive gestures. Encourage others to write and share their poems. Celebrate the diversity of healthy coping mechanisms.

EXPRESS YOUR SELF

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Creative activities like drawing, writing, or playing music can help reduce stress.

What's one creative outlet you enjoy, and how does it help you when you're feeling down? Example: Drawing doodles or journaling.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



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Indifferent

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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Healthy coping isn't just about what you do but also what you avoid.

Is there a habit you've noticed that doesn't help you cope with stress? How can you replace it with something more positive? Example: Scrolling through social media when feeling anxious.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Think about today. Did you use any coping mechanisms to handle stress?

How did they help, and how can you continue to build healthy habits in your daily routine? Example: Mindfulness practices or taking short breaks to clear your head.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

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WEEK 3

MINDFULNESS AND RELAXATION TECHNIQUES

Hello,

How was last week and digging deeper into coping mechanisms?

We all have days when everything feels overwhelming, but the good news is that there are ways to calm down and reset. This week, you'll explore mindfulness and relaxation techniques, which can help you manage stress and anxiety. Mindfulness is about being present in the moment, focusing on how you feel without judgement. It's about giving your brain a break from worrying about the past or the future.

Relaxation techniques, like deep breathing and progressive muscle relaxation, can help you release tension and feel more grounded. These simple practices help you stay in control when life feels too chaotic.

Fun Fact:

Did you know that just five minutes of focused breathing can lower your heart rate and reduce stress levels? Your body starts to relax almost immediately, giving you a quick mental break from stress. This week, we'll try different techniques to see which ones work best for you. You'll discover that even small moments of mindfulness and relaxation can make a big difference to your overall mood and mental health.

Mindfulness Techniques:

This week the daily prompts will introduce simple mindfulness and relaxation techniques to help you stay calm and focused. Each prompt encourages self analysis and gives you the chance to reflect on how each activity makes you feel, providing stress relief and space to express your emotions.

By the end of this week, you'll have some practical tools to manage stress that you can use anytime you need a mental reset. It's all about slowing down and giving yourself permission to breathe.



DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Mindfulness and Relaxation Techniques

Progressive Muscle Relaxation

Tense each muscle group for five seconds, then release. Start from your feet and work your way up to your head. Did you notice a difference in how your muscles felt after tensing and relaxing them? How did this exercise impact your stress levels?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Active Listening:

Practice listening without interrupting.

Inspirational Quote:

"The quality of your life is the quality of your relationships." – Tony Robbins

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Body Scan Meditation

Lie down or sit comfortably and focus on each part of your body, from your toes to your head. Notice any tension and consciously relax each area. Where did you notice the most tension in your body? How did you feel after completing the body scan?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



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Mindfulness Moment:

Active Listening:

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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Visualization

Close your eyes and imagine a peaceful place—a beach, farm, field, or somewhere you feel calm. Spend five minutes there in your mind. What did your peaceful place look like? How did it make you feel? Did it help shift your mood?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



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Indifferent

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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Deep Breathing

Today, try the deep breathing exercise. Inhale slowly for four counts, hold for four, and exhale for six. Do this for five minutes. How did your body feel before and after the breathing exercise? What thoughts or feelings came up during the practice?

Mood tracker:

Circle the emotion that stood out the most:



Happy



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Sad



Frustrated



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Which healthy coping mechanisms resonated with you? How can you incorporate them into your daily life? Express yourself!

EXPRESS YOUR SELF

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Mindful Walking

Take a short walk, focusing on your steps, the sounds around you, and your breathing. Be present in the moment. What did you notice on your walk that you usually wouldn't? How did being mindful affect your experience of walking?

Mood tracker:

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Sad



Frustrated



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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Gratitude Meditation

Sit quietly and think of three things you're grateful for. Focus on how they make you feel and let yourself appreciate them fully. What are you grateful for today? How did focusing on gratitude change your mood or perspective?

Mood tracker:

Circle the emotion that stood out the most:



Happy



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Sad



Frustrated



Moody



Indifferent

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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Breath Counting

Sit still, close your eyes, and count each breath up to 10, then start over. If your mind wanders, gently bring it back to counting. How did it feel to focus solely on your breath? Did your mind wander? How did you bring it back to the breath?

Mood tracker:

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Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Active Listening:

Practice listening without interrupting.

Inspirational Quote:

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WEEK 4

BUILDING RESILIENCE

This week, we shall be looking at resilience. What is resilience and do you become resilience?

Resilience is your ability to bounce back from tough situations. It's like a muscle—the more you use it, the stronger it gets! We all face challenges, whether it's dealing with stress at school, managing family issues, or overcoming personal struggles.

In the next seven days, we're focusing on how to build resilience so you can navigate life's ups and downs with more confidence.

Think of resilience as your inner strength. It's not about avoiding difficulties but learning how to get through them and grow from the experience.

You will explore how to stay positive during hard times, how to keep going even when things get tough, and how to use your setbacks as steppingstones to success.

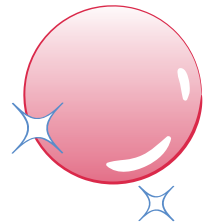
The key to resilience is believing in your ability to adapt and improve. By the end of this week, you'll have practical ways to strengthen your resilience and feel more equipped to handle whatever life throws at you.

Fun Fact:

Did you know that humans are wired for resilience? Your brain naturally adapts and rewires itself to overcome challenges through a process called "neuroplasticity." This means you're more capable of bouncing back than you might realize!

Building resilience will not only help you manage stress but also give you the courage to face new challenges with confidence.

You've got this!



DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Reflect on a time when things didn't go as planned. How did you handle it?

Think about a difficult situation that you overcame. What did you learn from it, and how did it help you grow stronger?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Mindful Breathing:

Find a quiet place or time. Sit with your back straight and comfortably. Take deep breaths through your nose and exhale through the mouth with the lips slightly open. Focus on your breath, observing its rhythm and sensation, calming your mind and body.

Inspirational Quote:

"Healthy relationships are built on mutual respect, trust, and communication. Cherish the people who uplift and support you." - Unknown

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: What's one thing you can do today to make yourself feel more resilient?

This could be a small action, like practising positive self-talk or tackling a challenge you've been avoiding.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Who inspires you with their resilience?

Write about someone you admire for their strength in difficult times. How can you learn from their example?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: How do you usually react to setbacks?

Do you give up easily, or do you push through? Reflect on your natural responses and consider how you might approach future challenges differently.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

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EXPRESS YOUR SELF

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Resilience Shield

- *Draw a shield with six sections.*
- *Write a resilience tool or tip in each section (e.g., gratitude, self-care, support network).*
- *Colour and decorate your shield.*
- *Share with friends or family, discussing how each section helps build resilience.*

EXPRESS YOUR SELF

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: What strengths do you have that help you bounce back from tough times?

List at least three strengths or qualities that make you resilient. How can you rely on these when life gets hard?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Mindful Breathing:

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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: What's one challenge you're currently facing? How can you turn it into an opportunity for growth?

Take a moment to reframe a current struggle as a chance to build resilience. What lessons can you take from it?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: How do you practice self-care to support your resilience?

Self-care is a key part of resilience. Write down ways you can take care of yourself, especially during difficult times, to help you stay strong.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Mindful Breathing:

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MONTHLY REVIEW PAGE

Monthly Activities:

- *Plan a fun activity with a friend or family member.*
- *Write about the qualities you value in a relationship.*

Reflection Exercises:

Reflect on what makes a relationship healthy. Think about a time you resolved a conflict in a relationship and how you did it. Consider how you show appreciation to those you care about. Lastly, reflect on what you have learned from your relationships.

FIFTH MONTH

BUILDING HEALTHY RELATIONSHIPS



It's the fifth month!
How are you doing with your journal?
Keep on it!

This month, we shall be taking a deeper look at relationships and how to build them.

Relationships are a huge part of our lives—whether they're with friends, family, or even classmates. The connections we form can have a big impact on our happiness and well-being. But healthy relationships don't just happen; they're built with trust, respect, and understanding.

In the next four weeks, you'll dive into what it means to have healthy relationships in all areas of your life.

You'll explore how to recognise positive and negative behaviours in relationships, how to communicate openly and honestly, and most importantly, how to respect both your boundaries and those of others. Whether it's learning to handle conflicts in a positive way or figuring out who truly supports you, this month will give you the tools to build better connections with the people around you.

Remember, relationships aren't just about others—they're also about how you treat yourself. So, while you're learning how to grow healthy relationships with others, don't forget to show yourself the same kindness, love, and respect.

Fun Fact: Did you know that people with strong, supportive relationships are generally happier and healthier? It's true! Healthy relationships can boost your mood, lower your stress levels, and even improve your mental and physical health. So, it's not just about having friends; it's about having the right kind of friends!

This monthly theme encourages you to reflect on the importance of building healthy, respectful, and supportive relationships, using practical tools for navigating different types of relationships.

AFFIRMATIONS

- I am a loyal and caring friend.
- I enjoy meeting new people and forming new connections.
- I value the friendships I have and work to build them.
- I am surrounded by friends who uplift and support me.



WEEK 1

UNDERSTANDING HEALTHY RELATIONSHIPS

It's a new week!

We start by understanding what a healthy relationship is. This will help you to know what types of relationships you have now so you can begin to work on them.

Healthy relationships are all about balance. They're built on trust, respect, and understanding, and they help us grow into the best versions of ourselves. Whether it's a friendship, family bond, or romantic relationship, it should make you feel supported, heard, and valued. This week, we'll dive into what healthy relationships look like and why they're so important.

A healthy relationship means being able to communicate openly, feeling safe to be yourself, and having boundaries that are respected. It's about lifting each other up and not tearing each other down. If someone constantly makes you feel bad or doesn't respect your boundaries, it might be time to think about whether that relationship is truly healthy.

Remember, healthy relationships go both ways. It's not just about what others do for you, but also how you treat them.

Being kind, listening, and showing respect are just as important. As we go through this week, you'll learn how to spot the signs of a healthy relationship and how to build them in your life.

Fun Fact:

Did you know that people who experience healthy relationships often have better mental health and lower stress levels? That's because strong connections can act as a "shield to protect" during tough times, helping you feel supported and less alone.



DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Think of a person in your life who makes you feel supported and understood.

What do they do that makes you feel valued? Write about why those qualities are important in a healthy relationship.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Throughout this week, you will use this technique called 'Mindful Socializing.' It works by making yourself to be present and engaged in conversations. It is like active listening, where you give attention to listening when someone is having a conversation with you. Also, you will do the 'Gratitude Meditation' by reflecting on the friends you are grateful for.

Inspirational Quote:

"Every new friend is a new adventure...the start of more memories."
- Patrick Lindsay

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: How do you know when someone respects your boundaries?

Think of a situation where someone respected your limits and how that made you feel. Reflect on why respecting boundaries is essential in any relationship.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Describe a time when you and a friend or family member disagreed.

How did you handle it? Were you able to communicate openly and respectfully? Explore the importance of communication in resolving conflicts while maintaining a healthy relationship

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

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- Patrick Lindsay

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: What do you bring to your relationships?

List three qualities that make you a good friend, partner, or family member. Consider how showing kindness, empathy, and support contributes to healthy relationships

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



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EXPRESS YOUR SELF

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Think of a relationship that no longer feels healthy.

What are some signs that it might be unbalanced or toxic? Write about how you can approach this situation and protect your mental health.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



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- Patrick Lindsay

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: In a healthy relationship, both people should feel comfortable being themselves.

Do you feel free to be yourself around your friends or family? Why or why not? Reflection: Reflect on how authenticity helps build stronger, healthier connections.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

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- Patrick Lindsay

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: What's one thing you can do this week to improve a relationship in your life?

Set an intention to practice better communication, respect boundaries, or show more kindness, and write about how it affects your connection.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

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- Patrick Lindsay

WEEK 2

COMMUNICATING EFFECTIVELY

Communication is the foundation of any healthy relationship. Whether you're talking to friends, family, or even teachers, how you express yourself and how you listen to others can either strengthen or weaken those connections. Good communication isn't just about talking—it's about listening too. It's about being honest, clear, and respectful, even when you disagree.

This week, we're going to focus on how you can communicate more effectively. It's not just about saying what's on your mind but also understanding the other person's perspective. We'll explore ways to express your feelings without hurting others and how to listen, so others feel heard. By the end of the week, you'll have more tools to communicate better and build stronger, healthier relationships.

Fun Fact:

Did you know that about 70-93% of communication is non-verbal? This means that body language, facial expressions, and tone of voice can sometimes say more than words!

Why Communication Matters:

Express Yourself Clearly: Sharing your thoughts and feelings openly makes it easier for others to understand and connect with you.

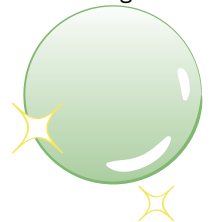
Avoid Misunderstandings: Good communication helps clear up any confusion, reducing conflict and frustration.

Build Trust: When you're honest and transparent, you build trust and make your relationships stronger.

The daily prompts for this week are designed to enhance communication skills, encourage introspective thinking, and provide a valuable outlet for expressing your feelings and opinions, ultimately leading to an improved mental health and stronger relationships.

Effective communication isn't about being perfect—it's about being genuine and respectful.

So, let's get ready to work on those skills!



DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Reflect on a recent conversation where you felt truly heard

What did the other person do that made you feel that way? Write about the importance of feeling heard and how it affects your feelings towards the conversation.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

This week, listen without judgement. You will need to do this exercise with another person. Pair up with a friend or family member to discuss a topic (you can choose any) without interrupting. Notice nonverbal cues by identifying and practicing using positive body language.

Inspirational Quote:

"Personal growth is not a matter of learning new information but unlearning old limits."
- Alan Cohen

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Think of a time when a misunderstanding occurred because of poor communication.

What went wrong? How could it have been handled better? Explore strategies that could have improved the outcome, such as asking clarifying questions or expressing your thoughts more clearly.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Identify a situation where you need to have a difficult conversation with someone.

What are you nervous about? How can you prepare for it?

Reflection: Plan out what you want to say. Consider the words you will use and the tone that might be most effective.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

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- Alan Cohen

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: How do you usually react when someone disagrees with you?

Do you get defensive, withdraw, or listen openly? Consider how your reaction might impact the conversation and relationship. How can you respond more constructively next time?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

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Explore local proverbs on communication (e.g., "When you speak, you only repeat what you know"). This should be fun - ask questions and share the proverbs you found that have to do with communication.

EXPRESS YOUR SELF

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: What role does body language play in your communications?

Observe your body language during conversations today. Note any habits you have (like crossing your arms or not making eye contact) that others could interpret differently. How might you adjust your body language to communicate more effectively?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

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- Alan Cohen

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Think about someone you consider a great communicator.

What qualities do they possess that make them effective? Write down the qualities you admire and how you can incorporate these into your own communication style.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

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"Personal growth is not a matter of learning new information but unlearning old limits."
- Alan Cohen

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Reflect on how improving your communication has affected your relationships this week.

Identify any changes you've noticed in your interactions and relationships. What new habits do you want to continue practising?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

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- Alan Cohen

WEEK 3

MANAGING CONFLICT: THE ULTIMATE LIFE SKILL

Hey there, young Superstar!

Let's talk about something that might seem scary, but trust us, it's a total game-changer: conflict! Yeah, we know, it sounds like a total dead place, but stick with us, and you'll see why managing conflict is actually a superpower.

What is conflict, anyway?

Conflict is like that one relative who always starts drama at family gatherings (you know, the one who always has an opinion). It's a disagreement, quarrel, fight, or clash between two or more people with different perspectives, values, or goals. And, honestly, it's inevitable. But here's the thing: conflict isn't inherently bad! It can actually be an opportunity for growth, learning, and deeper connections.

Why do we need conflict resolution skills?

In life, you'll encounter conflicts left and right – with friends, family, romantic partners, or even coworkers. Without the skills to manage them, conflicts can escalate into full-blown drama, damaging relationships and your mental health. But, with the right tools, you can turn conflicts into chances to:

- *Practice empathy and understanding*
- *Develop creative problem-solving skills*
- *Build stronger, more resilient relationships*
- *Learn to assert yourself and set boundaries*
- *Grow as a person and become a better version of yourself!*

So, how do you become a conflict master?

Don't worry, it's not as hard as it sounds! This week, you will be taking a journey to becoming a conflict MASTER!

Remember, conflict resolution is like a muscle that needs exercise – the more you practice, the stronger you'll become! Remember, managing conflict is a skill that takes practice! The daily prompts will help you develop healthy habits and strategies to manage conflicts with confidence.

So, go ahead, and embrace conflict as an opportunity to grow, learn, and become an ultimate life Superstar! You got this!



DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Conflict Awareness

Reflect on a recent conflict you experienced. What triggered it? How did you feel? Write down your thoughts and emotions.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Conflict Reflection

Write down a recent conflict. Reflect on your thoughts, feelings, and actions. Identify what you could improve next time. Do this in a quiet place or time.

Inspirational Quote:

"A friend is someone who gives you total freedom to be yourself."
- Jim Morrison

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Empathy Exercise

Imagine the other person's perspective in the conflict. Write a letter from their point of view. What do they feel and think?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



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Mindfulness Moment:

Conflict Reflection

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- Jim Morrison

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Self-Care Check-In

How do you take care of yourself during conflicts? Write down three self-care activities that help you relax and reduce stress.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Conflict Reflection

Write down a recent conflict. Reflect on your thoughts, feelings, and actions. Identify what you could improve next time. Do this in a quiet place or time.

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- Jim Morrison

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Communication Skills

Think about a conflict where communication broke down. What could you have said differently? Write a script of how you would re-approach the conversation.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Conflict Reflection

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SITUATIONS THAT TRIGGER ME

- | | | |
|--|---|---|
| <input type="checkbox"/> Being told on | <input type="checkbox"/> Being tired | <input type="checkbox"/> Being interrupted |
| <input type="checkbox"/> Waiting | <input type="checkbox"/> Being ignored | <input type="checkbox"/> Not understanding what to do |
| <input type="checkbox"/> Hunger | <input type="checkbox"/> Flirty | <input type="checkbox"/> When i don't win |
| <input type="checkbox"/> Cheating | <input type="checkbox"/> Being disrespected | <input type="checkbox"/> When i run out of time |
| <input type="checkbox"/> Being touched | <input type="checkbox"/> Being bumped into | <input type="checkbox"/> When plans change |
| <input type="checkbox"/> Not understanding | <input type="checkbox"/> Losing a game | <input type="checkbox"/> Being in a large group of people |
| <input type="checkbox"/> Hurt or Pain | <input type="checkbox"/> An accident | <input type="checkbox"/> Being told what to do |
| <input type="checkbox"/> Bad News | <input type="checkbox"/> Being left out | <input type="checkbox"/> When i have to ask for help |
| <input type="checkbox"/> Unfair treatment | <input type="checkbox"/> Being bullied | <input type="checkbox"/> When things are messy |
| <input type="checkbox"/> Tests and grades | <input type="checkbox"/> When things are not fair | <input type="checkbox"/> When people argue |



EXPRESS YOUR SELF

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Forgiveness Friday

Reflect on a conflict where you struggled to forgive. Write a letter to yourself or the other person, exploring the process of forgiveness.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Conflict Reflection

Write down a recent conflict. Reflect on your thoughts, feelings, and actions. Identify what you could improve next time. Do this in a quiet place or time.

Inspirational Quote:

"A friend is someone who gives you total freedom to be yourself."
- Jim Morrison

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Boundary Setting

What are your non-negotiables in relationships? Write down three boundaries you need to set to maintain healthy relationships.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Conflict Reflection

Write down a recent conflict. Reflect on your thoughts, feelings, and actions. Identify what you could improve next time. Do this in a quiet place or time.

Inspirational Quote:

"A friend is someone who gives you total freedom to be yourself."
- Jim Morrison

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Conflict Resolution Plan

Create a step-by-step plan for resolving conflicts in a healthy way. Include active listening, empathy, and assertive communication.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Conflict Reflection

Write down a recent conflict. Reflect on your thoughts, feelings, and actions. Identify what you could improve next time. Do this in a quiet place or time.

Inspirational Quote:

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- Jim Morrison

WEEK 4

BUILDING STRONG CONNECTIONS

Hello superstar!

Let's talk about something really important: building strong connections! You know, those relationships that make you feel seen, heard, and valued?

What's the big deal about building connections?

Building connections is like weaving a vibrant tapestry - it takes different threads, colors, and textures to create something truly beautiful! In life, connections are the threads that bind us to others, helping us feel less alone and more supported. And, trust us, having strong connections is crucial for your mental health!

Why do we need to develop skills for building connections?

In Africa, we say "ubuntu ngumuntu ngabantu" - a person is a person because of other people. "I am because you are." Building connections helps you:

- Develop empathy and understanding
- Improve communication skills
- Build trust and loyalty
- Enhance your sense of belonging
- Grow as a person and become a better version of yourself!

Fun Fact:

Did you know that in some African cultures, building connections is done through shared activities like cooking, farming, or storytelling? These shared experiences foster a sense of community and togetherness!

So, how do I become a connection master?

Remember, building connections is like tending to a garden - it takes time, effort, and patience. But, with practice, you'll grow a vibrant network of relationships that'll support you through life's ups and downs! The daily prompts will help you cultivate meaningful relationships and develop essential social skills.

So, go ahead, start building those connections, and watch your life flourish! You got this!



DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Connection Mapping

Draw a map of your social connections. Who are the people you feel closest to? Could you write down their names and what you value about each relationship?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Communication Compass

Imagine a compass with four directions: North will stand for Active Listening; South will stand for Empathy; East is for Clear Expression, and West is for Conflict Resolution. Reflect on which direction you need to focus on and set intentions for improvement.

Inspirational Quote:

"Every day is an opportunity to become a better version of yourself. Embrace the journey of personal growth." – Unknown

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Active Listening - Practice active listening by focusing on someone you interact with today.

What do they say? What do they mean? Could you write down your observations?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

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Inspirational Quote:

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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Emotional Expression - Write a letter to a friend or family member expressing your feelings

What do you appreciate about them? What do you struggle with? It is your choice what you do with the letter after writing it. You may choose to share it or tear and dispose of it.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Common Ground - Think of someone you don't always see eye-to-eye with.

Write down three things you have in common. How can you use these shared interests to build a stronger connection?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Communication Compass

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Inspirational Quote:

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EXPRESS YOUR SELF

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Helping yourself grow! Remember a recent conflict... and answer the following questions. You can answer in anyway you like...

1. *What did you learn from a recent conflict?*
2. *How can you apply this to future situations?*
3. *What strengths did you use to solve the conflict?*

EXPRESS YOUR SELF

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Gratitude Circle - Write down three people you're grateful for today.

Why are they important to you? How can you show appreciation for them?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Communication Compass

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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Vulnerability Exercise - Write about a time when you felt vulnerable (helpless, weak, defenseless) with someone.

What did you learn from the experience? How can you apply the lessons you learned to future relationships?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



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Frustrated



Moody



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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Connection Goal-Setting

Set a goal for building a stronger connection with someone in your life. What steps can you take to achieve it? Write down your plan.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Communication Compass

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Inspirational Quote:

"Every day is an opportunity to become a better version of yourself. Embrace the journey of personal growth." – Unknown

MONTHLY REVIEW PAGE

Building Friendships:

Reach out to a new friend and plan an activity together.
Write about a meaningful friendship and why it is important to you.

Reflection Exercises:

Consider the qualities you look for in a friend. Reflect on a time a friend supported you and how it made you feel. Think about how you nurture your friendships and the effort you put into them.

Finally, reflect on what your friendships have taught you about yourself.

SIXTH MONTH

UNLOCKING YOUR AWESOMENESS - BUILDING SELF-ESTEEM!



Hey there, young Superstar!

Welcome to our sixth-month edition, where we're diving into the amazing world of self-esteem!

This month, we're on a mission to help you unlock your awesomeness, embrace your uniqueness, and rock your confidence like a superstar!

As a young individual, you're constantly bombarded with messages telling you who you should be, how you should look, and what you should achieve. But let's get real - these expectations can be overwhelming, and it's easy to lose sight of what truly matters: your incredible worth and value!

Throughout the next four weeks, we'll be exploring the ups and downs of self-esteem, tackling topics like:

- *Identifying and challenging negative self-talk*
- *Embracing your cultural identity and heritage*
- *Building resilience and learning from failures*
- *Practicing self-care and self-compassion*
- *Developing a growth mindset and embracing your uniqueness*

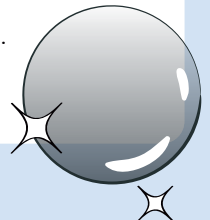
Each week, you'll get daily prompts and exercises to help you reflect, learn, and grow. We'll share fun activities, and practical tips to support you on your journey to self-esteem stardom!

So, are you ready to join the self-esteem revolution? Let's do this, and remember - you are enough, just as you are!

Stay tuned for an amazing month ahead!

AFFIRMATIONS

- I believe in my abilities and strengths.
- I am resilient and can handle anything that comes my way.
- I am confident in who I am and what I can achieve.
- I am stronger than my challenges.



WEEK 1

UNPACKING SELF-ESTEEM - THE SUPERPOWER WITHIN!

Hey, young Superstars!

Let's talk about something really important: self-esteem! You know, that inner voice that tells you how amazing (or not-so-amazing) you are?

Self-esteem is like a superpower that fuels your mental health and wellbeing. When you've got healthy self-esteem, you're more likely to:

- Take risks and try new things
- Bounce back from setbacks and failures
- Build strong, meaningful relationships
- Make choices that align with your values and goals
- Feel happy, confident, and fulfilled!

Fun Fact:

Did you know that the idea of self-esteem originated from ancient Greek philosophers like Aristotle and Plato? They believed that self-esteem was connected to living a virtuous and fulfilling life!

So, what affects your self-esteem?

- Your thoughts and self-talk
- Your experiences and relationships
- Your culture and societal expectations
- Your mistakes and failures (yes, failures can be a good thing!)

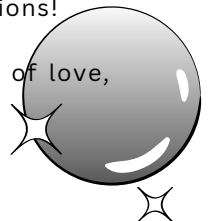
This week, we're going to explore:

- What self-esteem really means
- How to identify and challenge negative self-talk
- How to focus on your strengths and awesomeness
- How to develop a growth mindset and learn from failures

Get ready for some amazing daily prompts and exercises to help you unlock your self-esteem superpower!

Remember, the daily prompts are designed to help you develop a stronger sense of self-esteem and self-worth. Be honest, kind, and compassionate with yourself as you go through these questions!

Do not forget that you are capable, strong, and deserving of love, care, and respect - just as you are!



DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Write down three things you like about yourself.

Think about this, why are these qualities important to you?

Blank space for writing the daily prompt response.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Affirmation Practice. Repeat your positive affirmations daily.

Inspirational Quote:

"You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face." - Eleanor Roosevelt

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt:

Targeting negative self-talk. Identify one negative thought you often think about yourself. Challenge it by reframing it into a positive or neutral statement.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: List your top three strengths.

How do you use them in your daily life?

Blank space for writing the response to the daily prompt.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: What self-care activities make you feel good about yourself?

Write down three things you can do this week, and start doing them

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Affirmation Practice. Repeat your positive affirmations daily.

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EXPRESS YOUR SELF

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Draw you with your superpowers. Every human being has what makes them stand out. Look inward, and if you desire some superpower, why not? Express yourself

EXPRESS YOUR SELF

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Who inspires you and why?

Note these role models. Ask yourself, what qualities do they have that you'd like to develop in yourself?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

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Inspirational Quote:

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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Write about a time when you learned from a failure.

What did you learn, and how did you grow? This is called a growth mindset.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

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Inspirational Quote:

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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Write down three positive affirmations about yourself. Repeat them today to boost your self-esteem!

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Affirmation Practice. Repeat your positive affirmations daily.

Inspirational Quote:

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WEEK 2

SILENCING YOUR INNER CRITIC - OVERCOMING NEGATIVE SELF-TALK!

Hello Superstar!

Last week, we explored the fantastic world of self-esteem. Let's tackle the sneaky saboteur that can bring it down: negative self-talk!

You know, that annoying inner voice that says you're not good enough, not smart enough, or not cool enough? Yeah, it's time to show that critic who's boss!

Fun Fact: Did you know that our brains produce around 50,000-70,000 thoughts per day? And surprisingly, most of them are negative self-thoughts! But here's the thing: we have the power to change that!

Negative self-talk can lead to:

- Lowered self-esteem
- Increased stress and anxiety
- Decreased motivation
- Poor relationships

BUT by learning to overcome it, you'll:

- Boost your confidence
- Develop a growth mindset
- Improve your mental health
- Enhance your relationships

This week, we're going to explore:

Identifying and challenging negative self-talk

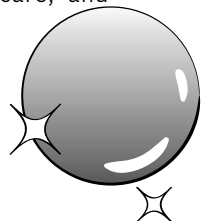
Practicing self-compassion and kindness

Reframing negative thoughts into positive ones

Building self-awareness and self-acceptance

Get ready for some amazing daily prompts and exercises to help you silence your inner critic and unleash your awesomeness! Remember, overcoming negative self-talk takes time and practice. Be patient, kind, and compassionate with yourself as you work through the daily journaling pages!

Do not forget you are capable, strong, and deserving of love, care, and respect - just as you are!



DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Become aware of the negative self-talk going on inside of your mind.

Write down three negative thoughts you've had about yourself recently. Identify the triggers and emotions behind them.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Introducing stillness.

Stillness is a powerful tool for clarity, calmness, and focus. Please take a quick fit of stillness whenever you need it! Here's how to do it - Sit in stillness and silence, focusing on your breath and letting go of thoughts and distractions. Allow yourself to be still, letting go of the need to move or act. Imagine yourself as a calm lake on a windless day, reflecting the beauty around you. After 5-10 minutes of stillness, reflect on how you feel. Notice any changes in your body or mind. Remember, stillness is a powerful tool for clarity and calm. It is a superpower. It calms your mind to achieve more. You can find stillness at any moment.

Inspirational Quote:

"The only limit to our realization of tomorrow is our doubts of today."
- Franklin D. Roosevelt.

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Challenging Negative Thoughts

Take one negative thought from Day 1 and challenge it by asking yourself: "Is this thought really true?" "Is there another way to look at this?"

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

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DAILY JOURNAL

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- Franklin D. Roosevelt.

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Practice self-compassion exercise.

Write a letter to yourself as if a compassionate friend is writing to you. What kind words and encouragement would you offer to yourself?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Reframing Negative Thoughts

Take a negative thought and reframe it into a positive or neutral one. For example, "I'm a failure" becomes "I made a mistake, but I can learn from it."

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



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Fixed

I can't do this

This work is good enough

This is too easy for me

I made a mistake

I give up

I am not good at this

I'll never be as smart as that person

This is too hard

Growth

I'm still learning, I'll keep trying.

Is this really my best work?

How can I challenge myself and improve?

Mistakes help me learn

I can try a different strategy

I can take more time and effort to do it

Everyone is talented in different ways

With more practice it will be easier

EXPRESS YOUR SELF

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Write down three things you're grateful for about yourself.

Focus on your strengths and positive qualities.

Mood tracker:

Circle the emotion that stood out the most:



Happy



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- Franklin D. Roosevelt.

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: What self-care activities make you feel good about yourself?

Write down three things you can do this week to prioritize your well-being.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Introducing stillness.

Stillness is a powerful tool for clarity, calmness, and focus. Please take a quick fit of stillness whenever you need it! Here's how to do it - Sit in stillness and silence, focusing on your breath and letting go of thoughts and distractions. Allow yourself to be still, letting go of the need to move or act. Imagine yourself as a calm lake on a windless day, reflecting the beauty around you. After 5-10 minutes of stillness, reflect on how you feel. Notice any changes in your body or mind. Remember, stillness is a powerful tool for clarity and calm. It is a superpower. It calms your mind to achieve more. You can find stillness at any moment.

Inspirational Quote:

"The only limit to our realization of tomorrow is our doubts of today."
- Franklin D. Roosevelt.

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Write down three positive affirmations about yourself.

Repeat them throughout the day to help rewire your brain with positive thoughts!

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Introducing stillness.

Stillness is a powerful tool for clarity, calmness, and focus. Please take a quick fit of stillness whenever you need it! Here's how to do it - Sit in stillness and silence, focusing on your breath and letting go of thoughts and distractions. Allow yourself to be still, letting go of the need to move or act. Imagine yourself as a calm lake on a windless day, reflecting the beauty around you. After 5-10 minutes of stillness, reflect on how you feel. Notice any changes in your body or mind. Remember, stillness is a powerful tool for clarity and calm. It is a superpower. It calms your mind to achieve more. You can find stillness at any moment.

Inspirational Quote:

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- Franklin D. Roosevelt.

WEEK 3

GOAL-GETTING SUPERSTAR - SETTING AND ACHIEVING PERSONAL GOALS!

Hello Superstar!

Now that you have tackled self-esteem and negative self-talk, it's time to set your sights on achieving your dreams! Setting personal goals is like creating a roadmap to success - it helps you stay focused, motivated, and directed towards your aspirations!

Fun Fact:

Did you know that writing down your goals increases the chances of achieving them by 42%? Mind blowing, right?

Setting personal goals can:

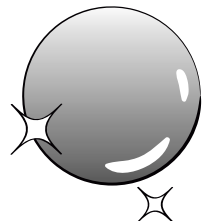
- *Boost self-confidence*
- *Enhance motivation*
- *Improve focus and concentration*
- *Increase sense of purpose and direction*

This week, we're going to explore:

- *Identifying and setting SMART (Specific, Measurable, Achievable, Relevant, Time-bound) goals*
- *Breaking down big goals into smaller, manageable steps*
- *Creating an action plan and tracking progress*
- *Overcoming obstacles and staying motivated*

Get ready for some amazing daily prompts and exercises to help you become a goal-achieving Superstar!

Remember, setting personal goals is not about being perfect; it's about making progress, learning, and growing. So, let's get started and crush those goals!



DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: What are your short-term and long-term goals?

Short-term goals are things you want to achieve in a short time, and long-term goals are things you want to accomplish in a longer time. For example, you want to become a successful person. What will that be Long-term, right? Yes, you got it. Write them down and identify why they're important to you.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

From your daily prompt, choose a specific goal. Focus on the progress (give attention to this), not perfection. Imagine it is successful by visualizing the successful results. Then, take consistent action and remain committed.

Inspirational Quote:

"Don't watch the clock; do what it does. Keep going."
- Sam Levenson.

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Take one goal and make it SMART (Specific, Measurable, Achievable, Relevant, Time-bound).

SMART Goals are:

Specific: Clearly define what you want to achieve. **Measurable:** Quantify your goal. **Achievable:** Make sure it's realistic. **Relevant:** Align with your values and needs. **Time-bound:** Set a deadline. Making your goals SMART helps you stay focused, motivated, and achieve success! Examples: "I want to improve my math grades" → "I will increase my math score by 20% within the next three months by attending extra classes and practising for 30 minutes daily." Write down the specifics.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

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Inspirational Quote:

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- Sam Levenson.

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt:

Develop an action plan by breaking down your SMART goal into smaller, manageable steps. Create an action plan and track your progress.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

From your daily prompt, choose a specific goal. Focus on the progress (give attention to this), not perfection. Imagine it is successful by visualizing the successful results. Then, take consistent action and remain committed.

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"Don't watch the clock; do what it does. Keep going."
- Sam Levenson.

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: What obstacles might stop your progress?

Write down the obstacles and the potential solutions. Then draw up the strategies to overcome them

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

From your daily prompt, choose a specific goal. Focus on the progress (give attention to this), not perfection. Imagine it is successful by visualizing the successful results. Then, take consistent action and remain committed.

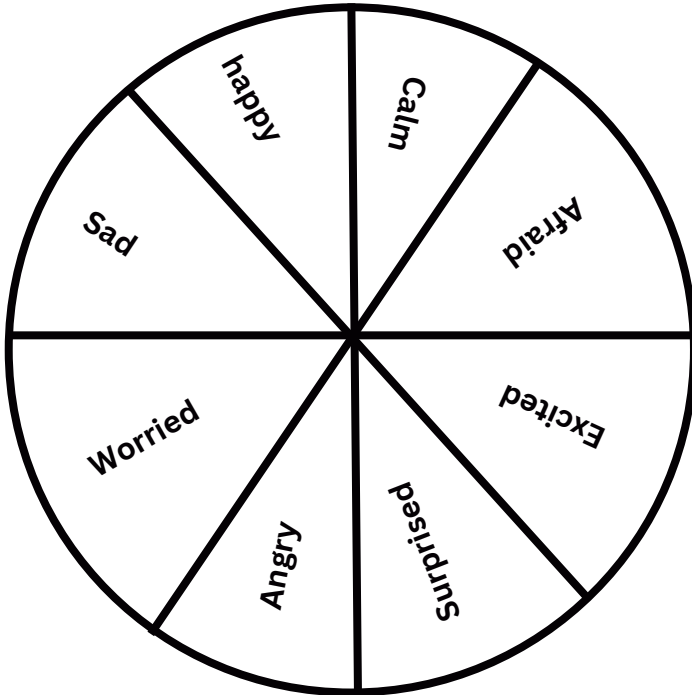
Inspirational Quote:

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- Sam Levenson.

EXPRESS YOUR SELF

This space is a canvas for your self-expression. Whether you prefer to write, sketch, draw, or engage in any other form of creative expression, feel free to do so. This is your journal, a place where your unique voice and creativity can flourish

MY EMOTIONAL WHEEL



EXPRESS YOUR SELF

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: What motivates you to achieve your goals?

Write down three things that drive you and how you can use them to stay motivated.

Blank space for writing the daily prompt response.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

From your daily prompt, choose a specific goal. Focus on the progress (give attention to this), not perfection. Imagine it is successful by visualizing the successful results. Then, take consistent action and remain committed.

Inspirational Quote:

"Don't watch the clock; do what it does. Keep going."
- Sam Levenson.

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Looking at Self-Care for Success. How does self-care impact your goal-achieving journey?

Write down three self-care activities that support your success.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

From your daily prompt, choose a specific goal. Focus on the progress (give attention to this), not perfection. Imagine it is successful by visualizing the successful results. Then, take consistent action and remain committed.

Inspirational Quote:

"Don't watch the clock; do what it does. Keep going."
- Sam Levenson.

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt:

Celebrating progress. You do not have to wait till the end of a goal before you start celebrating. You start celebrating the little actions taken. Today, you will reflect on your progress this week. Celebrate your successes, no matter how small, and adjust your plan as needed. Remember, setting and achieving personal goals is a journey, not a destination. Be patient, kind, and compassionate with yourself as you work through these prompts!

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

From your daily prompt, choose a specific goal. Focus on the progress (give attention to this), not perfection. Imagine it is successful by visualizing the successful results. Then, take consistent action and remain committed.

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WEEK 4

TREATING YOURSELF WITH KINDNESS - PRACTICING SELF-COMPASSION!

How was last week?

Catch your breath, this is a journal after all, not another class. We encourage you to use the journal.

Last week, we explored setting and achieving personal goals. Now, let's talk about being kind to the most important person - YOU! Self-compassion is like having a Best Friends Forever (BFF) who always has your back, no matter what.

Fun Fact:

Did you know that practicing self-compassion can actually change your brain's structure, making you more resilient and better equipped to handle stress?

Practicing self-compassion can:

- Reduce anxiety and depression
- Improve relationships
- Increase self-awareness
- Boost self-esteem

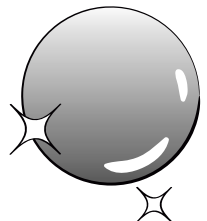
This week, we're going to explore:

- Understanding self-compassion and its benefits
- Practicing mindfulness and self-kindness
- Embracing imperfections and mistakes
- Developing a growth mindset

Get ready for some amazing daily prompts and exercises to help you treat yourself with kindness and compassion!

Remember, self-compassion is not selfish; it's essential for your mental health and wellbeing.

So, let's dive in and spread some kindness to ourselves!



DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Write down three things you appreciate about your life.

Why are these things important to you?

Blank space for writing the daily prompt response.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Every month, you have specified affirmations. However, it is not cast in stone. You have the liberty to create more affirmations. Today, you are going to add to this month's affirmation. Write down 3-5 positive affirmations. Say and repeat them, especially when stressed. Reflect on the impact of the affirmations on your self-talk.

Inspirational Quote:

"Embrace change with an open heart and a positive mindset. It leads to new beginnings and endless possibilities." – Unknown

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt:

Blank space for writing the daily prompt.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt:

Practice self-compassion and understanding by treating yourself with kindness and care. Today Focus on your strengths and accomplishments.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt:

You will be embracing Imperfections in today's prompt activity. Write about a time when you made a mistake. How did you learn from it? What self-compassionate thoughts can you apply to this experience?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

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EXPRESS YOUR SELF

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Here is a walking mindfulness activity. You are encouraged to try it.

Pay attention to your walking, notice the sensation of your feet touching the ground, the movement of your legs, and the rhythm of your breath.

EXPRESS YOUR SELF

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt:

Reflect on a challenging situation. What would you say to a friend in this situation? Offer yourself the same kindness and support.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: What self-care activities make you feel good?

Write down three things you can do to prioritize your well-being.

Blank space for writing self-care activities.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Write down three affirmations that promote self-compassion (e.g., "I am kind to myself," "I make mistakes, but I learn")

Repeat them today, and possibly the remaining days of this month to cultivate a compassionate mindset. Remember, practicing self-compassion takes time and patience. Be gentle with yourself as you explore these prompts!

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

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MONTHLY REVIEW PAGE

Self-Confidence and Resilience

Create a list of your accomplishments and celebrate them.
Write about a time you demonstrated resilience.

Reflection Exercises:

Think about what makes you feel confident. Reflect on a challenging situation you overcame and what it taught you about your abilities. Consider how you can build your self-confidence in everyday life. Finally, reflect on what you have learned about resilience through your experiences.

SEVENTH MONTH

Understanding and Handling Anger



Hello Superstar!

Welcome to the 7th month, where we will explore one of the most powerful emotions - Anger! Yeah, you read that right. Anger is like a fire that burns within us and, if not handled properly, can either warm us up or burn us down.

This month, we will dive into the world of anger, understand its roots, and learn how to tame it. We'll explore:

- What triggers our anger
- How to recognise the signs of anger
- Healthy ways to express and manage anger
- How to forgive and let go

Through weekly prompts and daily exercises, we'll work together to:

- Identify your anger style (yes, there are styles!)
- Develop a personalised anger management plan
- Practice relaxation techniques to calm the fire within
- Learn to communicate effectively without losing your cool

Remember, anger is a natural emotion, and it's okay to feel it. But, it's how we handle it that matters. So, let's get ready to understand and handle our anger like pros!

Fun Fact: Did you know that the word "anger" comes from the Old English word "anra," which means "trouble" or "distress"? Let's turn that trouble into triumph!

AFFIRMATIONS

- I trust myself and my instincts.
- I am capable of achieving great things.
- I let go of self-doubt and embrace self-confidence.
- I am proud of who I am and my accomplishments.



WEEK 1

"The A-Word" - Understanding Anger!

Hello!

Let's talk about the "A-Word" - Anger! It's like that one friend who shows up uninvited, makes a scene, and then disappears, leaving you wondering what just happened. But have you ever stopped to think about what anger really is?

Fun Fact: Did you know that anger is a secondary emotion? That means it's like a superhero cape that covers up other emotions like fear, hurt, or frustration!

Understanding anger is key to managing it. So, let's break it down:

- Anger is a natural response to feeling threatened, hurt, or frustrated
- It's like a fire alarm that goes off to protect us from harm
- But, if we don't address the root cause, it can become a raging fire that burns us and others

This week, we're going to explore:

- The different types of anger (yes, there are many!)
- How anger affects our mental health
- Why we get angry (hint: it's not just about the obvious reasons)

Get ready for some amazing daily prompts and exercises to help you understand the "A-Word" and become a master of your emotions!

Remember, anger is not the enemy; it's a signal that something needs attention. Let's learn to listen and respond wisely!



DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Describe a situation that made you feel angry recently.

How did you react?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Breathing Through Anger: When angry, do this by taking five deep breaths. Notice the physical sensations in your body when thinking of the angry situation. Now, release tension with each exhale. Practice this now.

Inspirational Quote:

"Strength and growth come only through continuous effort and struggle."
- Napoleon Hill

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: What are common triggers that make you feel angry?

(e.g., people, situations, memories)

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Keep practising this to become used to being able to do it so that when it is needed, you'll pull it out like a magic wand and be in control. When angry, do this by taking five deep breaths. Notice the physical sensations in your body when thinking of the angry situation. Now, release tension with each exhale. Practice this now.

Inspirational Quote:

"Strength and growth come only through continuous effort and struggle."
- Napoleon Hill

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Reflect on whether your anger is usually:

- (* Passive (internalised)
- * Aggressive (externalised)
- * Assertive (healthy expression)

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Keep practising this to become used to being able to do it so that when it is needed, you'll pull it out like a magic wand and be in control. When angry, do this by taking five deep breaths. Notice the physical sensations in your body when thinking of the angry situation. Now, release tension with each exhale.

Inspirational Quote:

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- Napoleon Hill

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: How does your cultural background influence the way you express anger?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

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Inspirational Quote:

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- Napoleon Hill

EXPRESS YOUR SELF

This space is a canvas for your self-expression. Whether you prefer to write, sketch, draw, or engage in any other form of creative expression, feel free to do so. This is your journal, a place where your unique voice and creativity can flourish.

Do something creative that will show you have learned some new things about anger so far!

EXPRESS YOUR SELF

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Think about this. Then if you are okay with it. Remember a situation where you lost control due to anger. You can choose to use the journal and describe how anger affects your relationships with family and friends.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

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Inspirational Quote:

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- Napoleon Hill

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: How does anger affect your physical health? (e.g., headaches, tension)

Take some time to recollect and write down a few things that come easily to you.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

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Inspirational Quote:

"Strength and growth come only through continuous effort and struggle."
- Napoleon Hill

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: What have you learned about your anger this week?

Share your lessons.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Reflect on the friends you are grateful for and be thankful for them. Select 2 or 3 to be thankful for today! After you have selected them, you can say their names quietly or whisper them. For example I am thankful for the gift of Adamu in my life. Thank you, God!

Inspirational Quote:

"Strength and growth come only through continuous effort and struggle."
- Napoleon Hill

WEEK 2

Trigger Alert! - Recognising Anger Triggers!

Hello,

Last week, we explored the "A-Word" - Anger! Now, let's talk about the sneakiest part of anger - Triggers!

Fun Fact: Did you know that our brains can process anger triggers in 0.05 seconds? That's faster than a blink of an eye!

Recognising anger triggers is like having a superpower. It helps you prepare, cope, and even avoid unnecessary anger explosions!

This week, we're going to:

- Identify common anger triggers (hint: they're not just people or situations!)
- Explore personal triggers (yes, they're unique to you!)
- Develop strategies to cope with triggers

Get ready for some amazing daily prompts and exercises to help you become a master of your anger triggers!

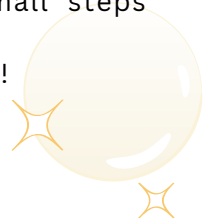
Remember, knowing your triggers is like having a map of buried treasure - it leads you to self-awareness and emotional gold!

Daily prompts will help you:

- Identify physical and emotional triggers
- Analyze patterns and common themes
- Develop coping mechanisms and self-care strategies

Remember, recognising anger triggers is like having a map to emotional awareness! This week, you will take small steps towards understanding and managing your triggers.

Become trigger-aware and take control of your anger!



DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: You will go on a trigger-tracking adventure. Look back into the past week and write down three situations that triggered anger in the past week. What happened?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Be aware of the things that trigger negative emotions in you. When you practice this, it will be easy to use when you encounter these triggers. Take a moment to pause and take five slow, deep breaths. Then, reflect on the triggers and visualise a calm and composed response to them.

Inspirational Quote:

"What we achieve inwardly will change outer reality."

– Plutarch

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Reflect on how different emotions (e.g., frustration, hurt, fear) can trigger anger. Which one affects you the most?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

You'll keep practising this technique this week. Be aware of the things that trigger negative emotions in you. When you practice this, it will be easy to use when you encounter these triggers. Take a moment to pause and take five slow, deep breaths. Then, reflect on the triggers and visualise a calm and composed response

Inspirational Quote:

"What we achieve inwardly will change outer reality."

- Plutarch

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Think about people who trigger anger. Identify them (e.g., bullies, critics). What is it about them that triggers you?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

You'll keep practising this technique this week. Be aware of the things that trigger negative emotions in you. When you practice this, it will be easy to use when you encounter these triggers. Take a moment to pause and take five slow, deep breaths. Then, reflect on the triggers and visualise a calm and composed response

Inspirational Quote:

"What we achieve inwardly will change outer reality."

- Plutarch

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Think about a specific situation that triggers anger for you (e.g., school stress, things not going the way you expect them). How do you cope?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

You'll keep practising this technique this week. Be aware of the things that trigger negative emotions in you. When you practice this, it will be easy to use when you encounter these triggers. Take a moment to pause and take five slow, deep breaths. Then, reflect on the triggers and visualise a calm and composed response

Inspirational Quote:

"What we achieve inwardly will change outer reality."

- Plutarch

EXPRESS YOUR SELF

This space is a canvas for your self-expression. Whether you prefer to write, sketch, draw, or engage in any other form of creative expression, feel free to do so. This is your journal, a place where your unique voice and creativity can flourish.

What do triggers look like to you now? Express yourself!

EXPRESS YOUR SELF

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Physical Triggers - How do physical sensations (e.g., hunger, tiredness) affect your anger levels? What can you do to manage? Think about this.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

You'll keep practising this technique. Be aware of the things that trigger negative emotions in you. When you practice this, it will be easy to use when you encounter these triggers. Take a moment to pause and take five slow, deep breaths. Then, reflect on the triggers and visualise a calm and composed response.

Inspirational Quote:

"What we achieve inwardly will change outer reality."

- Plutarch

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Physical Triggers - Give attention to observing the patterns in your anger triggers. What do you notice?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

You'll keep practising this technique. Be aware of the things that trigger negative emotions in you. When you practice this, it will be easy to use when you encounter these triggers. Take a moment to pause and take five slow, deep breaths. Then, reflect on the triggers and visualise a calm and composed response.

Inspirational Quote:

"What we achieve inwardly will change outer reality."

- Plutarch

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt:How does social media impact your anger levels?

(Answer if you have access to an Android phone or not) .

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

This is a grounding technique. You start by focusing on your five senses (sight, sound, touch, taste, smell). Starting with one feeling and moving to the other. Ground yourself in by bringing yourself back to the present moment, NOW!

Inspirational Quote:

"What we achieve inwardly will change outer reality."

- Plutarch

WEEK 3

"Anger Unleashed!" - Healthy Ways to Express Anger!

Hello Superstar!

Last week, we explored the sneaky world of anger triggers! Now, let's talk about unleashing anger in healthy ways!

Fun Fact: Did you know that bottling up anger can lead to a weakened immune system? Let's find healthy ways to express it instead!

This week, we're going to:

- Discover creative outlets for anger (art, music, writing)
- Explore physical releases (exercise, dance, sports)
- Learn assertive communication skills
- Practice self-care and relaxation techniques

Get ready for some amazing daily prompts and exercises to help you express anger in healthy ways!

Remember, expressing anger healthily is like giving yourself a permission slip to feel and release emotions!

Daily prompts will help you:

- Tap into creative expression
- Find physical outlets for anger
- Practice assertive communication
- Relax and unwind with self-care

Remember, expressing anger in healthy ways is like giving yourself a hug from the inside out!

Be creative, be bold, and take care of your emotional well-being! Unleash anger in healthy ways and take care of Your mental wellbeing!



DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Write about a healthy way you've released anger in the past (e.g., exercise, creative expression). How did it make you feel?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Progressive Muscle Relaxation. Find a quiet spot and sit or lie down comfortably. Tense and then relax different muscle groups (e.g., shoulders, arms, legs). Hold each tension for 5 seconds and release for 10 seconds. Move through muscle groups, releasing anxiety and stress. End with deep, calming breaths.

Inspirational Quote:

"The only journey is the one within."

- Rainer Maria Rilke

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Express your anger through art, music, or writing. What did you create?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Progressive Muscle Relaxation. Find a quiet spot and sit or lie down comfortably. Tense and then relax different muscle groups (e.g., shoulders, arms, legs). Hold each tension for 5 seconds and release for 10 seconds. Move through muscle groups, releasing anxiety and stress. End with deep, calming breaths.

Inspirational Quote:

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- Rainer Maria Rilke

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Try a physical activity to release anger (e.g., dancing, singing, farming, creative things you do with your hands). How did your body feel afterwards?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Progressive Muscle Relaxation. Find a quiet spot and sit or lie down comfortably. Tense and then relax different muscle groups (e.g., shoulders, arms, legs). Hold each tension for 5 seconds and release for 10 seconds. Move through muscle groups, releasing anxiety and stress. End with deep, calming breaths.

Inspirational Quote:

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- Rainer Maria Rilke

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Talking It Out

Write about a time when talking to someone helped you process anger. Who was it, and what did you learn?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Progressive Muscle Relaxation. Find a quiet spot and sit or lie down comfortably. Tense and then relax different muscle groups (e.g., shoulders, arms, legs). Hold each tension for 5 seconds and release for 10 seconds. Move through muscle groups, releasing anxiety and stress. End with deep, calming breaths.

Inspirational Quote:

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- Rainer Maria Rilke

EXPRESS YOUR SELF

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Write honestly and freely

- Use colourful pens or highlighters to express emotions

- Take breaks if writing becomes overwhelming. Be creative – you can sketch, draw, shade or just scribble.

EXPRESS YOUR SELF

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Write a letter (even if you don't send it) to someone or something that triggers anger. What did you express?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Progressive Muscle Relaxation. Find a quiet spot and sit or lie down comfortably. Tense and then relax different muscle groups (e.g., shoulders, arms, legs). Hold each tension for 5 seconds and release for 10 seconds. Move through muscle groups, releasing anxiety and stress. End with deep, calming breaths.

Inspirational Quote:

"The only journey is the one within."

- Rainer Maria Rilke

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Plan a self-care day to manage anger and stress. What activities will you do?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Progressive Muscle Relaxation. Find a quiet spot and sit or lie down comfortably. Tense and then relax different muscle groups (e.g., shoulders, arms, legs). Hold each tension for 5 seconds and release for 10 seconds. Move through muscle groups, releasing anxiety and stress. End with deep, calming breaths.

Inspirational Quote:

"The only journey is the one within."

- Rainer Maria Rilke

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Calming Down Plan

Create a personal plan for calming down. What techniques will you use? Please take note of each one and how you can apply them. This is your superhero secret weapon

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Progressive Muscle Relaxation. Find a quiet spot and sit or lie down comfortably. Tense and then relax different muscle groups (e.g., shoulders, arms, legs). Hold each tension for 5 seconds and release for 10 seconds. Move through muscle groups, releasing anxiety and stress. End with deep, calming breaths.

Inspirational Quote:

"The only journey is the one within."

- Rainer Maria Rilke

WEEK 4

"Chill Out!" - Calming Down Techniques!

Hey, young Superstars!

We've explored anger triggers and healthy expression - now, let's learn to calm down and relax!

Fun Fact: Did you know that deep breathing can slow down your heart rate and calm your nervous system in just 30 seconds? Take a dive into more calming techniques!

This week, you're going to:

- Explore relaxation methods (progressive muscle relaxation, visualisation)
- Practice mindfulness and meditation
- Learn grounding techniques for overwhelming moments
- Develop a self-care routine for stress relief

Get ready for some amazing daily prompts and exercises to help you calm down and relax!

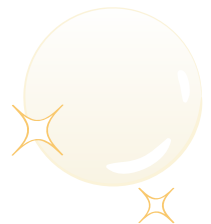
Remember, calming down is like hitting the pause button on life - it helps you recharge and come back stronger!

The daily prompts will help you:

- Practice relaxation techniques
- Develop mindfulness skills
- Learn grounding methods
- Create a self-care routine

Remember, calming down is like giving yourself a big hug! Try the simple techniques shared this week to reduce stress and increase relaxation.

Let's chill out and take control of our calm!



DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Loving-Kindness Breathing - Find a quiet, comfortable spot to sit or lie down. Then close your eyes and take a few deep breaths. Focus on your heart centre and repeat the following phrases to yourself, breathing in and out slowly: "May I be kind to myself", "May I be gentle with myself", and "May I be at peace with myself" As you breathe in, imagine fresh, calming air filling your body. As you breathe out, imagine any self-criticism or tension leaving your body. Continue focusing on your breath and phrases for 5-7 minutes.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

It is about mindfulness this week, and your prompt will guide you through the mindfulness moment - Find a quiet, comfortable spot to sit or lie down. Then close your eyes and take a few deep breaths. Focus on your heart centre and repeat the following phrases to yourself, breathing in and out slowly: "May I be kind to myself", "May I be gentle with myself", and "May I be at peace with myself" As you breathe in, imagine fresh, calming air filling your body. As you breathe out, imagine any self-criticism or tension leaving your body. Continue focusing on your breath and phrases for 5-7 minutes.

Inspirational Quote:

"Setting goals is the first step in turning the invisible into the visible."

- Tony Robbins.

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Progressive Muscle Relaxation – It is about tensing and relaxing different muscle groups.

Find a quiet spot and sit or lie down comfortably. Tense and then relax different muscle groups (e.g., shoulders, arms, legs). Hold each tension for 5 seconds and release for 10 seconds. Move through muscle groups, releasing anxiety and stress. End with deep, calming breaths.

Which one felt most relaxed afterwards?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Find a quiet spot and sit or lie down comfortably. Tense and then relax different muscle groups (e.g., shoulders, arms, legs). Hold each tension for 5 seconds and release for 10 seconds. Move through muscle groups, releasing anxiety and stress. End with deep, calming breaths.

Inspirational Quote:

"Setting goals is the first step in turning the invisible into the visible."

– Tony Robbins.

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Take a 5-minute mindful walk. Imagine yourself in a peaceful environment, engaging all your senses in the experience. Enjoy the scenery with all of your senses – smell, touch, hear, feel, taste. Have fun!

What sights, sounds, and smells did you notice?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Take a 5-minute mindful walk. Imagine yourself in a peaceful environment, engaging all your senses in the experience. Enjoy the scenery with all of your senses – smell, touch, hear, feel, taste. Have fun!

Inspirational Quote:

"Setting goals is the first step in turning the invisible into the visible."

– Tony Robbins.

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt:The Grounding Technique focuses on the present moment to feel more stable and centred.

Take a look at your environment for a moment. Then, focus on writing down five things you can see, four things you can touch, and three things you can hear. It would be best to keep your head down, and there should be no peeping. Until done before you can lift your head. How was it, and how did it make you feel?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Do it again. After observing your environment for a moment. Write down five things you can see, four things you can touch, and three things you can hear. Add one thing you can smell and one thing you can feel. How did it make you feel?

Inspirational Quote:

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– Tony Robbins.

EXPRESS YOUR SELF

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EXPRESS YOUR SELF

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Visualisation - Imagine a peaceful place for you.
Imagine yourself in a peaceful environment, engaging all your senses in the experience. Enjoy the scenery with all of your senses – smell, touch, hear, feel, taste. Have fun!
Describe it in detail. How did it make you feel?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Imagine yourself in a peaceful environment, engaging all your senses in the experience. Enjoy the scenery with all of your senses – smell, touch, hear, feel, taste. Have fun!

Inspirational Quote:

"Setting goals is the first step in turning the invisible into the visible."

– Tony Robbins.

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt:Self-Care day. Plan to find some time to relax today. No matter how little a time. It is the quality that matters! What activities will you do to unwind?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Loving-Kindness Meditation - is a good tool for being kind to yourself. You start by focusing on sending kindness to yourself and others for about 3-5 minutes. Repeat phrases like "May I be calm, may I be peaceful." Etc.

Inspirational Quote:

"Setting goals is the first step in turning the invisible into the visible."

- Tony Robbins.

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Think about a calming down plan and create your personal plan for calming down. What techniques will you use?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

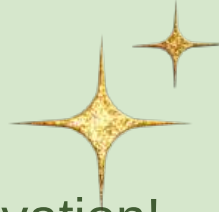
Loving-Kindness Breathing - Find a quiet, comfortable spot to sit or lie down. Then close your eyes and take a few deep breaths. Focus on your heart centre and repeat the following phrases to yourself, breathing in and out slowly: "May I be kind to myself", "May I be gentle with myself", and "May I be at peace with myself" As you breathe in, imagine fresh, calming air filling your body. As you breathe out, imagine any self-criticism or tension leaving your body. Continue focusing on your breath and phrases for 5-7 minutes.

Inspirational Quote:

"Setting goals is the first step in turning the invisible into the visible."

- Tony Robbins.

EIGHTH MONTH



Dream Big! - Goal Setting and Motivation!

Hello Superstar!

Welcome to eight months of your journalling experience! This month is when we're going to unleash our inner strength and set our dreams on fire!

This month, we're talking about Goal Setting and Motivation! Yep, it's time to:

- Identify your passions and desires
- Set achievable goals
- Develop a growth mindset
- Overcome obstacles and stay motivated
- Through weekly prompts and daily exercises, we'll work together to:
- Discover your why and set purposeful goals
- Break down big dreams into smaller steps
- Build resilience and perseverance
- Celebrate your wins and learn from setbacks

Remember, setting goals is like planting a seed - it needs nurturing, patience, and dedication to grow!

Get ready for an amazing journey of self-discovery, growth, and empowerment!

Fun Fact: Did you know that writing down your goals increases the chances of achieving them by 42%? Let's make this month count!

Stay tuned for weekly prompts and daily exercises that will help you unlock your full potential!

AFFIRMATIONS

- I set clear and achievable goals for myself.
- I am motivated and driven to succeed.
- I believe in my ability to reach my goals.
- I stay focused and committed to my dreams.



WEEK 1

"Goal Getters Unite!" - What are Goals?

Hello young Superstar!

Let's talk about GOALS! What comes to mind when you hear that word? Maybe you think of achievements, success, or accomplishments. And you're right!

Goals are like a treasure map to your dreams! They help you navigate, focus, and work towards what you want to achieve.

Fun Fact: Did you know that the word "goal" comes from the Old English word "gōl", which means "boundary" or "limit"?

Let's set boundaries and limits to achieve our dreams!

This week, we're going to explore:

- What goals are and why they matter
- Types of goals (short-term, long-term, SMART)
- How to identify your passions and desires
- Setting purposeful goals

Get ready for daily prompts and exercises that will help you discover your goals and start achieving them!

Remember, goals are like puzzles - they need pieces to fit together to create a masterpiece!

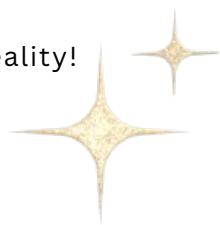
Daily prompts will help you:

- Define and help you understand what goals mean to you
- Identify your strengths and passions
- Learn about different goal types
- Set SMART goals
- Dream big and create a vision
- Create a vision board for your goals
- Reflect on your purpose
- Plan and take action towards your goals

Remember, exploring goals is like uncovering hidden treasures - it takes time and patience, but it's worth it!

Take your time, be honest, and have fun!

Let's get to score your goals and make our dreams a reality!



DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: What do goals mean to you? Write down your thoughts and feelings about goals. What comes to your mind, when you hear the word 'goals'?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Loving-Kindness Breathing - Find a quiet, comfortable spot to sit or lie down. Then close your eyes and take a few deep breaths. Focus on your heart centre and repeat the following phrases to yourself, breathing in and out slowly: "May I be kind to myself", "May I be gentle with myself", and "May I be at peace with myself" As you breathe in, imagine fresh, calming air filling your body. As you breathe out, imagine any self-criticism or tension leaving your body. Continue focusing on your breath and phrases for 5-7 minutes.

Inspirational Quote:

"Setting goals is the first step in turning the invisible into the visible."

- Tony Robbins.

DAILY JOURNAL

Date: ____ / ____ / ____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Discover your passion. What are your strengths and passions? Please make a list and reflect on why they matter to you.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Loving-Kindness Breathing - Find a quiet, comfortable spot to sit or lie down. Then close your eyes and take a few deep breaths. Focus on your heart centre and repeat the following phrases to yourself, breathing in and out slowly: "May I be kind to myself", "May I be gentle with myself", and "May I be at peace with myself" As you breathe in, imagine fresh, calming air filling your body. As you breathe out, imagine any self-criticism or tension leaving your body. Continue focusing on your breath and phrases for 5-7 minutes.

Inspirational Quote:

"Setting goals is the first step in turning the invisible into the visible."

- Tony Robbins.

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Explore types of goals. Research and write about different types of goals (short-term, long-term, SMART). Which one rings a bell with you?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Loving-Kindness Breathing - Find a quiet, comfortable spot to sit or lie down. Then close your eyes and take a few deep breaths. Focus on your heart centre and repeat the following phrases to yourself, breathing in and out slowly: "May I be kind to myself", "May I be gentle with myself", and "May I be at peace with myself" As you breathe in, imagine fresh, calming air filling your body. As you breathe out, imagine any self-criticism or tension leaving your body. Continue focusing on your breath and phrases for 5-7 minutes.

Inspirational Quote:

"Setting goals is the first step in turning the invisible into the visible."

- Tony Robbins.

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Dreaming Big. Write about a goal you've always wanted to achieve. What's holding you back?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Loving-Kindness Breathing - Find a quiet, comfortable spot to sit or lie down. Then close your eyes and take a few deep breaths. Focus on your heart centre and repeat the following phrases to yourself, breathing in and out slowly: "May I be kind to myself", "May I be gentle with myself", and "May I be at peace with myself" As you breathe in, imagine fresh, calming air filling your body. As you breathe out, imagine any self-criticism or tension leaving your body. Continue focusing on your breath and phrases for 5-7 minutes.

Inspirational Quote:

"Setting goals is the first step in turning the invisible into the visible."

- Tony Robbins.

EXPRESS YOUR SELF

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Here's a helpful exercise called One-Minute Self-Kindness. Follow the instructions below:

1. Sit comfortably with your eyes closed.
2. Take one minute to focus on your breath.
3. With each inhale, repeat: "I am kind to myself."
4. With each exhale, repeat: "I am at peace with myself."
5. If your mind wanders, gently bring it back to the phrases.
6. After one minute, take a deep breath in and out, and slowly open your eyes.

Did you try it? How was it? How did repeating these phrases make you feel? Can you carry this sense of self-kindness with you throughout your day?

This is a simple yet powerful way to grow self-compassion and kindness towards yourself. These are tools you can add to your mental health toolkit. Take what you need to help yourself when necessary.

EXPRESS YOUR SELF

DAILY JOURNAL

Date: ____ / ____ / ____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Remember the vision board. Try creating a vision board for your goals. Cut out images and words that represent your aspirations. To start, note what you need to make the board. Take a step towards it and give yourself time. Remember, goals can only be achieved by taking action.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Loving-Kindness Breathing - Find a quiet, comfortable spot to sit or lie down. Then close your eyes and take a few deep breaths. Focus on your heart centre and repeat the following phrases to yourself, breathing in and out slowly: "May I be kind to myself", "May I be gentle with myself", and "May I be at peace with myself" As you breathe in, imagine fresh, calming air filling your body. As you breathe out, imagine any self-criticism or tension leaving your body. Continue focusing on your breath and phrases for 5-7 minutes.

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- Tony Robbins.

DAILY JOURNAL

Date: ____ / ____ / ____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Consider the reasons behind your goals. Why do you want to achieve them? This is important because your 'why' will motivate, inspire, and drive you to go the extra mile to accomplish your goals. Take time to reflect on why your goals are meaningful to you. What is your purpose?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Loving-Kindness Breathing - Find a quiet, comfortable spot to sit or lie down. Then close your eyes and take a few deep breaths. Focus on your heart centre and repeat the following phrases to yourself, breathing in and out slowly: "May I be kind to myself", "May I be gentle with myself", and "May I be at peace with myself" As you breathe in, imagine fresh, calming air filling your body. As you breathe out, imagine any self-criticism or tension leaving your body. Continue focusing on your breath and phrases for 5-7 minutes.

Inspirational Quote:

"Setting goals is the first step in turning the invisible into the visible."

- Tony Robbins.

DAILY JOURNAL

Date: ____ / ____ / ____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Every goal needs a plan to achieve it. Write a simple plan to achieve one of your goals. Break it down into smaller steps.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

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Inspirational Quote:

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WEEK 2

SMART Moves! - Setting SMART Goals!

Hello superstar!

Last week, we talked about what goals are and why they matter. Now, let's get SMART!

This week, we're going to learn how to set SMART goals - Specific, Measurable, Achievable, Relevant, and Time-bound. It's like creating a recipe for success!

Fun Fact: Did you know that the SMART goal framework was created by George T. Doran, a management consultant, in 1981? It's been helping people achieve their goals for decades!

Daily prompts will help you:

- Set specific goals
- Make your goals measurable by breaking down big goals into smaller steps
- Ensure your goals are achievable
- Align your goals with your values
- Set deadlines for your goals by creating a timeline for success
- Get accountability and support

Remember, setting SMART goals is like creating a roadmap to success or navigating through a GPS like Google maps- it helps you reach your destination!

Get ready to turn your dreams into actionable plans!

Let's set SMART goals and crush them!

Take your time, be honest, and have fun!



DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: It is time to come down to being specific. Remember the S in SMART goals. Write down a goal you want to achieve. Make it specific! What exactly do you want to achieve? Example- I score high in the WASSCE exams.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Visualisation: Take the power and change what you are saying to yourself. Find a quiet place, close your eyes, and see the opposite of your negative self-talk in your mind's eye. For example, instead of saying "I am not good enough," visualise and affirm "I am enough." Imagine yourself as your movie's director, scriptwriter, and star. Play the role confidently and visualise the positive affirmation as if watching it on a screen. Spend 3-5 minutes doing this exercise, then take a deep breath and open your eyes.

Inspirational Quote:

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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Today, you focus on measurable progress. It is the M in SMART Goals. How will you measure your progress? What small wins will you celebrate along the way? Example of SM- I score high in at least 7 subjects in the WASSCE exams.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Visualisation: Take the power and change what you are saying to yourself. Find a quiet place, close your eyes, and see the opposite of your negative self-talk in your mind's eye. For example, instead of saying "I am not good enough," visualise and affirm "I am enough." Imagine yourself as your movie's director, scriptwriter, and star. Play the role confidently and visualise the positive affirmation as if watching it on a screen. Spend 3-5 minutes doing this exercise, then take a deep breath and open your eyes.

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DAILY JOURNAL

Date: ____ / ____ / ____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Next is the A in SMART – Achievable. Here’s the reality check. Is your goal achievable? From the example - I score high in at least 7 subjects in the WASSCE exams. Can you make at least a 7-subject pass? Be honest! What obstacles might you face, and how will you overcome them?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Today, you will be getting to know the letter R in SMART. What are your relevant values? ? Example- I score high in at least seven subjects in the WASSCE exams.

How does your goal align with your values? What's driving you to achieve this goal?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



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EXPRESS YOUR SELF

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Time to look at Time-Bound. This is the T in SMART. It is also the deadline.

Set a deadline for your goal. When will you achieve it? Create a timeline with milestones. ? Example- I score high in at least 7 subjects in the WASSCE exams by December 2024. Or Earn a certificate in digital marketing by November 2024

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: What is the time frame for achieving this goal?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

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DAILY JOURNAL

Date: ____ / ____ / ____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Progressive Muscle Relaxation. Find a quiet spot and sit or lie down comfortably. Tense and then relax different muscle groups (e.g., shoulders, arms, legs). Hold each tension for 5 seconds and release for 10 seconds. Move through muscle groups, releasing anxiety and stress. End with deep, calming breaths.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

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Inspirational Quote:

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– Tony Robbins.

WEEK 3

Motivation Mastery! - Staying Motivated!

How is it going?

We hope this is not tasking for you! If it is, take it slow – remember you are not in a race! Go back in your spare time and try it again. Practice makes perfect.

On the other hand, if it is going smoothly, keep at it! Kudo!

You've set your SMART goals, now it's time to stay motivated and crush them!

Fun Fact: Did you know that the brain releases dopamine, a feel-good chemical when we achieve small wins? Let's keep that motivation fire burning!

This week, we're going to explore ways to stay motivated, overcome obstacles and barriers, and celebrate our progress!

This week's daily prompts will help you:

- Identify your why and stay connected to your purpose and motivation
- Break down big goals into smaller, manageable tasks
- Create and build a positive mindset and self-talk
- Find accountability and support
- Celebrate your progress and small wins
- Overcome obstacles and reflect on your journey

This will help you in taking small steps towards staying motivated and achieving your dreams!

Remember, staying motivated is like putting fuel in your car for a travel by road - you must keep refuelling to reach your destination!

Get ready to stay motivated and achieve your dreams!



DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Back to your why! Why your why matters. Your why is very important to achieving your goals. If your why is not strong enough to make you get up, whether you feel like it or not, to do what needs to be done to achieve your goals. Then, you will have goals and not much success. Think about why it is crucial to reach one of your goals. Come up with as many whys as possible. Today, write down your why - what motivates you to want to achieve your goal? What is driving you?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Music Dome: Depending on your environment. Remember not to disturb others. Turn up your favourite tunes and dance like no one's watching! Letting loose and moving to the rhythm is an excellent way to shake off stress and boost your mood. Singing along, humming along or just listening to uplifting music can also work wonders for your mental health.

Inspirational Quote:

"Setting goals is the first step in turning the invisible into the visible."

– Tony Robbins.

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Goals need to be broken into smaller tasks if you want to really succeed at accomplishing them. This will help you make small wins. Select one of your goals and break it down a big goal into smaller tasks. What's the first step? Celebrate small wins! You just did this!

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Keeping your mind positive and generating positive vibes. Create a positive affirmation for yourself. Repeat it daily! What positive thoughts can you focus on? Example – “I nailed my WASSCE exams.” “I got my 7 papers.” And “I’m on my way to the university!”

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Everyone needs someone's shoulder to lean on, right? A special person who can go with you on the journey to successfully achieving your goals. This person is called an 'Accountability Partner' (AC).

Your AC can be a friend, classmate, even a teacher, or family friend. Really, your AC can be anybody, but – make sure it is someone who can hold you accountable and give you support through encouragement, inspiration, and be hard on you when needed.

Share your goal with a friend or family member. Get accountability and support! Who's got your back?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

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EXPRESS YOUR SELF

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Here's a guide to help you discover more about yourself and how you have grown.

Things That Make Me...

Happy! 😊

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Disgusted! 🤢

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Sad! 😞

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Fearful! 😨

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Angry! 😡

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Excited! 😄

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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: The graphic designer can put a dancing icon here

Celebrate Progress. No matter how small. Give yourself kudo! Good job! Well done! Celebrate a small win. What did you achieve today? Acknowledge your hard work!

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Dealing with obstacles that hinder your progress and success is not a supernatural challenge. It may feel like a wall that requires extra effort to scale, and it might not be enjoyable. Overcoming it may demand more than you initially want to give. Regardless of its nature, the key is to identify the obstacle and conquer it. Can you identify a potential obstacle to achieving one of your goals? How do you plan to overcome it? What strategies can you use?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

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DAILY JOURNAL

Date: ____ / ____ / ____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: It's reflection time. Could you reflect on your progress? What have you learned about yourself? What's working and what's not? Staying motivated is like nurturing a garden - it needs care, attention, and patience to grow!

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Reframing: Find a quiet place and spend about 5 minutes writing down negative self-talk. Identify the emotions behind the thoughts, then challenge the negative self-talk and reframe the negative thoughts. To reframe is to rearrange, reset, and reorganise by replacing with a positive thought or self-talk.

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WEEK 4

Celebrate Yourself! - Celebrating Achievements!

You've worked hard, stayed motivated, and crushed your goals! Now, it's time to CELEBRATE!

This week, you're going to focus on acknowledging and celebrating your achievements, no matter how small they may seem!

Fun Fact: Did you know that celebrating small wins can increase productivity by 25% and happiness by 30%? Let's party!

Daily prompts will help you:

- Acknowledge and celebrate your accomplishments -by treating yourself to something special.
- Reflect on your progress and growth by identifying what worked well and what didn't
- Practice self-care and self-love.
- Share your successes with others.
- Set new goals, stay motivated and keep moving forward.
- Visualize your future achievements.
- Reflect on your journey and progress.

Take time to celebrate your achievements and shine your light! Remember, celebrating achievements is like collecting puzzle pieces - each one fits into your bigger picture of success! Also, celebrating achievements is like collecting badges of honour - it shows you've earned them!

Get ready to party and celebrate your awesomeness!
Keep shining!



DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Oya, let's profile your proud Moments

Could you write down 3 things you're proud of accomplishing? What made them special?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Body Scan: Lie down or sit comfortably and bring awareness(focus your attention) to each body part, starting from your toes and moving up to the top of your head. Scan each body part and relax if you feel heavy or tense. Let peace flow from your head to your toes.

Inspirational Quote:

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– Tony Robbins.

DAILY JOURNAL

Date: ____ / ____ / ____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Time to look back!

Could you reflect on what worked well and what didn't? What did you learn from your experiences?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Lie down or sit comfortably and bring awareness(focus your attention) to each body part, starting from your toes and moving up to the top of your head. Scan each body part and relax if you feel heavy or tense. Let peace flow from your head to your toes.

Inspirational Quote:

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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: It is Self-Care day!

Treat yourself to something special. You deserve it! What brings you joy and relaxation?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Lie down or sit comfortably and bring awareness(focus your attention) to each body part, starting from your toes and moving up to the top of your head. Scan each body part and relax if you feel heavy or tense. Let peace flow from your head to your toes.

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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Share Your Wins

Share your achievements with a friend or family member. Get celebrated! Who's your biggest supporter?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: New Goals Ahead – Go ahead and think about new goals.

Set new goals and keep moving forward. What's next? What challenges are you ready to take on?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Vision Board Vibes - Could you create a vision board for your next achievement? Making it about what success looks like to you?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Today, try to please reflect on your journey so far. How far have you come? What have you learned about yourself? Make a mental note and if you feel like dropping a few notes , go ahead please.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

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Monthly Reflection and Activities:

Write a letter to your past self, offering encouragement.

Reflection Exercises:

Consider how you show yourself love and compassion. Write about a time you felt proud of yourself and what led to that moment. Think about which self-care activities make you feel recharged and revitalized. Reflect on how practicing self-love has positively impacted your life and overall well-being.

(Note – all these exercises are for your eyes only. Feel free to be honest with yourself)





NINTH MONTH

Family Matters! - Exploring Family Relationship

Hello Superstar!

Welcome to your ninth month of journaling! Wow!

This new month we're going to dive into the world of family relationships! Yes, family!

Family can be a source of love, support, and strength, but sometimes it can also be a source of stress, anxiety, and drama!

In the next four weeks, we're going to explore:

- Building strong relationships with your parents/guardians
- Navigating sibling rivalries and friendships
- Dealing with family conflicts and disagreements
- Setting boundaries and maintaining individuality
- Celebrating family traditions and cultural heritage
- Through weekly prompts and daily exercises, we'll work together to:
 - Improve your communication skills
 - Manage family expectations and pressures
 - Cultivate empathy and understanding
 - Develop conflict resolution strategies
 - Embrace your unique family dynamics

Remember, family is like a puzzle - sometimes it fits perfectly, and sometimes it needs a little adjustment!

Get ready for a fantastic journey of self-discovery, growth, and empowerment!

Fun Fact: Did you know that having a strong family support system can increase happiness and life satisfaction by 50%? Let's nurture those family bonds!

Stay tuned for weekly prompts and daily exercises that will help you navigate the ups and downs of family relationships!



AFFIRMATIONS

- I value and appreciate my family.
- I communicate effectively and listen with empathy.
- I contribute to a loving and supportive family environment.
- I am grateful for the connections I have with my family.

WEEK 1

Family Fusion! - Understanding Family Dynamics

Let's talk about family dynamics!

It's like a recipe for your favourite dish - you need the right ingredients mixed in the right way to get the perfect taste!

Fun Fact: Did you know that the concept of "ubuntu" (humanity towards others) in African culture emphasizes the importance of family and community? Let's explore our family dynamics with love and understanding!

This week, we're going to:

- Identify your family's communication style
- Understand your role in the family
- Recognize family patterns and traditions
- Learn to appreciate your family's uniqueness
- Start building stronger family bonds
- The daily prompts will help you achieve this by guiding you to:
 - Map your family tree and connections
 - Describe your family's communication style
 - Share a family tradition or cultural practice
 - Reflect on your role in the family
 - Write a gratitude letter to a family member

Remember, understanding family dynamics is like solving a puzzle - it takes patience, love, and a willingness to learn!

Get ready to uncover the secrets of your family's awesomeness!

Let's dive into the daily prompts and start exploring our family dynamics!



DAILY JOURNAL

Date: ____/____/____



What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Do you know your family tree This week, you will ask questions about your family. Then you will map your family tree and connections. Who's who, and how are they related?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

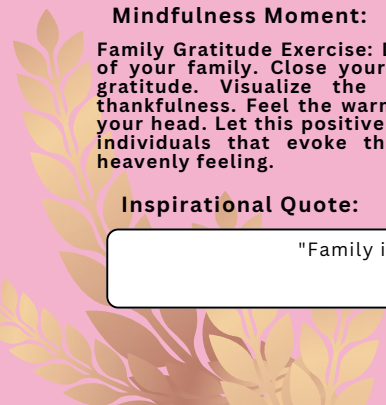
Mindfulness Moment:

Family Gratitude Exercise: Dedicate 3-5 minutes to think back on the blessings in and of your family. Close your eyes and focus on at least 5 aspects that fill you with gratitude. Visualize the situations or individuals that evoke this feeling of thankfulness. Feel the warmth of gratitude spreading from your feet to the crown of your head. Let this positive sensation feel your entire being Visualize the situations or individuals that evoke this feeling of thankfulness. Cherish and memorise this heavenly feeling.

Inspirational Quote:

"Family is not an important thing. It's everything."

- Michael J. Fox



DAILY JOURNAL

Date: ____/____/____



What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: What is your family communication style? Every family have their unique way of communicating. Could you describe your family's communication style? Is it open, closed, or somewhere in between?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

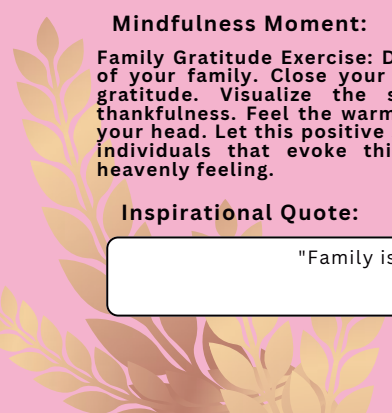
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DAILY JOURNAL

Date: ____/____/____



What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: What are your traditions and culture? Share a family tradition or cultural practice that's important to you. Why does it matter?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

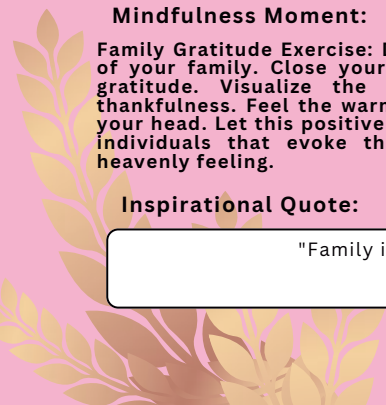
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EXPRESS YOUR SELF

DAILY JOURNAL

Date: ____/____/____



What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: What is your role in the family? Try to reflect on your role in the family. What are your strengths and weaknesses?

Blank space for writing the daily prompt response.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

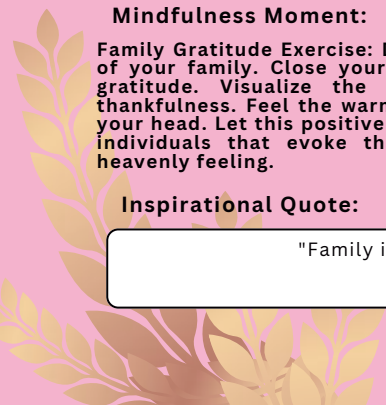
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DAILY JOURNAL

Date: ____/____/____



What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Time to show gratitude - being thankful.

Write a gratitude letter to a family member and express your appreciation and love.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

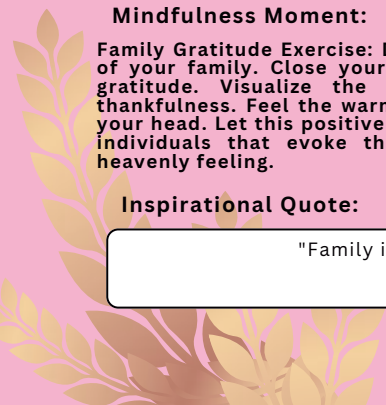
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DAILY JOURNAL

Date: ____/____/____



What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Could you identify a family pattern or habit that you'd like to change? What small step can you take?

Blank space for writing the response to the daily prompt.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

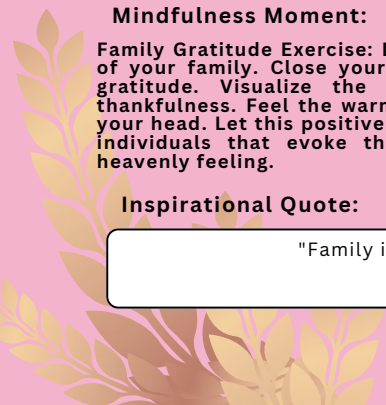
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DAILY JOURNAL

Date: ____/____/____



What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Today is time for family appreciation.

Write down three things you appreciate about your family. Celebrate the positives!

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

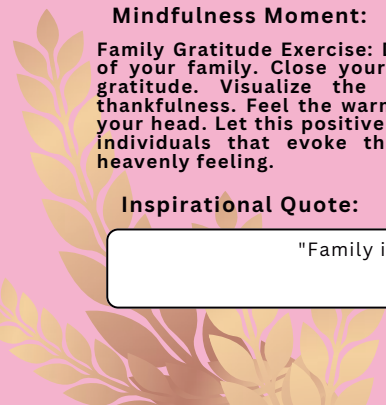
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WEEK 2

Talk It Out! - Communicating with Family Members

Let's get real this week.

Communicating with family members can be like trying to crack a coconut shell. It takes patience, effort, and practice to get it right!

Fun Fact: Did you know that storytelling is a powerful way to pass down values and traditions in many African cultures? Let's use our voices to build stronger family bonds!

This week, we're going to:

- Learn active listening skills
- Express ourselves effectively
- Handle conflicts and disagreements
- Show appreciation and gratitude
- Build stronger relationships

The prompts shared this week will help you to:

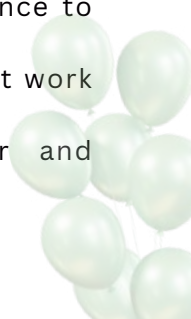
- Develop and practice active listening with a family member
- Express yourself effectively - Write a letter to a family member (even if you don't send it!)
- Handle conflicts and disagreements by role-playing a difficult conversation.
- Show appreciation and gratitude
- Build stronger relationships
- Reflect on your communication style

Take small steps towards improving your communication with family members and enjoy the benefits of stronger, more loving relationships!

Remember, communicating with family members is like nurturing a garden - it takes care, attention, and patience to grow strong relationships!

Also, it can be likened to playing a football game. You must work together, support each other, and celebrate your wins!

Get ready to become a communication Superstar and strengthen your family relationships!



DAILY JOURNAL

Date: ____/____/____



What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: It's all about Listening and really listening to the other person!

Practice active listening with a family member. This means paying full attention and not being distracted at all. Please give them your full attention and focus.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



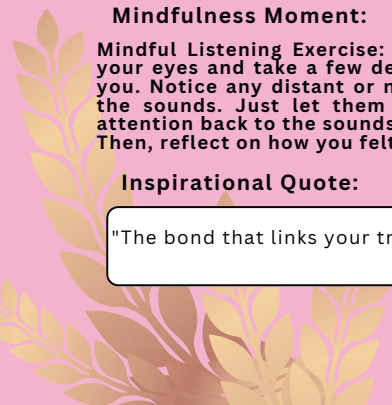
Indifferent

Mindfulness Moment:

Mindful Listening Exercise: Find a quiet place where you can sit comfortably. Close your eyes and take a few deep breaths to relax. Begin to focus on the sounds around you. Notice any distant or nearby sounds. Try to listen without judging or identifying the sounds. Just let them come and go. If your mind wanders, gently bring your attention back to the sounds. Continue this practice for 3-5 minutes. Then, reflect on how you felt before and after the exercise.

Inspirational Quote:

"The bond that links your true family is not one of blood, but of respect and joy in each other's life." - Richard Bach



DAILY JOURNAL

Date: ____/____/____



What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Letter to a loved one

Write a letter to a family member (even if you don't send it!). Express your thoughts, feelings, and gratitude.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



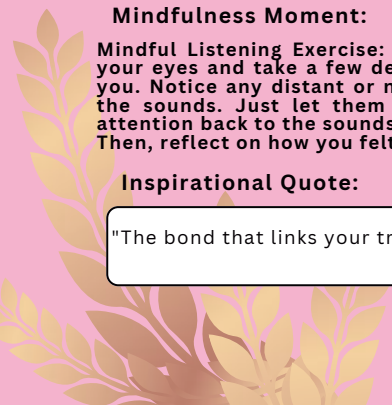
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DAILY JOURNAL

Date: ____/____/____



What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Knowing how to manage conflict and resolve it.

Remember one conflict situation with a family member. Role-play that situation - a difficult conversation with a family member. Practice empathy (sympathy, compassion, identifying), understanding, and respect. Once done, ask yourself, "How was it?"

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



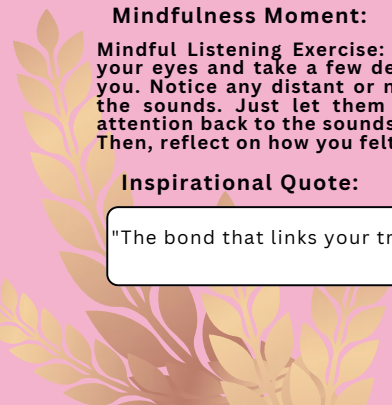
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DAILY JOURNAL

Date: ____/____/____



What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Choose a family member to appreciate and say thank you to. You can choose more than one if you like. Or just start with one and increase gradually. Whatever you decide is okay.

Share gratitude with a family member. Express appreciation for something they've done.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



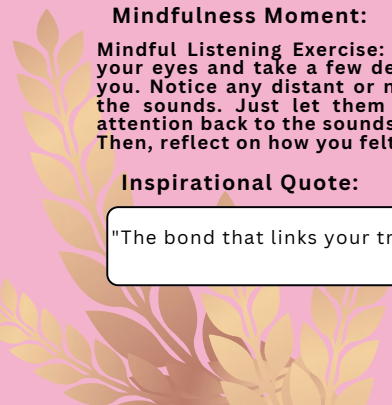
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EXPRESS YOUR SELF

DAILY JOURNAL

Date: ____/____/____



What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: See everyone, including you, as a gift to the family. See the good in everyone in your family. You may want to write something down. If so, desire.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



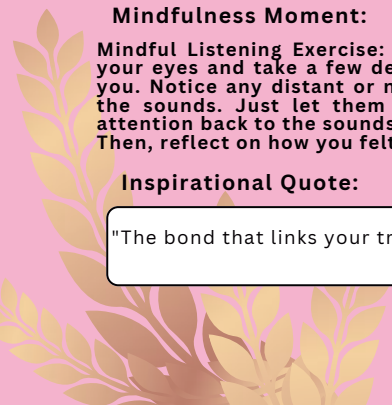
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DAILY JOURNAL

Date: ____/____/____



What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Remember, happy times! They do exist in each family. You may bring up the memories or ask other family members to document them.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



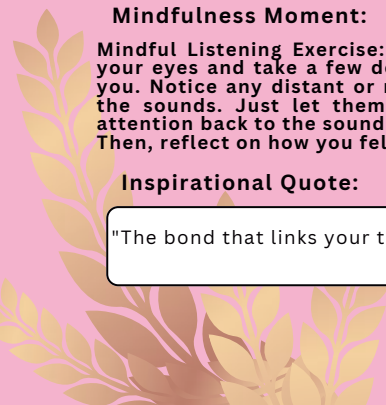
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DAILY JOURNAL

Date: ____/____/____



What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Reflect on your communication style with family members. Identify the strengths, weaknesses, and areas for improvement. Work on your communication style.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



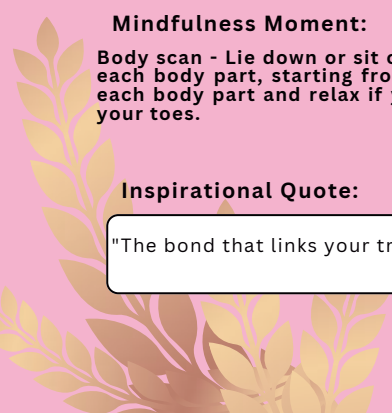
Indifferent

Mindfulness Moment:

Body scan - Lie down or sit comfortably and bring awareness(focus your attention) to each body part, starting from your toes and moving up to the top of your head. Scan each body part and relax if you feel heavy or tense. Let peace flow from your head to your toes.

Inspirational Quote:

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WEEK 3

Peace Makers - Resolving Conflicts

Do you know that conflicts are like storms?

Oh yes, they are!

They can be intense (strong, deep, extreme, powerful), but they'll pass! They never stay forever.

Let's learn to navigate them easily and come out stronger on the other side!

Fun Fact: Did you know that in some African cultures, conflicts are resolved through drumming and dancing? Find your own rhythm to resolve conflicts!

This week, we're going to:

- Identify conflict triggers
- Practice empathy and understanding
- Learn effective communication skills
- Develop problem-solving strategies
- Forgive and move forward

Daily prompts will help you:

- Reflect on a recent conflict and identify triggers
- Write a letter to someone you're in conflict with (even if you don't send it!)
- Role-play a conflict resolution scenario
- Create a conflict resolution plan
- Practice forgiveness and letting go

Remember, resolving conflicts is like playing a game of chess - you need to think ahead, strategize, and make smart moves!

Get ready to become a conflict resolution superstar and maintain peace in your relationships!

Let's dive into the daily prompts and start resolving conflicts like a pro!



DAILY JOURNAL

Date: ____/____/____



What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Could you reflect on a recent conflict? What can you say triggered it? How did you feel about the conflict? Examine the situation like you are an outsider. What is your takeaway? Write it down.

Blank space for writing the response to the daily prompt.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Imagine the lessons you learned. Like a superhero, turn them into power blocks. Note your superpower. Choose one. Please close your eyes for a moment and absorb it into your body. Feel the energy enter into your body. See yourself using the power to solve problems. Enjoy your power!

Inspirational Quote:

"The most important thing in the world is family and love."

- John Wooden



DAILY JOURNAL

Date: ____/____/____



What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Empathy Letter

Write a letter to someone you're in conflict with (even if you don't send it!). Try to see things from their view and opinion. Does this help you to understand them and yourself?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

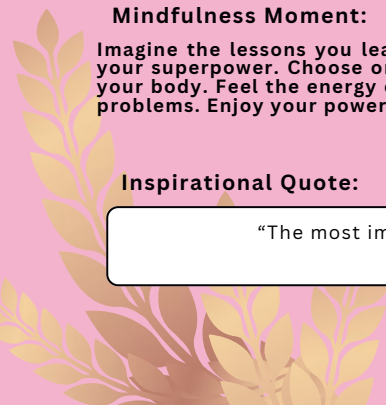
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DAILY JOURNAL

Date: ____/____/____



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- _____
- _____
- _____

Daily Prompt: Communication Role-Play

If you can get a family member or friend to join will be great. However, if you cannot, you can try this on your own. Do a role-play of a conflict resolution scenario with a friend or family member. Practice active listening and effective communication.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

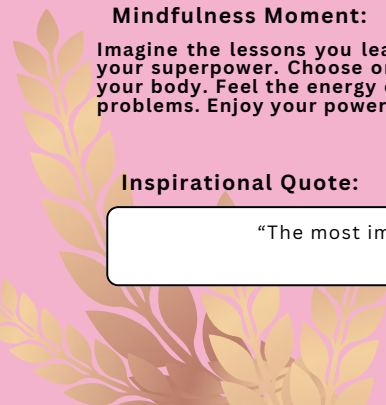
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- John Wooden



DAILY JOURNAL

Date: ____/____/____



What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Create a conflict solution plan. Identify steps to take when conflicts arise and write them down.

Blank space for writing a conflict solution plan.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

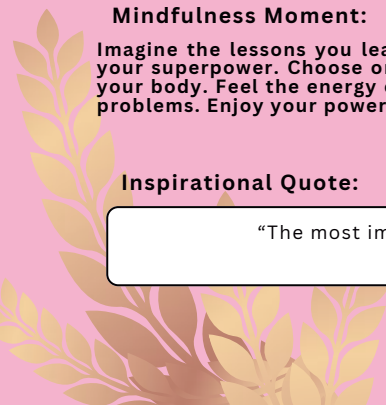
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EXPRESS YOUR SELF

DAILY JOURNAL

Date: ____/____/____



What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Forgiveness Practice

Practice forgiveness and letting go. Write down things you're willing to forgive yourself and others for.

Blank space for writing the forgiveness practice.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

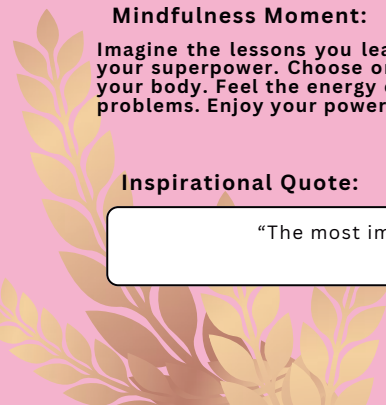
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Inspirational Quote:

"The most important thing in the world is family and love."

- John Wooden



DAILY JOURNAL

Date: ____/____/____



What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Peaceful Problem-Solving

Practice peaceful problem-solving. Identify a conflict and come up with creative solutions.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

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Inspirational Quote:

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- John Wooden



DAILY JOURNAL

Date: ____/____/____



What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: It is Self-Care Day

Take care of yourself. Reflect on how conflicts affect your mental health and prioritize self-care.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Mindfulness Walk: You may need a mindfulness moment only when anger buttons are triggered. It is called Walking Through Emotions. Take a 5-minute walk. Notice emotions arising and observe without judgment. Allow the emotion to rise and give it time to calm down. You can practice this. It is very helpful in times of need.

Inspirational Quote:

"The most important thing in the world is family and love."

- John Wooden



WEEK 4

Vibing with Loved Ones! - Quality Time!

Quality time with loved ones is like a delicious plate of jollof rice! It brings people together and makes life more flavourful! Remember party jollof!

Fun Fact: Did you know that in some African cultures, quality time is spent through communal activities like storytelling and game nights? Let's get creative and make memories!

This week, we will prioritize quality time with family and friends, create meaningful moments and traditions, show appreciation and gratitude, make time for self-reflection and self-care and strengthen bonds and relationships.

The daily prompts will help you to practice doing the following:

- Plan a fun activity with loved ones
- Create and develop a self-care routine
- Strengthen bonds and relationships
- Reflect on meaningful moments and traditions and on the impact of quality time on mental health
- Plan for quality time

Take small steps towards making quality time a priority and enjoy the benefits of stronger relationships and improved mental well-being!

Remember, quality time is like a puzzle - it brings people together to create a beautiful picture!

Get ready to vibe with your loved ones and make unforgettable memories, dive into the daily prompts, and start making quality time a priority!



DAILY JOURNAL

Date: ____/____/____



What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Planning family fun

Plan ahead a fun activity with your family or loved ones. Consider what brings you joy and closeness?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Take 5 minutes to focus on your breath. Notice when your mind wanders and gently bring it back. How did this make you feel?

Inspirational Quote:

"Cherish your family relationships. They are your backbone, providing support and unconditional love." – Unknown



DAILY JOURNAL

Date: ____/____/____



What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Write another gratitude letter

Write a gratitude letter to another family member or friend. Express appreciation for their presence in your life.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Take 5 minutes to focus on your breath. Notice when your mind wanders and gently bring it back. How did this make you feel?

Inspirational Quote:

"Cherish your family relationships. They are your backbone, providing support and unconditional love." – Unknown



DAILY JOURNAL

Date: ____/____/____



What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Create your self-care time or day depending on what time is available for you to do so.
Could you create a self-care routine? What activities feed and support your mind, body, and soul?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Take 5 minutes to focus on your breath. Notice when your mind wanders and gently bring it back. How did this make you feel?

Inspirational Quote:

"Cherish your family relationships. They are your backbone, providing support and unconditional love." – Unknown



DAILY JOURNAL

Date: ____/____/____



What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Remember meaningful moments with family

Reflect on meaningful moments and traditions with loved ones. It may be that on Sundays you eat together, etc. What makes them special?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Take 5 minutes to focus on your breath. Notice when your mind wanders and gently bring it back. How did this make you feel?

Inspirational Quote:

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EXPRESS YOUR SELF

DAILY JOURNAL

Date: ____/____/____



What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: In your own way, plan quality time with fam members.
Could you plan quality time with loved ones and self-care? And suggest the time as well! To make memories.

Blank space for writing the daily prompt response.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Take 5 minutes to focus on your breath. Notice when your mind wanders and gently bring it back. How did this make you feel?

Inspirational Quote:

"Cherish your family relationships. They are your backbone, providing support and unconditional love." – Unknown



DAILY JOURNAL

Date: ____/____/____



What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Visit appreciation station

Where you can write down three things you appreciate about your loved ones. Do not forget to celebrate their awesomeness!

Blank space for writing appreciation notes.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Take 5 minutes to focus on your breath. Notice when your mind wanders and gently bring it back. How did this make you feel?

Inspirational Quote:

"Cherish your family relationships. They are your backbone, providing support and unconditional love." – Unknown



DAILY JOURNAL

Date: ____/____/____



What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Looking back time

Could you reflect on your experiences this week? How has quality time impacted your relationships and mental health?

Remember, quality time is like a garden - it needs attention, care, and nourishment to grow strong and beautiful!

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Loving-Kindness Breathing - Find a quiet, comfortable spot to sit or lie down. Then close your eyes and take a few deep breaths. Focus on your heart centre and repeat the following phrases to yourself, breathing in and out slowly: "May I be kind to myself", "May I be gentle with myself", and "May I be at peace with myself" As you breathe in, imagine fresh, calming air filling your body. As you breathe out, imagine any self-criticism or tension leaving your body. Continue focusing on your breath and phrases for 5-7 minutes.

Inspirational Quote:

"Cherish your family relationships. They are your backbone, providing support and unconditional love." - Unknown

MONTHLY REFLECTION AND ACTIVITIES

1. Plan a family activity that everyone can enjoy.
2. Write about a positive family memory

Reflection Exercises:

Think about the role you play in your family. Reflect on a time when you communicated effectively with a family member. Consider how you handle conflicts within your family. Examine what you have learned from your family relationships and how they have shaped you.





TENTH MONTH

Embracing the Shift! - Dealing with Change

Welcome to the tenth month of your use of this journal! This Month, we'll explore the ups and downs of change! Change can be exciting and intimidating, whether it's a new school, a new home, a new class, a new environment or a new chapter in life.

This Month, we'll dive into:

- Coping with unexpected changes
- Building resilience and adaptability
- Embracing new experiences and opportunities
- Managing stress and anxiety
- Finding stability in uncertain times

Through weekly prompts and daily exercises, we'll work together to:

- Develop a growth mindset
- Practice self-care and self-compassion
- Reframe challenges as opportunities
- Cultivate a support network
- Celebrate growth and progress

Remember, change is like a puzzle - it might be tricky at first, but with patience and persistence, you'll find your fit!

Fun Fact: Did you know that the concept of "ubuntu" (humanity towards others) in African culture emphasizes the importance of community and adaptability? Let's lean on each other and grow together!

Get ready to embrace the shift and make change your superpower!

Stay tuned for weekly prompts and daily exercises that will help you navigate the ups and downs of change with confidence and resilience!



AFFIRMATIONS

Dealing with Change.

- I embrace change and see it as an opportunity for growth.
- I am adaptable and open to new experiences.
- I trust in my ability to navigate through changes.
- I am calm and centred during times of change.

WEEK 1

What's it about Change? - Understanding Change

Hello Superstar,

Let's talk about change! It's like a remix to your favourite song - it's new, fresh, and will take some getting used to!

Fun Fact: Did you know that the ancient Egyptians believed that change was a natural part of life, just like the flooding of the Nile River? They saw it as a time for renewal and growth!

This week, we're going to:

- Define what change means to you
- Explore the different types of change (big, small, expected, unexpected)
- Identify how change affects your thoughts, feelings, and actions
- Start building a growth mindset
- Develop a 'change toolbox' with coping strategies

This week's daily prompts will help you:

- Understand change and its effects by reflecting on a recent change in your life
- Develop a growth mindset
- Write a letter to your past self about a challenging change
- Build coping strategies and resilience
- Create a visual representation of change (art, diagram, etc.)
- Practice self-care and self-compassion during times of change

Connect with others and share experiences - Share your thoughts on change with a friend or family member

Remember, change is like a river - it flows, it adapts, and it grows!
Change is like a puzzle piece - it might not make sense at first, but eventually, it'll fit into the bigger picture!

Take small steps towards embracing change and making it a positive force in your life!

Get ready to understand change in a whole new way and make it your superpower!

Dive into the daily prompts and start embracing change!

We can't wait to see the superpower YOU!

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Define what is change

What does change mean to you? Could you write down your thoughts, feelings, and memories?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Body scan: Lie down or sit comfortably and bring awareness(focus your attention) to each body part, starting from your toes and moving up to the top of your head. Scan each body part and relax if you feel heavy or tense. Let peace flow from your head to your toes.

Inspirational Quote:

"Change is the law of life. And those who look only to the past or present are certain to miss the future."
- John F. Kennedy

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Think about a recent change

Could you reflect on a recent change in your life? How did it affect you? What did you learn?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Body scan: Lie down or sit comfortably and bring awareness(focus your attention) to each body part, starting from your toes and moving up to the top of your head. Scan each body part and relax if you feel heavy or tense. Let peace flow from your head to your toes.

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- John F. Kennedy

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Types of change you may have experienced

Explore different types of change (big, small, expected, unexpected). Which ones have you experienced?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Body scan: Lie down or sit comfortably and bring awareness(focus your attention) to each body part, starting from your toes and moving up to the top of your head. Scan each body part and relax if you feel heavy or tense. Let peace flow from your head to your toes.

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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Have a change toolbox

Create a 'change toolbox' with coping strategies (e.g., deep breathing, body scan, journaling, talking to a friend). Which do you think works for you? Note it.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Body scan: Lie down or sit comfortably and bring awareness(focus your attention) to each body part, starting from your toes and moving up to the top of your head. Scan each body part and relax if you feel heavy or tense. Let peace flow from your head to your toes.

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EXPRESS YOUR SELF

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Self-care check

Practice self-care during times of change. What activities build and support your mind, body, and soul?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Body scan: Lie down or sit comfortably and bring awareness(focus your attention) to each body part, starting from your toes and moving up to the top of your head. Scan each body part and relax if you feel heavy or tense. Let peace flow from your head to your toes.

Inspirational Quote:

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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Have a conversation with a friend or family member about change.

Share your thoughts on change with a friend or family member. Listen to their perspectives and experiences.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Body scan: Lie down or sit comfortably and bring awareness(focus your attention) to each body part, starting from your toes and moving up to the top of your head. Scan each body part and relax if you feel heavy or tense. Let peace flow from your head to your toes.

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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Access your growth mindset

Could you write a letter to your past self about a challenging change?
What advice would you give?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Loving-Kindness Breathing - Find a quiet, comfortable spot to sit or lie down. Then close your eyes and take a few deep breaths. Focus on your heart centre and repeat the following phrases to yourself, breathing in and out slowly: "May I be kind to myself", "May I be gentle with myself", and "May I be at peace with myself" As you breathe in, imagine fresh, calming air filling your body. As you breathe out, imagine any self-criticism or tension leaving your body. Continue focusing on your breath and phrases for 5-7 minutes.

Inspirational Quote:

"Change is the law of life. And those who look only to the past or present are certain to miss the future." - John F. Kennedy

WEEK 2

The Change Effect! - How Change Affects Us

Change is like a drumbeat - it has its own rhythm and will make you move! But have you ever wondered how change really affects you?

Fun Fact: Did you know that in some African cultures, change is believed to be a spiritual journey, where you shed old skin like a snake and emerge anew? Let's explore how change transforms us!

This week, we're going to:

- Identify emotional responses to change
- Explore how change impacts relationships
- Discover how change affects self-identity
- Develop coping strategies for uncertain times
- Practice self-reflection and self-care

Specially prepared daily prompts will help you:

- Identify your emotions during times of change
- Write a letter to a friend about how change has affected your relationship
- Create a self-care plan for uncertain times
- Explore how change impacts relationships
- Discover how change affects self-identity
- Develop coping strategies for uncertain times
- Practice self-reflection and self-care
- Reflect on how change has shaped your identity
- Share your thoughts on change with a trusted adult

Remember, change is like a river - it flows, it adapts, and it grows! Change is also like a kaleidoscope - it turns, it shifts, and it creates something new!

Take small steps daily towards understanding how change affects you and make it a positive force in your life!

Get ready to understand how change affects you and make it a positive force in your life!

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Identify your emotion

Identify which emotions are showing up for you during times of change. What do you feel? Why do you feel this way? Ask questions, and find the answers.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Walking Through Emotions: Take a 5-minute walk. This time, it is to feel your emotions. Notice which emotions are arising and observe without judgment. You can make it more interesting by focusing on just one emotion.

Inspirational Quote:

"The secret of change is to focus all of your energy not on fighting the old, but on building the new." - Socrates

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Day 2: Relationship Reflection

Could you write a letter to a friend about how change has affected your relationship? (Perhaps any other change that has happened to you as an individual or to you and your family) What's changed? What's remained the same?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Walking Through Emotions: Take a 5-minute walk. This time, it is to feel your emotions. Notice which emotions are arising and observe without judgment. You can make it more interesting by focusing on just one emotion.

Inspirational Quote:

"The secret of change is to focus all of your energy not on fighting the old, but on building the new." - Socrates

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Do a self-discovery scan as regards change
Reflect on how change has shaped your identity (Who you are). What have you learned about yourself?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Walking Through Emotions: Take a 5-minute walk. This time, it is to feel your emotions. Notice which emotions are arising and observe without judgment. You can make it more interesting by focusing on just one emotion.

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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Prepare for uncertain times

Develop a self-care plan for uncertain times. What activities calm your mind and soothe your soul?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Walking Through Emotions: Take a 5-minute walk. This time, it is to feel your emotions. Notice which emotions are arising and observe without judgment. You can make it more interesting by focusing on just one emotion.

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EXPRESS YOUR SELF

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Have a chat about change

Share your thoughts on change with a trusted adult. Listen to their experiences and advice.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Walking Through Emotions: Take a 5-minute walk. This time, it is to feel your emotions. Notice which emotions are arising and observe without judgment. You can make it more interesting by focusing on just one emotion.

Inspirational Quote:

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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Practising gratitude

Write down three things you're grateful for during times of change. Focus on the positives!

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Walking Through Emotions: Take a 5-minute walk. This time, it is to feel your emotions. Notice which emotions are arising and observe without judgment. You can make it more interesting by focusing on just one emotion.

Inspirational Quote:

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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Look back into this week

Could you reflect on your experiences this week? How has change affected you? What have you learned?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Loving-Kindness Breathing: Find a quiet, comfortable spot to sit or lie down. Then close your eyes and take a few deep breaths. Focus on your heart centre and repeat the following phrases to yourself, breathing in and out slowly: "May I be kind to myself", "May I be gentle with myself", and "May I be at peace with myself" As you breathe in, imagine fresh, calming air filling your body. As you breathe out, imagine any self-criticism or tension leaving your body. Continue focusing on your breath and phrases for 5-7 minutes.

Inspirational Quote:

"The secret of change is to focus all of your energy not on fighting the old, but on building the new." - Socrates

WEEK 3

Change Champions! - Coping with Change

Change can be unpredictable, thrilling, and sometimes scary! But, with the right strategies, you can become a Change Champion!

Fun Fact: Did you know that the Maasai people of East Africa have a tradition called "Emuratta" - a coming-of-age ceremony that symbolizes change and growth? Let's embrace change like a Maasai warrior!

This week, the journey of discovery takes you to develop resilience and adaptability, learn healthy coping mechanisms, practice mindfulness and self-care, build a support network, and celebrate growth and progress.

While the daily prompts will help you to:

- Develop resilience and adaptability by creating a change survival kit
- Learn healthy coping mechanisms
- Write a letter to your future self
- Practice mindfulness and self-care
- Reflect on and celebrate your growth and progress

Remember, change is like a sunrise - it's a new beginning! Yes! It can be like a drumbeat - it's got its own rhythm, and you can learn to dance to it!

Take small steps daily towards becoming a Change Champion and make change your superpower!

Let's dive into the daily prompts and start coping with change like a pro!

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Make your own change survival kit

Could you create a change survival kit? What items would you include to help you cope with change?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Body scan: Lie down or sit comfortably and bring awareness(focus your attention) to each body part, starting from your toes and moving up to the top of your head. Scan each body part and relax if you feel heavy or tense. Let peace flow from your head to your toes.

Inspirational Quote:

"The only way to make sense out of change is to plunge into it, move with it, and join the dance." – Alan Watts

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Write a letter to the future you.

Could you write a letter to your future self about how you're coping with change? What advice would you give to the future YOU?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Body scan: Lie down or sit comfortably and bring awareness(focus your attention) to each body part, starting from your toes and moving up to the top of your head. Scan each body part and relax if you feel heavy or tense. Let peace flow from your head to your toes.

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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Mindful Moments

Practice deep breathing exercises. Take 5 minutes to focus on your breath and calm your mind.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Body scan: Lie down or sit comfortably and bring awareness(focus your attention) to each body part, starting from your toes and moving up to the top of your head. Scan each body part and relax if you feel heavy or tense. Let peace flow from your head to your toes.

Inspirational Quote:

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EXPRESS YOUR SELF

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Grow a support network

Please reach out to connect with a friend or family member about how you're feeling. Who can you turn to for support?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Body scan: Lie down or sit comfortably and bring awareness(focus your attention) to each body part, starting from your toes and moving up to the top of your head. Scan each body part and relax if you feel heavy or tense. Let peace flow from your head to your toes.

Inspirational Quote:

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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Time for a self-care check

Practice self-care. Change can take a toll on your mental, emotional and physical health. What activities make you feel good? Do them!

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Body scan: Lie down or sit comfortably and bring awareness(focus your attention) to each body part, starting from your toes and moving up to the top of your head. Scan each body part and relax if you feel heavy or tense. Let peace flow from your head to your toes.

Inspirational Quote:

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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Growing your growth mindset

Could you reflect on your progress? What have you learned about yourself and change?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Body scan: Lie down or sit comfortably and bring awareness(focus your attention) to each body part, starting from your toes and moving up to the top of your head. Scan each body part and relax if you feel heavy or tense. Let peace flow from your head to your toes.

Inspirational Quote:

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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Celebrate your growth

Celebrate your growth and progress. Write down three things you're proud of yourself for.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

MUSIC DOME: Depending on your environment. Remember not to disturb others. Turn up your favourite tunes and dance like no one's watching! Letting loose and moving to the rhythm is an excellent way to shake off stress and boost your mood. Singing along, humming along or just listening to uplifting music can also work wonders for your mental health.

Inspirational Quote:

"The only way to make sense out of change is to plunge into it, move with it, and join the dance." - Alan Watts



WEEK 4

New Vibes, Who Dis? - Embracing New Experiences

Are you ready to level up and embrace new experiences like a boss? Change can be scary, but it's also an opportunity to discover new passions, make new friends, and create unforgettable memories!

Fun Fact: Did you know that the Zulu phrase "Sawubona" means "we see you" and is a greeting that acknowledges the presence and potential of others? Let's embrace new experiences with open arms and say "Sawubona" to new adventures!

This week, are you ready to:

- Step out of our comfort zones
- Try new things and take risks
- Meet new people and make connections
- Learn from failures and setbacks
- Celebrate growth and progress

The daily prompts are prepared to help you achieve:

- Step out of your comfort zone
- Try new things and take risks
- Writing a letter to your future self about new experiences
- Practising saying "yes" to new opportunities
- Reflecting on what you've learned from new experiences (failures and setbacks)
- Sharing your new experiences with a friend or family member

Remember, new experiences are like a puzzle - they might be challenging, but they'll help you grow and become a more fantastic version of yourself! They are also like a sunrise - they bring new light and opportunities!

Take small steps towards embracing new experiences and becoming a more fantastic version of yourself!

Get ready to embrace new experiences and make unforgettable memories! You'll need them much later in life, looking through the memories.

Let's dive into the daily prompts and start embracing new vibes!

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Take the bull by the horn - New Adventure

Do not be afraid. You can just plan a new adventure or activity you've never tried before. What's the first step you'll take?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Self-Love & Compassion: Spend 5-10 minutes reflecting on how you show yourself love and compassion. Think about a time when you felt proud of yourself and what led to that feeling. Consider which self-care activities help you feel recharged and refreshed. Finally, reflect on how practising self-love has positively impacted your life.

Inspirational Quote:

"Change is hard at first, messy in the middle, and gorgeous at the end."

- Robin Sharma

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Letter to future You

Could you write a letter to your future self about your new experiences? Share as detailed as possible. What do you hope to achieve?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Saying YES to new opportunities!

Practice saying "yes" to new opportunities. Do not be afraid! What's one thing you'll say "yes" to today?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: It is reflection time

Try to reflect on what you've learned from new experiences. What did you discover about yourself?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

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EXPRESS YOUR SELF

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Make new connection

Determine to meet someone new today or connect with someone from a different background. What did you learn from them?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Note that failure is not the end

Think about a time when you failed or made a mistake. What did you learn from it?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Celebrate growth

Celebrate your growth and progress. Either it is a small win or large. What are you proud of yourself for?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

X-Raying Emotions: Find a quiet place and spend about 5 minutes writing down negative self-talk. Identify the emotions behind the thoughts, then challenge the negative self-talk and reframe the negative thoughts. To reframe is to rearrange, reset, and reorganise by replacing it with a positive thought or self-talk.

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- Robin Sharma

ELEVENTH MONTH

Face Your Fears, Unleash Your Power! - Understanding and Overcoming Fear

Hello Superstar!

Welcome to the eleventh month where we'll dive into the world of fear and come out stronger on the other side!

Fear can be like a shadow - it follows us everywhere, but it's time to face it head-on and shine a light on its power.

This month, we'll explore:

- What fear is and how it affects us
- Identifying and challenging negative thoughts
- Building courage and resilience
- Overcoming phobias and anxieties
- Embracing vulnerability and growth

Through weekly prompts and daily exercises, we'll work together to:

- Understand the root of our fears
- Develop coping strategies and techniques
- Practice mindfulness and self-compassion
- Connect with others and build a support network
- Celebrate our strengths and accomplishments

Remember, fear is like a mask - it hides our true potential! Let's rip off the mask and unleash our power!

Fun Fact: Did you know that the Yoruba people believe in the power of "Ashe" - a divine declaration like Amen. And so shall it be! It carries energy that can help us overcome fear and tap into our inner strength? Let's tap into that energy and own our power!

Get ready to face your fears, build your courage, and unleash your awesomeness.

Step boldly into the week and take small steps towards facing your fears and becoming fearless!

Stay tuned for weekly prompts and daily exercises that will help you understand and overcome fear and become the best version of yourself!

AFFIRMATIONS

- I face my fears with courage and strength.
- I am in control of my thoughts and emotions.
- I am brave and capable of overcoming any challenge.
- I believe in my ability to conquer my fears.



WEEK 1

Fearless or Fearful? - What Are Fears?

Let's talk about fears!

Are you fearless or fearful?

Fears are like shadows - they follow us everywhere, but it's time to shine a light on them!

Fun Fact: Did you know that in some African cultures, fear is believed to be a sign of wisdom? It's like your mind is saying, "Hello be careful, something's up!"

This week, we're going to:

- Define what fear means to you
- Explore the different types of fears (rational, irrational, phobias)
- Identify your personal fears and anxieties
- Start building a fear-fighting toolkit
- Connect with others who face similar fears

This week's daily prompts will help you:

- Define and understand fear
- Identify personal fears and anxieties
- Draw a picture of what fear looks like to you
- Build a fear-fighting toolbox
- Connect with others who face similar fears
- Practice self-reflection and self-care
- Practice positive self-talk to overcome fear
- Reflect on how fear affects your daily life

Fears are like clouds - they might block the sun but can also bring rain and growth!

Remember, fears are like puzzles - they might seem scary at first, but once you understand them, you can start solving them!

Get ready to face your fears and become fearless!

Let's dive into the daily prompts and start exploring what fears are!



DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Define fear

What does fear mean to you? Write down your thoughts and feelings.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Visualisation: Set aside 5-10 minutes today. Sit comfortably with your back straight and avoid any distractions. Focus your attention on the activity. Make sure you cannot be disturbed. Imagine you are a superhero. Truly, you are! What will you need to be courageous? Mentally come up with a list. Now, step into the realm of super-beings and begin to collect all the superblocks you need to show up courageous. Fit them to your bionic outfit and feel them as they surge into your energy flow from the crown of your head to the soles of your feet. Memorize the feeling. You will need to be able to retrieve it when you need it.

Inspirational Quote:

"Courage is resistance to fear, mastery of fear - not absence of fear."

- Mark Twain

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Your picture of fear

Draw a picture of what fear looks like to you. What colours, shapes, and images come to mind?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Visualisation: Set aside 5-10 minutes today. Sit comfortably with your back straight and avoid any distractions. Focus your attention on the activity. Make sure you cannot be disturbed. Imagine you are a superhero. Truly, you are! What will you need to be courageous? Mentally come up with a list. Now, step into the realm of super-beings and begin to collect all the superblocks you need to show up courageous. Fit them to your bionic outfit and feel them as they surge into your energy flow from the crown of your head to the soles of your feet. Memorize the feeling. You will need to be able to retrieve it when you need it.

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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Talk to someone about your fears

Share your fears with a trusted friend or family member. How did it feel to open up?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

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- Mark Twain

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Positive Self-Talk

Practice positive self-talk to overcome fear. Write down encouraging phrases to yourself.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: X-ray the fear that bothers you daily

Reflect on how fear affects your daily life. What situations trigger fear for you?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Visualisation: Set aside 5-10 minutes today. Sit comfortably with your back straight and avoid any distractions. Focus your attention on the activity. Make sure you cannot be disturbed. Imagine you are a superhero. Truly, you are! What will you need to be courageous? Mentally come up with a list. Now, step into the realm of super-beings and begin to collect all the superblocks you need to show up courageous. Fit them to your bionic outfit and feel them as they surge into your energy flow from the crown of your head to the soles of your feet. Memorize the feeling. You will need to be able to retrieve it when you need it.

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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Note the types of fear you encounter

Explore different types of fears (rational, irrational, phobias). Which ones resonate with you?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

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DAILY JOURNAL

Date: ____/____/____



What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Your biggest fear

Write about your biggest fear. What's the story behind it?

Blank space for writing the story behind the biggest fear.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Emotional Awareness: Recognize and accept your emotions BY observing their impact on your thoughts and actions. Be mindful today, and observe.

Inspirational Quote:

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- Mark Twain





WEEK 2

Fearless Mode Activated! - Facing Your Fears

Last week, we explored what fears are.

Now, it's time to face them head-on! Facing your fears is like levelling up in a game - it's challenging, but it makes you stronger!

Fun Fact: Did you know that the Maasai people of East Africa have a tradition called "Emuratta" - a coming-of-age ceremony that involves facing fears and overcoming challenges? Let's draw inspiration from their bravery!

This week, we're going to:

- Identify small steps to face your fears
- Build a support network to encourage you
- Practice mindfulness and self-compassion
- Develop a growth mindset to overcome obstacles
- Celebrate your courage and progress

The daily prompts will help you to:

- Identify and confront fears
- Create a fear-facing playlist
- Build a support network
- Practice mindfulness and self-compassion
- Develop a growth mindset
- Reflect on your progress and growth
- Celebrate progress and growth

Facing your fears is like a puzzle - it takes time and effort, but it's worth it!

Take small steps towards facing your fears and becoming fearless!

Remember, facing your fears is like riding a bike - it might be scary at first, but with practice, you'll be cruising in no time!

Get ready to activate your fearless mode and take control!

Start facing your fears!



DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Facing fear letter

Write a letter to your fear. What do you want to say to it? Say everything, leaving nothing out. The letter is yours to do as you wish.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Self-talk technique: Take the power and change what you are saying to yourself. Find a quiet place, close your eyes, and see the opposite of your negative self-talk in your mind's eye. For example, instead of saying "I am not good enough," visualise and affirm "I am enough." Imagine yourself as your movie's director, scriptwriter, and star. Play the role confidently and visualise the positive affirmation as if watching it on a screen. Spend 3-5 minutes doing this exercise, then take a deep breath and open your eyes.

Inspirational Quote:

"Do not fear mistakes. You will know failure. Continue to reach out."

- Benjamin Franklin

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Create a fear playlist

Create a fear-facing playlist of songs. If you can. Otherwise just note them down. You can hum them if you do not have a mobile device. What songs motivate and inspire you?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Write words that are the opposite of what you have and want.

Scary /Afraid ----> Bold

Mood tracker:

Circle the emotion that stood out the most:



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Sad



Frustrated



Moody



Indifferent

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DAILY JOURNAL

Date: ____/____/____

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- _____
- _____
- _____

Daily Prompt: Focus on breathing exercises.

Practice deep breathing exercises throughout today. How does it help to calm your mind and body? Think about this

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

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If you do not mind, draw the superhero you! It is not a competition. It is your honest sketch.

EXPRESS YOUR SELF

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: The power of taking small steps

Identify small steps to face your fears. What's the first step you'll take?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Build a support network.

Identify people to add to your support network. They can be friends, family members, trusted adults and build a support network. Who can and will encourage and support you?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

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- Benjamin Franklin

DAILY JOURNAL

Date: ____/____/____



What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Celebrate your progress.

Reflect on your progress and growth. What have you learned about yourself? Celebrate your wins, no matter how small they are.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

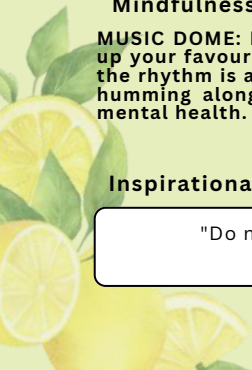
Mindfulness Moment:

MUSIC DOME: Depending on your environment. Remember not to disturb others. Turn up your favourite tunes and dance like no one's watching! Letting loose and moving to the rhythm is an excellent way to shake off stress and boost your mood. Singing along, humming along or just listening to uplifting music can also work wonders for your mental health.

Inspirational Quote:

"Do not fear mistakes. You will know failure. Continue to reach out."

- Benjamin Franklin





WEEK 3

Courage Unleashed! - Building Courage

Last week, you faced your fears. How was it?

Never mind! It is a journey that will need you to keep practicing, okay?

This week, it's time to build courage and unleash your inner strength!

Courage is like a muscle - it grows stronger with practice and exercise!

Fun Fact: Did you know that the word "courage" comes from the French word "coeur," meaning heart? Let's tap into our heart power and build courage from within!

This week, you're going to:

- Identify courageous role models
- Practice positive self-talk
- Take small risks and step out of our comfort zones
- Develop resilience and perseverance
- Celebrate our bravery and progress

The daily prompts will help you:

- Write about a courageous moment
- Share your courageous goals with a friend
- Identify courageous role models and moments
- Practice positive self-talk and self-compassion
- Reflect on your progress and growth

Building courage is like a journey - it takes small steps but leads to big accomplishments!

You will be taking small steps towards building courage and unleashing your inner strength!

Get ready to unleash your courage and conquer the world!

Let's dive into the daily prompts and start building courage!



DAILY JOURNAL

Date: ____/____/____



What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: About a courageous moment

Write about a moment when you showed courage. What was it about, and what did you learn from it?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

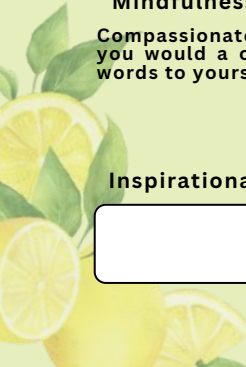
Mindfulness Moment:

Compassionate Self-Reflection: Treat yourself with kindness and understanding, just as you would a close friend today. Sometimes, you are too hard on yourself. Say kind words to yourself. Be mindful of this all day.

Inspirational Quote:

"The only thing we have to fear is fear itself."

- Franklin D. Roosevelt



DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Another vision board – for courage this time

Create a courage vision board. What images and words inspire bravery? Find them or draw it. Be creative.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Think and come up with courageous goals

After coming up with the courageous goals, share with a friend or family member. Perhaps you just write it in your journal. It is your decision. What support do you need to achieve?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



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Indifferent

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DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Positive Self-Talk

Practice positive self-talk. Write down encouraging phrases to boost your confidence.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Compassionate Self-Reflection: Treat yourself with kindness and understanding, just as you would a close friend today. Sometimes, you are too hard on yourself. Say kind words to yourself. Be mindful of this all day.

Inspirational Quote:

"The only thing we have to fear is fear itself."

- Franklin D. Roosevelt

EXPRESS YOUR SELF

This space is a canvas for your self-expression. Whether you prefer to write, sketch, draw, or engage in any other form of creative expression, feel free to do so. This is your journal, a place where your unique voice and creativity can flourish.

If you do not mind, draw the superhero you! It is not a competition. It is your honest sketch.

EXPRESS YOUR SELF

DAILY JOURNAL

Date: ____/____/____



What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: What small risks can you begin to take

Take a small risk and step out of your comfort zone. For example, you find it difficult to make friends. Perhaps you should take the first step to reach out to someone in your class or school and introduce yourself. What did you learn from the experience?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

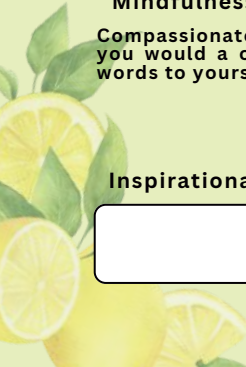
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Inspirational Quote:

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- Franklin D. Roosevelt



DAILY JOURNAL

Date: ____/____/____



What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Resilience Reflection

Reflect on a time when you faced a challenge. How did you build resilience and persevere?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

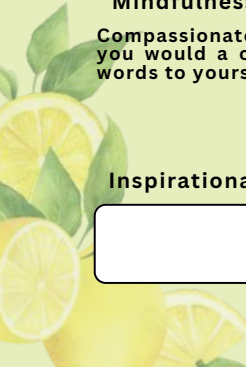
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Inspirational Quote:

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- Franklin D. Roosevelt



DAILY JOURNAL

Date: ____/____/____



What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Courage Celebration

Celebrate your bravery and progress. What are you proud of accomplishing? Mention them.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

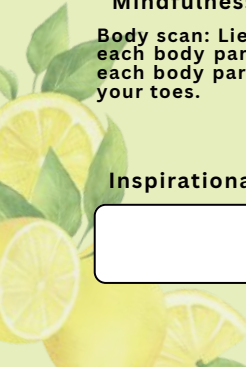
Mindfulness Moment:

Body scan: Lie down or sit comfortably and bring awareness(focus your attention) to each body part, starting from your toes and moving up to the top of your head. Scan each body part and relax if you feel heavy or tense. Let peace flow from your head to your toes.

Inspirational Quote:

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- Franklin D. Roosevelt





WEEK 4

Squad Goals - Building Support Systems

Last week, we built courage.

Now, it's time to surround yourself with a supportive squad! A support system is like a puzzle - it's stronger with all the pieces together!

Fun Fact: Did you know that in some African cultures, the concept of "ubuntu" means "I am because we are"? Let's build our support systems and lift each other up!

This week, you're going to:

- Identify trusted friends and family members
- Learn active listening skills
- Practice empathy and understanding
- Build a support network
- Celebrate our squad goals!

Daily prompts will help you:


- Write about a supportive friend or family member
- Create a support network map
- Practice active listening with a friend
- Share your feelings with a trusted adult
- Reflect on the power of your support system

Remember, a support system is like a team - it's stronger together!
Take small steps towards building your support system and surround yourself with love and encouragement!

Remember, a support system is like a safety net - it's got your back!

Get ready to build your squad and conquer the world together!

Let's dive into the daily prompts and start building our support systems!



DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Supportive Star

Write about a supportive friend or family member. What qualities make them a great supporter to you?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Progressive Muscle Relaxation: Find a quiet spot and sit or lie down comfortably. Tense and then relax different muscle groups (e.g., shoulders, arms, legs). Hold each tension for 5 seconds and release for 10 seconds. Move through muscle groups, releasing anxiety and stress. End with deep, calming breaths.

Inspirational Quote:

"Courage is not the absence of fear, but the triumph over it. Face your fears and watch yourself grow stronger."
- Unknown

DAILY JOURNAL

Date: ____/____/____



What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Build your support network album.

Create a support network album. Who are the people you can turn to for help? Start identifying and noting them and what support they can give you.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



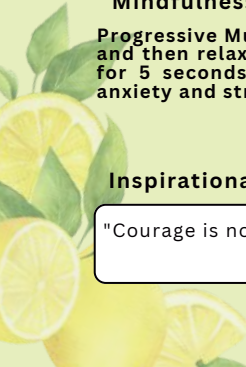
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- Unknown



DAILY JOURNAL

Date: ____/____/____



What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Be intentional in listening

Practice active listening with a friend. What did you learn from the conversation? Notice the different from just listening.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



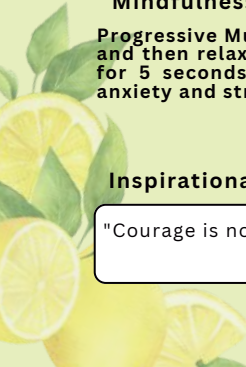
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- Unknown



DAILY JOURNAL

Date: ____/____/____



What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Draw or make a sketch of your support network

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



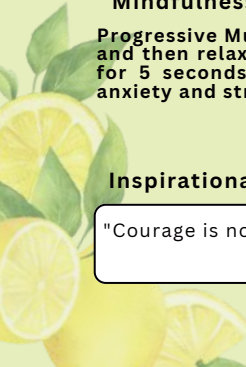
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EXPRESS YOUR SELF

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Take the empathy exercise

Practice empathy by writing a letter to someone who needs support. After writing and sharing the letter, what did you learn? And how did it feel?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

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- Unknown

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Be grateful for the Support System

Reflect on the power of your support system. How has it helped you? And be grateful.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

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- Unknown

DAILY JOURNAL

Date: ____/____/____

What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: It is party time - Celebration

Celebrate your support squad! What are you grateful for in your support system?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Find a quiet place and spend about 5 minutes writing down negative self-talk. Identify the emotions behind the thoughts, then challenge the negative self-talk and reframe the negative thoughts. To reframe is to rearrange, reset, and reorganise by replacing with a positive thought or self-talk. Example: "I am not good enough" becomes "I am good enough."

Inspirational Quote:

"Courage is not the absence of fear, but the triumph over it. Face your fears and watch yourself grow stronger." - Unknown

MONTHLY REFLECTION AND ACTIVITIES

1. Identify a fear and create a plan to face it.
2. Write about how you overcame a fear and how it felt.

Reflection Exercises:

Think about the fears you have and consider a fear you have overcome in the past. Reflect on how you can build your courage to face new challenges. Consider the support systems that help you when you are afraid and how they have made a difference in your life.



TWELFTH MONTH

Reflect, Renew, Rise! - A Month of Reflection and Looking Forward



Hello Superstar!

Welcome to the month of reflection, renewal, and rising to new heights! As the year comes to a close, it's time to look back, celebrate your wins, and learn from your experiences.

This month, we'll explore:

- Reflecting on the past year's journey
- Identifying lessons learned and growth
- Letting go of what's holding you back
- Setting intentions for the new year
- Embracing hope and positivity

Through weekly prompts and daily exercises, we'll help you:

- Process your thoughts and emotions
- Gain clarity and insight
- Develop a growth mindset
- Cultivate self-care and self-love
- Envision a brighter future

Fun Fact: In many African cultures, the end of the year is celebrated with festivals and ceremonies to mark new beginnings. Let's tap into that energy and rise into our best selves!

Get ready to reflect, renew, and rise! Let's make this month a transformative journey of self-discovery and growth.

Stay tuned for weekly prompts and daily exercises that will guide you through this reflective and forward-looking journey!

AFFIRMATIONS



- I am grateful for all that I have accomplished this year.
- I look forward to the future with optimism and hope.
- I am excited about the opportunities that await me.
- I am ready to create a positive and fulfilling future.



WEEK 1

Throwback Time! - Reflecting on the Past 11 Months

It's time to take a trip down memory lane!

Are you ready to reflect on the past 11 months and celebrate how far you have come!

Fun Fact: Did you know that the ancient Egyptians used to reflect on their past experiences to gain wisdom and insight? Let's tap into that wisdom and learn from our own experiences!

This week, we're going to:

- Remember the highlights and achievements
- Identify challenges and lessons learned
- Reflect on relationships and friendships
- Think about personal growth and progress
- Celebrate our resilience and strength


Daily prompts will help you:

- Write a letter to your past self
- Create a timeline of your journey
- Share memories with a friend or family member
- Reflect on your accomplishments
- Identify areas for improvement

Remember, reflecting on the past is like looking at a photo album - it's a reminder of how far you have come and how much you have grown!

Get ready to take a walk down memory lane and celebrate your awesomeness!

Let's dive into the daily prompts and start reflecting on the past 11 months!



DAILY JOURNAL

Date: ____/____/____



What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Letter to your past self

Write a letter to your past self (11 months ago). What advice or encouragement would you give now?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Gratitude meditation: Reflect on the friends you are grateful for and be thankful for them. Select 2 or 3 to be thankful for today! After you have selected them, you can say their names quietly or whisper them. For example, "I am thankful for the gift of Adamu in my life." Thank you, God!

Inspirational Quote:

"Reflect upon your present blessings, of which every man has plenty; not on your past misfortunes, of which all men have some." - Charles Dickens

DAILY JOURNAL

Date: ____/____/____



What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Timeline Tales

Create a timeline of your journey over the past 11 months. Highlight key events and experiences. What emotions did you feel when thinking and doing this activity?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



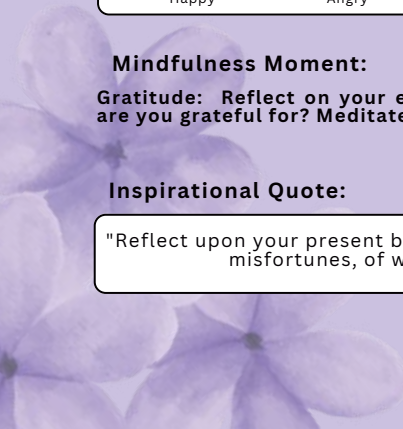
Indifferent

Mindfulness Moment:

Gratitude: Reflect on your experiences and growth in the past eleven months. What are you grateful for? Meditate with a feeling of appreciating and being thankful.

Inspirational Quote:

"Reflect upon your present blessings, of which every man has plenty; not on your past misfortunes, of which all men have some." - Charles Dickens



DAILY JOURNAL

Date: ____/____/____



What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Go down memory lane

Share memories of the past 11 months with a friend or family member. What stories do you treasure?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Visualisation & Gratitude: Take a moment to remember a significant victory or success from the past eleven months. Visualise the scene like a movie playing out in your mind. You can do this while lying down in bed. Close your eyes and immerse yourself in your imagination. Experience all the positive emotions associated with that success.

Inspirational Quote:

"Reflect upon your present blessings, of which every man has plenty; not on your past misfortunes, of which all men have some." - Charles Dickens

DAILY JOURNAL

Date: ____/____/____



What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Accomplishment Reflection

Reflect on your accomplishments over the past 11 months. What are you proud of? Write them out and recollect each one. Feel the good emotions that wash over you. Enjoy!

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

It is gratitude mode: Switch to a mindset of gratitude. This doesn't mean there's nothing to worry about, but rather to remain thankful for the many things, such as being alive. Things could be worse. There's a book that shared that it's better to be a living dog than a dead lion. Stay in the mode of gratitude.

Inspirational Quote:

"Reflect upon your present blessings, of which every man has plenty; not on your past misfortunes, of which all men have some." - Charles Dickens

DAILY JOURNAL

Date: ____/____/____



What are three things you are grateful for?

- _____
- _____
- _____

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EXPRESS YOUR SELF

DAILY JOURNAL

Date: ____/____/____



What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: What are the lessons you can say confidently that you have learned?

Identify challenges and lessons learned over the past 11 months. What wisdom have you gained? Be true to yourself.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

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DAILY JOURNAL

Date: ____/____/____



What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: How is your growth?

Think about your personal growth and progress over the past 11 months. What strengths have you developed?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

It is gratitude mode: Switch to a mindset of gratitude. This doesn't mean there's nothing to worry about, but rather to remain thankful for the many things, such as being alive. Things could be worse. There's a book that shared that it's better to be a living dog than a dead lion. Stay in the mode of gratitude.

Inspirational Quote:

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DAILY JOURNAL

Date: ____/____/____



What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Celebration

Celebrate your resilience (toughness) and strength over the past 11 months. What obstacles have you overcome?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Body scan: Lie down or sit comfortably and bring awareness(focus your attention) to each body part, starting from your toes and moving up to the top of your head. Scan each body part and relax if you feel heavy or tense. Let peace flow from your head to your toes.

Inspirational Quote:

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WEEK 2

Good Vibes Only! - Highlighting the Good



Last week, we reflected on the past year. Now, let's shine a light on the good stuff! It's time to focus on the positivity, achievements, and awesomeness!

Fun Fact: Did you know that in many African cultures, gratitude is a powerful practice that brings joy and abundance? Let's cultivate that gratitude and celebrate the good!

This week, we're going to:

- Focus on accomplishments and successes
- Identify positive relationships and friendships
- Reflect on personal growth and progress
- Celebrate resilience and strength
- Spread kindness and good vibes

Daily prompts will help you:

- Focus on positivity and gratitude
- Celebrate accomplishments and strengths
- Cultivate kindness and compassion
- Reflect on good experiences and memories
- Develop a positive mindset

Remember, highlighting the good is like taking a deep breath of fresh air - it uplifts and refreshes!

Also, highlighting the good is like wearing sunglasses on a sunny day - it helps you see the brightness and beauty!

Get ready to bask in the positivity and celebrate your awesomeness! Let's dive into the daily prompts and start spreading good vibes!



DAILY JOURNAL

Date: ____/____/____



What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Appreciation

Write down 5 - 10 things you're grateful for in the past 11 months. Enjoy the feelings that comes with remembering them. How do they make you feel?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Deep Breathing: Take 10 minutes to practice mindful breathing. Find a quiet space, close your eyes, and focus on your breath—breathe in deeply for four counts, hold for four counts, and exhale for four counts. Repeat. You can also do this before bedtime. This simple exercise can calm your mind and reduce stress, leaving you feeling good and refreshed

Inspirational Quote:

"The best way to predict the future is to create it."

- Peter Drucker



DAILY JOURNAL

Date: ____/____/____



What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Be creative

Do something create to representing your positive experiences and achievements in the past eleven months. What inspires you?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

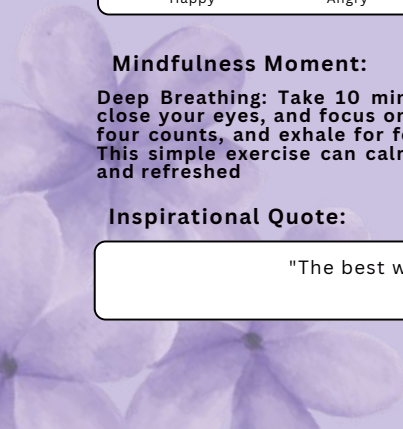
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DAILY JOURNAL

Date: ____/____/____



What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Appreciation

Share appreciation with a friend or family member. What do you value about them?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Deep Breathing: Take 10 minutes to practice mindful breathing. Find a quiet space, close your eyes, and focus on your breath—breathe in deeply for four counts, hold for four counts, and exhale for four counts. Repeat. You can also do this before bedtime. This simple exercise can calm your mind and reduce stress, leaving you feeling good and refreshed

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- Peter Drucker



DAILY JOURNAL

Date: ____/____/____



What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Strengths Reflection

Reflect on your strengths and talents. How have you used them to achieve success?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Deep Breathing: Take 10 minutes to practice mindful breathing. Find a quiet space, close your eyes, and focus on your breath—breathe in deeply for four counts, hold for four counts, and exhale for four counts. Repeat. You can also do this before bedtime. This simple exercise can calm your mind and reduce stress, leaving you feeling good and refreshed

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EXPRESS YOUR SELF

DAILY JOURNAL

Date: ____/____/____



What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Kindness Plan

Plan a random act of kindness for someone else. How can you spread positivity?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

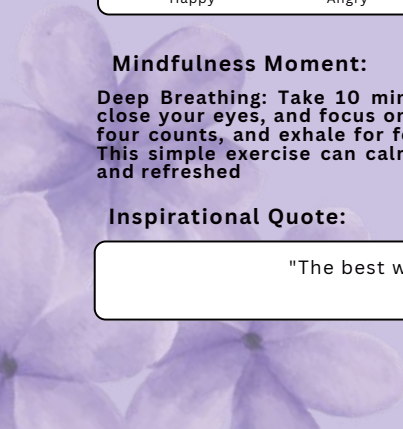
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- Peter Drucker



DAILY JOURNAL

Date: ____/____/____



What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Good Memories

Write about a happy memory from the past year. What makes it special?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

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- Peter Drucker



DAILY JOURNAL

Date: ____/____/____



What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Positivity Declaration

Write a declaration of positivity and gratitude. What do you want to manifest in your life?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

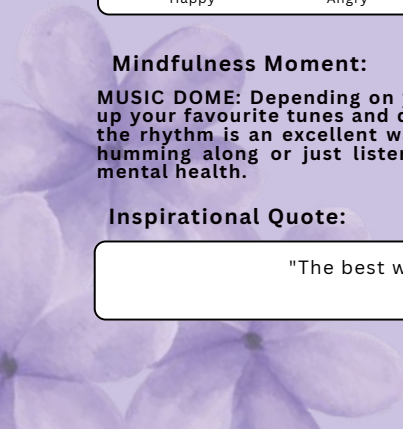
Mindfulness Moment:

MUSIC DOME: Depending on your environment. Remember not to disturb others. Turn up your favourite tunes and dance like no one's watching! Letting loose and moving to the rhythm is an excellent way to shake off stress and boost your mood. Singing and humming along or just listening to uplifting music can also work wonders for your mental health.

Inspirational Quote:

"The best way to predict the future is to create it."

- Peter Drucker



WEEK 3

Goal Getters Unite! - Setting New Goals



Hello Superhero!

We've reflected on the past year and highlighted the good. Now, it's time to set our sights on the future and crush some new goals!

Fun Fact: Did you know that the concept of "ubuntu" (humanity towards others) in African culture emphasizes the importance of community and collective success? Let's set goals that uplift ourselves and those around us!

This week, we're going to:

- Identify areas for improvement and growth
- Set SMART (Specific, Measurable, Achievable, Relevant, Time-bound) goals
- Break down big goals into smaller steps
- Create an accountability system
- Celebrate our goal-getting potential!

Daily prompts will help you:

- Write a goal-setting manifesto
- Create a vision board for your goals
- Share your goals with a friend or mentor
- Break down big goals into smaller tasks
- Plan a goal-achieving celebration!

Remember, setting new goals is like planting a seed - it needs nurturing and care to grow!

Get ready to set your goals and make them happen!

Let's dive into the daily prompts and start achieving our dreams!



DAILY JOURNAL

Date: ____/____/____



What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Goal-Setting

Through out this week, you will start thinking about what you want to achieve in your life over the next twelve months. Research has shown that people who write down their goals are more likely to achieve them compared to those who simply talk about them. So, start jotting down your goals.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

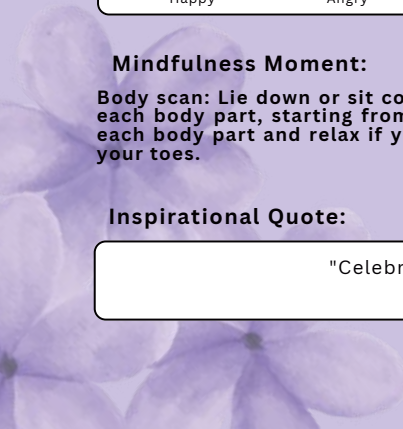
Mindfulness Moment:

Body scan: Lie down or sit comfortably and bring awareness(focus your attention) to each body part, starting from your toes and moving up to the top of your head. Scan each body part and relax if you feel heavy or tense. Let peace flow from your head to your toes.

Inspirational Quote:

"Celebrate what you want to see more of."

- Tom Peters



DAILY JOURNAL

Date: ____/____/____



What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Continue from yesterday, what else can you think of that you want to achieve in your life over the next twelve months? Research has shown that people who write down their goals are more likely to achieve them compared to those who simply talk about them. So, start **jotting down your goals.**

Day 2: Vision Board Creation

Create a vision board representing your goals and aspirations. What images and words inspire you?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

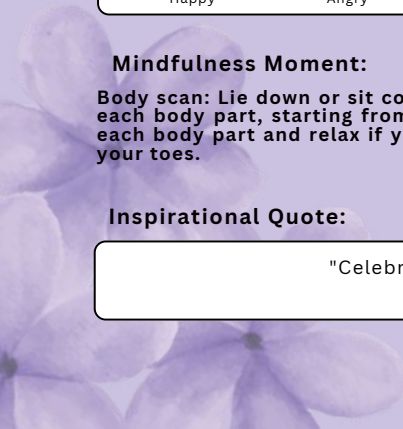
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Inspirational Quote:

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- Tom Peters



DAILY JOURNAL

Date: ____/____/____



What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Continue from yesterday, what else can you think of that you want to achieve in your life over the next twelve months? Research has shown that people who write down their goals are more likely to achieve them compared to those who simply talk about them. So, start jotting down your goals.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

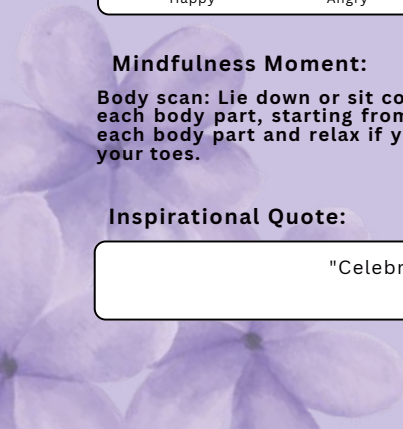
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Inspirational Quote:

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- Tom Peters



DAILY JOURNAL

Date: ____/____/____



What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Goals

Start writing your desires into goals. In your education, in your mind, in your health, in your family, in your relationships, in your finances, etc.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

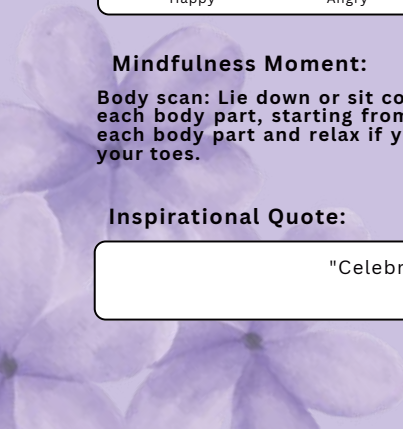
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Inspirational Quote:

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- Tom Peters



EXPRESS YOUR SELF

This space is a canvas for your self-expression. Whether you prefer to write, sketch, draw, or engage in any other form of creative expression, feel free to do so. This is your journal, a place where your unique voice and creativity can flourish.

I am grateful for:

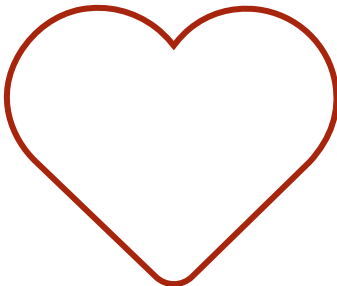
Positive things about my life

People who have taught me and supported me

Activities I enjoy

3 Strengths and qualities

Relationships I am grateful for:



Positive things about my health and body

EXPRESS YOUR SELF

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DAILY JOURNAL

Date: ____/____/____



What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Small Steps

Breaking down a big goal into smaller, achievable tasks is a powerful strategy for success. It empowers you to take control and make progress. Start by carefully segmenting your goals into manageable steps. Then, revisit your goals to break them down further into smaller, achievable tasks. This approach will keep you focused and optimistic about your journey.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

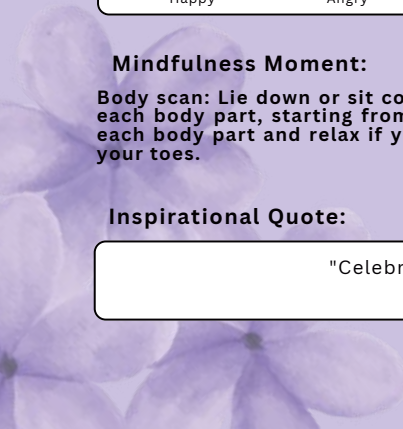
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Inspirational Quote:

"Celebrate what you want to see more of."

- Tom Peters



DAILY JOURNAL

Date: ____/____/____



What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Goal-scoring Mindset

When reflecting on your mindset and attitude towards goal-scoring, consider the positive affirmations that can help you achieve this. Take the time to create fresh affirmations that will focus your mind on successfully scoring the goals you have set for yourself.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

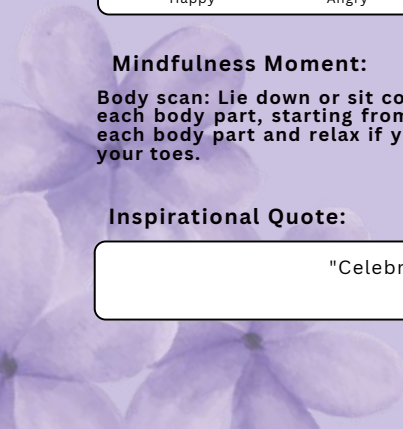
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Inspirational Quote:

"Celebrate what you want to see more of."

- Tom Peters



DAILY JOURNAL

Date: ____/____/____



What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Celebration

Plan a celebration for scoring your goals by the end of next year. What will you do to reward yourself? Remember, celebrating your achievements is an important part of your journey. It not only rewards your hard work but also motivates you to keep moving forward. So, take the time to plan a meaningful celebration that will inspire you to reach your goals. Remember, setting new goals is like starting a new chapter –exciting and full of possibilities!

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Visualisation: Find a quiet place. Sit straight with your back erect. Close your eyes. Do not forget you are a superhero, and imagine accomplishing all your new goals. Feel the power in you. See yourself using the power to succeed in the coming new year.

Inspirational Quote:

"Celebrate what you want to see more of."

- Tom Peters



WEEK 4

Future Focused! - Looking Forward with Positivity



Hello Superhero!

We've reflected on the past, highlighted the good, and set new goals. Now, it's time to look forward with positivity and excitement!

Fun Fact: Did you know that the African concept of "Sankofa" means looking back to move forward? Let's apply this wisdom and use our reflections to fuel our future success!

This week, we're going to:

- Imagine our ideal future self
- Envision our dream life and career
- Identify steps to make it happen
- Cultivate a growth mindset
- Spread positivity and encouragement

Daily prompts will help you:

- Write a letter to your future self
- Create a dream board for your ideal life
- Share your vision with a friend or mentor
- Break down big dreams into smaller steps
- Plan a positivity party to celebrate your future!

Remember, looking forward with positivity is like planting a seedling - it needs nurturing and care to grow!

Looking forward with positivity is like wearing a pair of shades on a sunny day - it helps you see the brightness and potential!

Get ready to gaze into your future and make it unforgettable!
Let's dive into the daily prompts and start building your desired future!



DAILY JOURNAL

Date: ____/____/____



What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Future Self Letter

Write a letter to your future self in the next year. Share your hopes, dreams, and goals. Where do you see yourself in a year? Feel free to dream big!

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



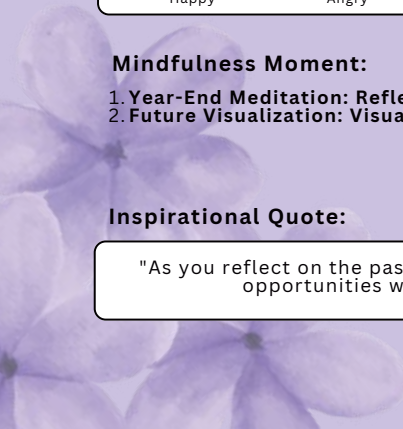
Indifferent

Mindfulness Moment:

1. **Year-End Meditation:** Reflect on your experiences and growth.
2. **Future Visualization:** Visualize your goals for the coming year.

Inspirational Quote:

"As you reflect on the past year, celebrate your growth and look forward to new opportunities with optimism and excitement." – Unknown.



DAILY JOURNAL

Date: ____/____/____



What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Dream Board Creation

Create a dream board representing your ideal life and career. What images and words inspire you? A sheet of paper or cardboard will do. Be creative. After all, it is your own representation of your future, not any other person's.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

MUSIC DOME: Depending on your environment. Remember not to disturb others. Turn up your favourite tunes and dance like no one's watching! Letting loose and moving to the rhythm is an excellent way to shake off stress and boost your mood. Singing, humming, or just listening to uplifting music can also work wonders for your mental health. Now you can add dancing!

Inspirational Quote:

"As you reflect on the past year, celebrate your growth and look forward to new opportunities with optimism and excitement." – Unknown.

DAILY JOURNAL

Date: ____/____/____



What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Vision Sharing

Share your vision with a trusted friend or mentor. What support and encouragement do you need to achieve these goals? Please take note of them as they occur to you, and note them.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

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DAILY JOURNAL

Date: ____/____/____



What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Small Steps

Break down a big dream into smaller, achievable steps. Document this. Have a book of my goals for the year 202.... What's the first step?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

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EXPRESS YOUR SELF

DAILY JOURNAL

Date: ____/____/____



What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Growth Mindset

You have put serious work into developing yourself in the past year, now reflect on your mindset and attitude towards the coming challenges of the new goals. What positive affirmations can help? Start preparing them, and start saying them and repeating to yourself

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

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DAILY JOURNAL

Date: ____/____/____



What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Positivity Party Plan

Plan a positivity party to celebrate your future! If you can invite others, do so; however, if you cannot, have a solo party to celebrate! What activities will make it memorable?

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

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DAILY JOURNAL

Date: ____/____/____



What are three things you are grateful for?

- _____
- _____
- _____

Daily Prompt: Write a Letter to Your Future Self

Do something FUN! Write a letter to your future self about your goals and dreams and where you hope to be in the new year. Seal it and set a reminder (like a date) to open it. This is a fun way to capture your current thinking and mindset. Also, to see how you grow over the year.

Mood tracker:

Circle the emotion that stood out the most:



Happy



Angry



Sad



Frustrated



Moody



Indifferent

Mindfulness Moment:

Loving-Kindness Breathing: Find a quiet, comfortable spot to sit or lie down. Then close your eyes and take a few deep breaths. Focus on your heart centre and repeat the following phrases to yourself, breathing in and out slowly: "May I be kind to myself", "May I be gentle with myself", and "May I be at peace with myself" As you breathe in, imagine fresh, calming air filling your body. As you breathe out, imagine any self-criticism or tension leaving your body. Continue focusing on your breath and phrases for 5-7 minutes.

Inspirational Quote:

"As you reflect on the past year, celebrate your growth and look forward to new opportunities with optimism and excitement." - Unknown.

MONTHLY REFLECTION AND ACTIVITIES

Create a year-end reflection on your growth and achievements.

Set targets for the coming year.

Reflection Exercises:

Reflect on the highlights of your year and a significant lesson you learned. Consider how you have grown over the past year. Examine the changes and successes that have shaped your journey. What are your hopes and goals for the next year?



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FOR HELP YOU CAN CALL:

Dorothy Njemanze Foundation on **08147553343** or
07013333307

Other helplines in Abuja:

Child and Youth Protection Foundation – **0906918165**
or **08131577877**

SOAR INITIATIVE: **08179080655**

GBV Responders and Services:
[Invictusafrica.org/orangepages/](https://invictusafrica.org/orangepages/)

Child's Rights Brigade - **08037426502**

Stand to End Rape Initiative (STER) - **08095967000** or
08130320270

CECE YARA: **+234 800 800 8001** or **+234 812 630 4794**

