

A watercolor illustration of several bright yellow sunflowers with dark brown centers and green leaves. One sunflower is in the top left corner, another is partially visible on the right edge, and several others are clustered in the bottom half of the page. The style is soft and artistic, with visible brushstrokes and a gentle color palette.

MY CALM CORNER

EMPOWERED ME
AGE: 13-15



*This Journal
Belongs to:*

Name _____

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Cover & layout Design by: Cover & layout Design by:
Adoo Kuma Assoh
Idris Lateefat
Dateme Ipalibo

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

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 each week to cultivate a growth mindset and become a more confident and compassionate person!)

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.

Bored: Feeling uninterested or lacking excitement.

Change: Something that is different or new.

Clarifying: Making things clearer or more understandable.

Compromise: Finding a middle ground that works for everyone.

Conflict: A disagreement or argument between two or more people who want different things or have different ideas.

Coping Mechanism: Ways to handle stress or hard feelings.

Counsellor: 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.

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: Making a choice after 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 it's essential to accept and express your feelings.)

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.

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: This 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: A way to calm your mind by focusing on your 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 tough 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 in 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.

Relaxation: Feeling calm and peaceful

Resilience: The ability to bounce back from difficult times, like a rubber band that stretches but then returns to its original shape. It means coping with challenges, learning from them, and coming out 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.

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

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 counsellor.

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.

INTRODUCTION

Congratulations on taking the first step towards an incredible self-discovery, growth, and empowerment adventure!

MAKE IT YOUR OWN

This journal is your personal space to explore your thoughts, feelings, and dreams. It's a tool to help you grow, learn, and thrive. It is for your eyes only, so feel free to express yourself authentically and honestly. Write, draw, doodle, or paint – make it your own unique reflection of your journey.

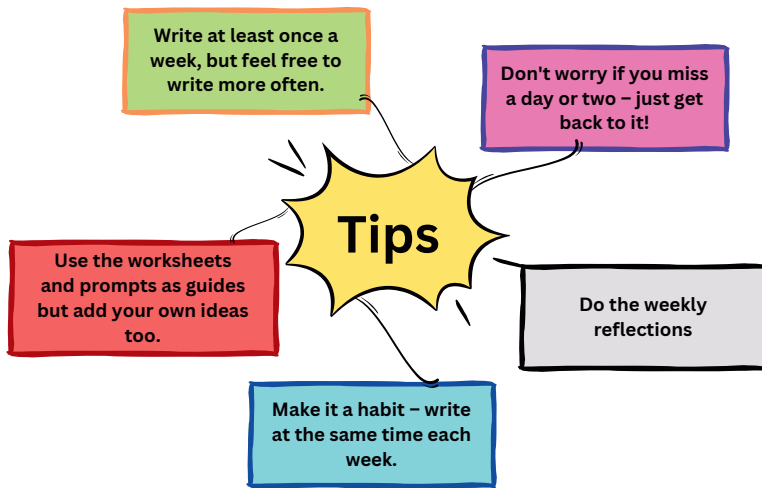
PURPOSE

This journal is designed to guide you through a 12-month journey of self-discovery, growth, and empowerment. Each month, we'll explore a new theme, with weekly prompts and activities to help you reflect, learn, and thrive.

HOW TO USE YOUR JOURNAL GUIDE

Your guide:

1. Make it your own: Write your name, decorate the cover, and make it yours!
2. Read the prompts: Each month has a theme and weekly prompts to guide you.
3. Write freely: Share your thoughts, feelings, and experiences without worrying about grammar or spelling.
4. Be honest: Write truthfully, even if it's hard. This is your safe space.
5. Experiment with creativity: Draw, doodle, or collage – express yourself!
6. Reflect and review: Look back on your entries to see how you've grown.
7. Keep it private: This is your journal, for your eyes only.



Remember:

- *Your journal is a journey, not a destination.*
- *Be patient and kind to yourself.*
- *Celebrate your growth and progress!*

Do something FUN! - A Letter to My Future Self

Write a letter to yourself, one year from now. What hopes, dreams, and goals do you have for the future?

- *What advice would you give yourself?*
- *What challenges do you hope to overcome?*
- *What successes do you envision?*

Remember, this journal is your journey, and there's no right or wrong way to use it. Enjoy the ride!

By following these simple steps, you'll unlock the power of your journal and start an incredible adventure of self-discovery and growth.

Happy journaling!

CREATE YOUR VISION BOARD

WHAT'S GOING ON IN MY HEAD: UNDERSTANDING MENTAL HEALTH

Have you ever felt overwhelmed, worried, or stressed? That's okay! It's normal to feel that way sometimes. But do you know what's happening in your head when you feel like that?

Mental Health: Your mental health is like your emotional well-being. It's how you feel, think, and behave. Just like your body can get sick or hurt, your mind can, too.

Stress: Stress is like a big feeling of pressure or tension. It can come from school, friends, family, or even social media. When stressed, your mind and body go into "fight or flight" mode.

Anxiety: Anxiety is like a big worry that won't go away. It can make you feel scared, nervous, or on edge. It's like having a constant "what if" voice in your head.

Remember, mental health is just as important as physical health! By understanding what's happening in your head, you can start taking care of your mental well-being and feel happier, calmer, and more in control.

MONTH ONE

Introduction to mental health, stress, and anxiety

Mental health is just like physical health – it’s a part of who we are and how we feel. Just like our bodies can get sick or hurt, our minds can. Stress and anxiety are like common colds in our minds. They can make us feel overwhelmed, worried, or scared.

But here’s the good news: just like we can take care of our bodies, we can take care of our minds too! By learning healthy habits and ways to cope with stress and anxiety, we can feel better and live happier lives.

In the next four weeks, you will discover more about mental health, stress and anxiety and answer questions. Remember, the examples answers shared are just examples! Your answers should be personal and reflect your own thoughts and feelings.

WEEK ONE

By taking a few minutes to look back and think about your mindful moments, you'll notice how some things are repeated, gain awareness, and better understand your mental health.

Remember, taking care of your mental health is just as important as your physical health. Being mindful and taking small steps can make a big difference in your feelings!

Make time to think about your thoughts, feelings, and experiences for a few minutes.

What's been stressing me out lately?

Example answers: School exams, friendship drama, too much homework, trying out for a sports team

What are some things I'm looking forward to?

Example answers: A birthday party, a family event, school inter-house sport, a sleepover with friends

Day:

Date:

Mood Tracker

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Goals for Today:

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Creative Space:

Express yourself creatively.

Encouraging Notes:

Write a positive note to yourself or include an inspiring quote.

Reflection:

Write about your day, focusing on your emotions and any challenges you faced.

*"Believe in yourself and all that you are."
- Christian D. Larson*

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WEEK TWO

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Remember, taking care of your mental health is just as important as your physical health. Being mindful and taking small steps can make a big difference in your feelings!

Make time to think about your thoughts, feelings, and experiences for a few minutes.

What have I been grateful for in the past week and today?

Example answers: Supportive friends, a loving family, good health, access to education.

What's been making me feel happy or relaxed?

Example answer: Listening to music, playing with pets, reading a book, taking a warm bath

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WEEK THREE

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Remember, taking care of your mental health is just as important as your physical health. Being mindful and taking small steps can make a big difference in your feelings!

Make time to think about your thoughts, feelings, and experiences for a few minutes.

What are some negative thoughts I've been having?

Example answers: "I'm not good enough," "I'll never make friends," "I'm so stupid for making that mistake"

How can I reframe them more positively?

Example answers: "I'm doing my best," "I can make new friends," "I learned something new from that mistake"

"You are stronger than you seem, braver than you believe, and smarter than you think." - Christopher Robin

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WEEK FOUR

By taking a few minutes to look back and think about your mindful moments, you'll notice how some things are repeated, gain awareness, and better understand your mental health.

Remember, taking care of your mental health is just as important as your physical health. Being mindful and taking small steps can make a big difference in your feelings!

Make time to think about your thoughts, feelings, and experiences for a few minutes.

What self-care activities have I tried this month?

Example answers: Exercise, meditation, journaling, spending time alone

What do I want to try next?

Example answers: Trying a new hobby, cooking, practising an extra-curricular activity like karate, writing poetry.

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MONTH TWO

Emotions Uncovered: Understanding My Feelings

Emotions are like messengers that help us understand ourselves and the world around us. They can be strong, weak, happy, sad, or anywhere in between. You can better direct life's ups and downs by recognising and understanding your emotions.

You will discover a different emotion in the next four weeks and answer questions. Remember, the examples answers shared are just examples! Your answers should be personal and reflect your thoughts and feelings.

WEEK ONE: Happiness

What makes me happy?

How do I express happiness?

What can I do to increase happiness in my life?

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WEEK TWO: Sadness

What makes me Sad?

How do I cope with sadness?

What can I do to support someone who is feeling sad?

*: "You don't have to be great to start, but you have to start to be great." -
Zig Ziglar*

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WEEK THREE: Anger

What triggers my Anger?

How do i express anger in a healthy way?

What can I do to manage anger when it feels overwhelming?

"Do something today that your future self will thank you for." - Unknown

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WEEK FOUR: Fear

What am i afraid of?

How do I cope with fear?

What can I do to face my fears and build confidence?

This Month Fun-Loving Activities:

- **Emotion Charades:** Act out different emotions without speaking and guess which emotion it is.
- **Feelings Collage:** Create a collage using magazine cutouts or drawings to represent different emotions.
- **Emotion Journaling:** Write about a time when you felt a strong emotion and how you dealt with it.

"You are capable of amazing things." - Unknown

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MONTH THREE

Building Resilience: Coping with Life's Challenges

Life can be unpredictable and challenging at times. Building resilience helps us bounce back from difficult situations and grow stronger. By developing coping skills and learning from experiences, we can become more confident and capable of handling life's ups and downs. Each week, you will focus on a different aspect of building resilience and take action

WEEK ONE: Problem-Solving

What's the problem I'm currently facing?

Example answers: "I'm stuck on a maths problem!", "I forgot my lunch money!" or "I'm feeling overwhelmed with homework!"

What are some possible solutions?

Example answers: "Ask my teacher for help," "Ask my friend if he/she can spare part of their lunch," or "Make a to-do list and take it seriously doing them!"

What's the first step I can take to tackle it?

Example answers: "Take a deep breath and read the problem again," "Call my friend to see if they have lunch money to spare," or "Start with the easiest task on my list!"

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

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

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WEEK TWO: Positive Self-Talk

What are some negative thoughts I've been having?

Example answers: "I'm so stupid for forgetting my phone," "I'll never make friends," or "I'm not good enough at sports."

How can I reframe them in a positive light?

Example answers: "I'm human, and everyone forgets sometimes!", "I can make new friends by joining a club.", or "I'm trying my best, and that's something to be proud of."

What affirmations can I use to boost my confidence?

Example answers: "I am capable and competent, "I am worthy of friendship and love," or "I am strong and resilient!"

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WEEK THREE: Support Networks

Who are the people I trust and can turn to for support?

Example answers: "My mom," "My best friend," "My older brother or sister,"

How can I nurture those relationships?

Example answers: "Do something extra to put a smile on my mother's face," "Plan a fun activity with my best friend," "Ask my older brother or sister for advice."

What are some ways I can expand my support network?

Example answers: "Join a club or group at school," "Volunteer in my community," "Take a class or workshop to meet new people"

*"I have not failed. I've just found 10,000 ways that won't work." -
Thomas Edison*

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WEEK FOUR: Self-care

What self-care activities make me feel good?

Example answers: "Reading a book," "Listening to music," "Exercising"

How can I prioritize self-care in my daily routine?

Example answers: "Read before bed," "Listen to music while walking to school," "Exercise during recess"

What are some new self-care activities I want to try?

Example answers: "Learn breathing exercises," "Start taking sleeping well enough serious," "Writing in a journal"

Fun-Loving Activities:

- Coping Skills Collage: Create a collage representing different coping skills and strategies.
- Resilience Role-Models: Write about someone who inspires you with their resilience and what you can learn from them.
- Self-Care Scavenger Hunt: Find and try new self-care activities in your daily life.

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CREATIVE JUICES

This page is for your creativity. You can draw/sketch, write (a poem, song, story, anything, or jot down ideas and come back to them whenever you want.

SELF-CARE STRATEGIES

- **Month 4: Physical self-care (exercise, nutrition, sleep)**
- **Month 5: Emotional self-care (mindfulness, meditation, relaxation techniques)**
- **Month 6: Social self-care (building positive relationships, communication skills)**

MONTH FOUR

Physical Self-Care: Taking Care of My Body

Taking care of your physical health is essential for your overall well-being. Making healthy choices can boost your energy, confidence, and resilience. This month, you will explore a different aspect of physical self-care and answer questions on this topic.

WEEK ONE: Nutrition

What are some healthy foods I enjoy eating?

Example answers: "Jollof rice with vegetables," "Eggs with plantains," or "Egusi soup with fufu"

What are some unhealthy foods I can cut back on?

Example answers: "Too much garri or sugary snacks," "Fried akara or puff-puff"

How can I plan healthy meals for the week?

Example answers: "Help my mom plan meals using ingredients from our garden," "Make a list of healthy snacks to take to school," or "Assist in cooking traditional meals like egusi or groundnut stew."

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WEEK TWO: Exercise

What physical activities do I enjoy?

Example answers: "Playing football with friends," "Dancing to Afrobeats," or "Running in the field."

How can I incorporate more movement into my daily routine?

Example answers: "Take a walk to the nearby market," "Help with farm work or gardening," or "Play traditional games like Kokawa or Ayo."

What are some new exercises or activities I want to try?

Example answers: "Try athletics," "Learn a new dance like Azonto or Ndombolo," or "Join the school sports team or club."

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WEEK THREE: Sleep & Rest – Recharge for a Healthier You!

How many hours of sleep do I get each night?

Example answers: "About 6 hours," "I sleep late because I have to finish my homework,"

"I stay up late watching TV or using my phone."

How do I feel when I don't get enough sleep?

Example answers: "I feel tired all day and struggle to concentrate in class," "I get easily annoyed

by my siblings," "I feel sleepy and want to nap after lunch."

What can I do to improve my sleep routine?

Example answers: "Go to bed earlier, by 9 PM," "Switch off my phone and avoid watching TV

late at night," "Drink less sugary drinks in the evening."

How does good sleep help me feel the next day?

Example answers: "I feel more energetic and ready for school," "I can focus better and participate

in class," and "I have more energy to help my family with chores."

What relaxing activities can help me sleep better?

Example answers: "Listen to calming music or read a book,"

"Take a warm bath and pray before sleeping."

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WEEK FOUR: Hygiene – Feeling Good in My Skin!

What daily hygiene habits do I already practice?

Example answers: “I brush my teeth every morning,” “I take a bath twice a day,”
“I wash my hands before eating.”

How does good hygiene make me feel?

Example answers: “I feel fresh and ready for the day,” “I feel confident around my friends,”
“I feel proud when I smell nice.”

What hygiene habits can I improve?

Example answers: “I could clean my fingernails more often,” “I should wear clean clothes every
day,” and “I need to wash my hair more regularly.”

How can I make my hygiene routine more enjoyable?

Example answers: “Use scented soap or body wash that smells good,” “Listen to music while
getting ready in the morning,” “Take care of my hair with braids or styles I like.”

What’s one new hygiene habit I want to start?

Example answers: “Clean my ears and cut my nails every weekend,” “Wash my school
uniform regularly,” “Shower after sports or physical activity.”

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MONTH FIVE

Emotional Intelligence: Understanding My Feelings

Emotional intelligence helps us understand and manage our emotions, leading to better relationships and decision-making. By recognizing and expressing your emotions, you can become more confident and resilient. Each week, you will explore a different aspect of emotional intelligence and answer the questions in the weekly pages:

WEEK ONE: Self-Awareness

What are some emotions I've felt this week?

Example answers: "I felt happy during the Eid celebrations," "I felt anxious during exams," or "I felt proud when my family praised me."

How do I express my emotions?

Example answers: "I talk to my friends or family," "I write in my journal," or "I draw or paint."

What are some physical signs of emotions I've noticed?

Example answers: "My heart beats fast when I'm excited", "My stomach feels funny when I'm nervous", or "My face smiles when I'm happy."

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WEEK TWO: Empathy

How do I think others feel in different situations?

Example answers: "My friend feels sad when they lose a game," "My family feels happy when we're together," "My neighbour feels frustrated when their generator doesn't work"

How can I show understanding and care for others?

Example answers: "Listen to their problems," "Help them with tasks," "Give them a kind word or smile."

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WEEK THREE: Self-Regulation

What triggers strong emotions in me?

Example answers: "Seeing injustice," "Losing a game," or "Being separated from loved ones."

How can I calm down when I'm feeling overwhelmed?

Example answers: "Take deep breaths," "Count to 10", or "Go for a walk."

What are some healthy ways I can express strong emotions?

Example answers: "Write in my journal," "Talk to a trusted adult," or "Engage in a physical activity."

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Write a positive note to yourself or include an inspiring quote.

Blank space for encouraging notes.

Reflection:

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Day:

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Mood Tracker

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WEEK FOUR: Positive Relationships

Who are some positive influences in my life?

Example answers: "My parents," "My teacher," or "My mentor."

How can I grow those relationships?

Example answers: "Spend quality time with them," "Show appreciation and gratitude," or "Listen to their advice."

What are some ways I can build strong, healthy relationships?

Example answers: "Communicate openly and honestly," "Respect boundaries," or "Show empathy and understanding."

"You are unique, and your journey is unique." - Unknown

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MONTH SIX

Mental Well-being: Taking Care of My Mind

Taking care of our mental health is essential for our overall well-being. You can build resilience and thrive by practising self-care, challenging negative thoughts, and seeking support. Each week, explore a different aspect of mental well-being and answer the questions related to the month's focus:

WEEK ONE: Mindfulness

What are some things I can do to stay present in the moment?

Example answers: "Focus on my breath," "Notice my surroundings," or "Engage in a physical activity."

How can I practise mindfulness in my daily life?

Example answers: "Take a few deep breaths before bed," "Pay attention to my senses while eating," or "Listen carefully to others."

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WEEK TWO: Challenging Negative Thoughts

What are some negative thoughts I've had recently?

Example answers: "I'm not good enough," "I'll never make friends," or "I'm a failure."

How can I challenge those thoughts?

Example answers: "Find evidence to challenge them," "Rearrange them in a positive light," or "Talk to someone about them."

: *"You are stronger than you think, and you can get through anything." - Unknown*

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WEEK THREE: Self-Care

What are some activities that bring me joy and relaxation?

Example answers: "Reading", "Drawing," or "Listening to music."

How can I select self-care in my daily routine?

Example answers: "Make time for self-care," "Say no to non-important tasks," or "Ask for help when needed."

"The best is yet to come." - Robert Browning

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WEEK FOUR: Seeking Support

Who are some people I trust to talk to about my feelings?

Example answers: "Parents," "Teacher," or "School counsellor."

How can I reach out for help when I need it?

Example answers: "Send a text or make a call," "Talk to someone in person," or "Write a letter or email."

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NAME: _____

How do you react to changes?

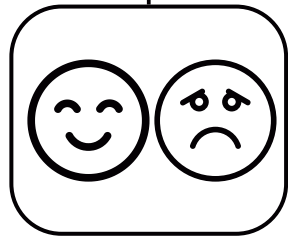
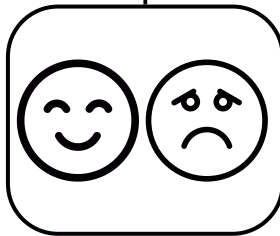
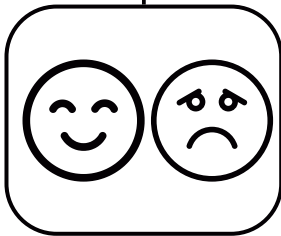
Color the emoji of your answers. If you agree with the statement, color the smiley face; otherwise, shade the sad face

I Do This When...

I embrace changes

I am comfortable when i am in a new environment.

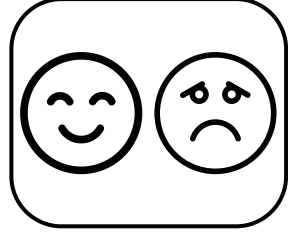
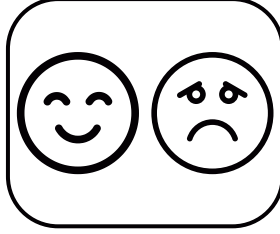
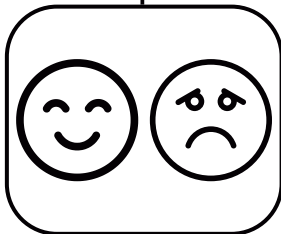
I can easily adapt to a new environment.



I get shy and irritated when i meet new people

I get a lot of ways to cope with the changes i encounter

I worry a lot when i experience changes



QUARTER 3

HEALTHY RELATIONSHIPS

Congratulations to you on seven months of journaling! Draw something to show how you feel having come this far. You shall take another journey into the following in the next three months. Enjoy! Remember, this is not school, have fun!

- **Month 7:** Understanding healthy relationships (boundaries, consent, communication)
- **Month 8:** Building positive relationships (friendships, family, romantic relationships)
- **Month 9:** Managing conflicts and difficult relationships

MONTH SEVEN

Purpose and Passion: Discovering My Why

Understanding your purpose and passion can guide you towards a fulfilling life. You can discover your "why" and make meaningful choices by exploring your values, interests, and strengths. Each week, you will travel to different aspects of purpose and passion and answer the questions that will help you discover more.

WEEK ONE: Values

What are some things that are most important to me?

Example answers: "Family", "Honesty", "Kindness"

How do my values relate to my daily life?

Example answers: "I choose and make important to me family time", "I always try to tell the truth", "I volunteer to help others"

"Take a few minutes each day to breathe and relax. You deserve it."

Day:

Date:

Mood Tracker

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WEEK TWO: Interests

What activities do I enjoy doing in my free time?

Example answers: "Playing football", "Reading books", "Drawing", "Singing."

How can I incorporate my interests into my life?

Example answers: "Join a football/basketball team", "Start a book club", "Take music classes – learn a musical instrument"

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WEEK THREE: Strengths

What are some things I'm naturally good at?

Example answers: "Problem-solving", "Communication", "Leadership"

How can I use my strengths to make a positive impact?

Example answers: "Help others with problems", "Volunteer to lead a project", "Mentor someone"

"The future is bright, and it's yours." - Unknown

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WEEK FOUR: Purpose Statement

What is my purpose statement (my "why")?

Example answers: "To make a difference in my community", "To become a leader in my field", "To inspire others through art"

How can I use my purpose statement to guide my choices?

Example answers: "Line up my goals with my purpose", "Make decisions that support my purpose", "Share my purpose with others"

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MONTH EIGHT

Resilience and Adaptability: Bouncing Back

Life can be unpredictable, and challenges will arise. By developing resilience and adaptability, we can learn to bounce back from setbacks and succeed in the face of change. Each week, explore a different aspect of resilience and adaptability and answer the following questions to develop and identify Resilience Builders.

WEEK ONE: Coping Skills

What are some healthy ways I cope with stress or difficult emotions?

Example answers: "Exercise", "Journaling", "Talking to a friend"

How can I develop new coping skills?

Example answers: "Learn deep breathing exercises", "Practise giving thanks"

"You are amazing just the way you are." - Unknown

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WEEK TWO: Problem-Solving

What are some challenges I'm currently facing?

Example answers: "Balancing schoolwork and extracurriculars", "Dealing with bullying", "Managing time effectively"

How can I approach these challenges with a growth mindset?

Example answers: "Break problems into smaller steps", "Seek help from others", "View failures as learning opportunities"

"Don't give up on your dreams." - Unknown

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WEEK THREE: Adaptability

What are some changes I've experienced recently?

Example answers: "Moving to a new home", "Switching schools", "Starting a new extracurricular activity", "Starting new class"

How can I adapt to these changes with a positive attitude?

Example answers: "Focus on the benefits", "Be open-minded", "Find the silver lining – the really cool thing about it"

"You are doing better than you think." - Unknown

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WEEK FOUR: Self-Care

What are some self-care practices I can use to maintain resilience?

Example answers: "Get enough sleep", "Eat a balanced diet", "Engage in activities that bring you joy"

How can I choose and make important self-care in my daily routine?

Example answers: "Schedule self-care time", "Set boundaries", "Ask for help when needed"

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MONTH NINE

Relationships and Communication: Connecting with Others

Building strong relationships and communicating effectively are essential life skills. Understanding yourself and others can help you build meaningful connections and navigate conflicts with empathy. Each week, explore a different aspect of relationships and communication and respond to some guiding questions.

WEEK ONE: Self-Understanding

What are my strengths and weaknesses in relationships?

Example answers: "I'm a good listener", "I can be too self-critical"

How can I use self-awareness to improve my relationships?

Example answers: "Recognize my emotions", "Practice self-acceptance", "Set boundaries"

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WEEK TWO: Empathy and Understanding

How can I put myself in someone else's shoes?

Example answers: "Ask open-ended questions", "Listen actively", "Try to see their perspective"

What are some common misunderstandings that can lead to conflicts?

Example answers: "Assuming someone's intentions", "Misinterpreting tone or language", "Jumping to conclusions"

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WEEK THREE: Effective Communication

What are some practical communication skills I can use?

Example answers: "Use 'I' statements", "Practice active listening", "Ask clarifying questions"

How can I direct conflicts or challenging conversations?

Example answers: "Stay calm and composed", "Focus on the issue, not the person", "Seek common ground"

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WEEK FOUR: Building Strong Relationships

What are some qualities I value in friendships or relationships?

Example answers: "Trust", "Loyalty", "Support"

How can I nurture and strengthen my relationships?

Example answers: "Schedule regular check-ins", "Show appreciation and gratitude", "Be present and engaged"

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CREATIVE JUICES

This page is for your creativity. You can draw/sketch, write (a poem, song, story, anything, or jot down ideas and come back to them whenever you want.

QUARTER 4

GOAL-SETTING AND PLANNING

You will reflect on the past eleven months of this last quarter of the year and set goals for the following year. Here is what you will try to focus on.

- Month 10 : Reflecting on the past year and setting goals for the next year
- Month 11 : Breaking down goals into smaller steps and creating an action plan
- Month 12 : Reviewing progress and planning for the future

MONTH TEN

Goal Setting and Planning: Achieving Success

Setting goals and planning for the future helps you stay focused, motivated, and directed. You can progress and succeed by breaking down big dreams into smaller steps. Each week, you will look at different aspects of goal setting and planning to enable you to start or grow stronger in goal setting, planning and scoring.

WEEK ONE: Reflection and Evaluation

What have I accomplished so far this year?

Example answers: "Passed my promotional exams", "Improved a skill", "Made new friends"

What are some areas I'd like to improve or work on?

Example answers: "Time management", "Self-confidence", "Physical health"

"Do something that makes you happy today." - Unknown

Day:

Date:

Mood Tracker

Circle the emoji that matches your mood today



Gratitude List:

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WEEK TWO: Reflection and Evaluation

What are some short-term and long-term goals I want to achieve?

Example answers: "Short-term: Pass my WAEC and NECO exams", "Long-term: Gain admission to attend university"

How can I make my goals SMART (Specific, Measurable, Achievable, Relevant, Time-bound) to empower myself and achieve success?

Example answers: "Set specific deadlines", "Break down big goals into smaller steps", "Create a plan with schedule"

"You are capable of achieving greatness." - Unknown

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WEEK THREE: The Power of Reflection

What are some steps I need to take to achieve my goals?

Example answers: "Research", "Create a plan", "Know and start to find the resources or support I need"

How can I prioritize tasks and manage my time effectively?

How can I effectively prioritise tasks and manage my time? What role does a planner or calendar play in this process?

"Keep pushing yourself to be your best." - Unknown

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WEEK FOUR: Accountability and Support

Who can I share my goals with and ask for support?

Example answers: "Friends", "Family", "Mentor"

How can I hold myself accountable and stay motivated? Why is accountability crucial in achieving my goals?

Example answers: "Follow up and note your progress", "Celebrate small wins", "Find accountability partner"

"You are amazing." - Unknown

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Creative Space:

Express yourself creatively.

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Encouraging Notes:

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Blank space for encouraging notes.

Reflection:

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MONTH ELEVEN

Gratitude and Appreciation: Celebrating Life's Blessings

Focusing on what you can be thankful for can shift your perspective and bring joy to your life. Practising gratitude and appreciation can cultivate a positive mindset and strengthen relationships. Each week, you will look at a different aspect of gratitude and appreciation and respond creatively.

WEEK ONE: Reflecting on Blessings

What are some things I'm thankful for in my life?

Example answers: "Family", "Friends", "Good health"

How can I show appreciation for those blessings?

Example answers: "Write thank-you notes", "Share what you are grateful for with others", "Celebrate with loved ones"

"Gratitude unlocks the fullness of life." - Melody Beattie

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WEEK TWO: Cultural Heritage

What traditions or practices I'm grateful for from my culture?

Example answers: "Respect for elders", "Cultural festivals", "Traditional clothing"

How can I share my cultural heritage with others?

Example answers: "Cook traditional meals", "Teach others about my culture",
"Attend cultural events"

"You are thankful for what you have." - Unknown

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WEEK THREE: Community and Friendship

Who are some people in my life that I'm grateful for?

Example answers: "Best friend", "Mentor", "Family member", "Class Teacher"

How can I show appreciation for those people?

Example answers: "Spend quality time together", "Listen actively", "Show support and encouragement"

"Keep shining your light." - Unknown

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WEEK FOUR: Personal Growth

What are some things I've learned or accomplished that I'm proud of?

Example answers: "Mastered a new skill", "Overcame a challenge", "Set boundaries"

How can I continue growing and developing as a person?

Example answers: "Seek feedback", "Try new experiences", "Practise self-reflection"

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MONTH TWELVE

Reflection and Renewal: Closing the Year with Purpose

Focusing on what you can be thankful for can shift your perspective and bring joy to your life. Practising gratitude and appreciation can cultivate a positive mindset and strengthen relationships. Each week, you will look at a different aspect of gratitude and appreciation and respond creatively.

WEEK ONE: Year in Review

What were some great things and successes in the past 11 months?

Example answers: "Completed a project" like keeping my mental health journal, "Made new friends", "Improved a skill"

What challenges did I face, and how did I overcome them?

Example answers: "Time management", "Self-doubt", "Perseverance"

"You made it through the year!" - Unknown

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WEEK TWO: Lessons Learned

What are some valuable lessons I have learned this year?

Example answers: "Importance of self-care", "Power of gratitude", "Value of friendship"

How can I use these lessons in my life moving forward?

Example answers: "Prioritise self-care", "Practice gratitude daily", "Consciously grow my friendships"

"Keep looking forward to the new year." - Unknown

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WEEK THREE: Goal Review and Adjustment

What goals did I set for the year, and did I achieve them?

Example answers: "Yes", "No", "Partial success"

What adjustments can I make to my goals for the upcoming year?

Example answers: "Make goals more specific", "Break down big goals into smaller steps", "Seek accountability"

"You are capable of achieving anything." - Unknown

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WEEK FOUR: New Year, New Beginnings

What are my hopes and dreams for the upcoming year?

Example answers: "Improve relationships", "Pursue new opportunities", "Develop a new skill"

How can I set myself up for success in the new year?

Example answers: "Create a vision board", "Set SMART goals", "Establish a routine"

"As the year comes to a close, remember that every ending marks a new beginning. Embrace the possibilities and opportunities that lie ahead." - Unknown

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Creative Space:

Express yourself creatively.

Encouraging Notes:

Write a positive note to yourself or include an inspiring quote.

Reflection:

Write about your day, focusing on your emotions and any challenges you faced.

Day:

Date:

Mood Tracker

Circle the emoji that matches your mood today



Gratitude List:

Write three things you're grateful for today.

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ANNUAL REVIEW

Circle the emoji that expresses how your journaling experience has been.

- Think about these questions:
- What did I learn about myself this year?
- What am I proud of accomplishing?
- What are my goals for next year?

Remember to be good to yourself and recognise your hard work and progress.

Accept the present and let go of what's holding you back. Look ahead to the new year with hope, excitement, and a desire to keep growing and learning. Thinking back on your year will bring you understanding, closure, and a new outlook to carry you into the new year. Take time to celebrate your progress and set the stage for a fantastic year ahead!

Get Help: Exercises and Tips

Understanding When to Ask for Help

Sometimes, dealing with challenging emotions can be overwhelming. It's important to know when and how to ask for help. Here are some tips and exercises to guide you:

Recognizing the Signs

1. When you feel overwhelmed:

- If you feel your emotions are too much to handle, it might be time to seek help.
- **Exercise:** Write down three moments when you felt overwhelmed this week.

2. Persistent Sadness or Anxiety:

- If you feel sad or anxious for over a few weeks, consider talking to someone.
- **Exercise:** Keep a mood tracker for a week. Mark each day with a happy, sad, or anxious face.

3. Withdrawing from Friends and Activities:

- Losing interest in things you used to enjoy is a sign that you might need support.
- **Exercise:** List three activities you used to enjoy but don't anymore. How do you feel about them now?

Finding Someone to Talk To

1. Family Members:

- Sometimes, talking to a parent, older sibling, or another trusted family member can help.
- **Exercise:** Write down the names of three family members you feel comfortable talking to. What makes them trustworthy?

2. Friends:

- A good friend can be a great listener and offer support.
- **Exercise:** Think about a friend who always makes you feel better. Write about a time they helped you.

1. Teachers or School Counsellors:

- Teachers and school counsellors are there to help you, not just with schoolwork, but with your emotions too.
- **Exercise:** Identify a teacher or counsellor you trust. Please write a short note you could use to start a conversation with them.

Practical Steps to Take

1. Write It Down:

- Sometimes, writing your thoughts and feelings can make them more straightforward. Just like this journal.
- **Exercise:** Spend 10 minutes writing about what's bothering you. Don't worry about grammar or spelling.

2. Practice Deep Breathing:

- Deep breathing can help calm your mind and reduce stress.
- **Exercise:** Sit quietly and take deep breaths through your nose and out through your mouth for five minutes. Notice how you feel afterwards. You can also do this standing up.

3. Stay Active:

- Physical activity can improve your mood and reduce stress. Do simple exercises like a 10-15 15-minute' walk or count 50, 100, or 200 steps (this depends on your capacity; you can start small) walking in your compound or school field during break.
- **Exercise:** List three physical activities you enjoy. Try to do one of them.

4. Positive Self-Talk:

- Replace negative thoughts with positive ones.
- **Exercise:** Write down a negative thought you had today. Next to it, write a positive thought that counters it.

Resources and Hotlines (Some are shared in this journal)

1. Local Support:

- Find out if there are local youth support centers or groups.
- **Exercise:** Research one local support group or center. Write down their contact information.

1. Hotlines:

- In many places, you can call hotlines if you need someone to talk to immediately.
- **Exercise:** Find a mental health hotline number in your area. Please write it down in a safe place.

2. Online Resources:

- Many online resources offer advice and support.
- **Exercise:** Find a trustworthy mental health website. Bookmark it for future use.

Practice Deep Breathing:

- Deep breathing can help calm your mind and reduce stress.
- **Exercise:** Sit quietly and take deep breaths through your nose and out through your mouth for five minutes. Notice how you feel afterwards. You can also do this standing up.

1. Healthy Eating:

- Eating well can affect how you feel.
- **Exercise:** Write down a healthy meal plan for one day. (This can be planned with even minimal resources).

2. Getting Enough Sleep:

- Lack of sleep can make everything feel worse.
- **Exercise:** Track your sleep for a week. Note how many hours you get each night.

3. Connecting with Others:

- Spending time with friends and family can boost your mood.
- **Exercise:** Plan a fun activity with a friend or family member this weekend.

Remember, asking for help is a sign of strength, not weakness. Taking care of your mental health is as important as your physical health. You are not alone, and people and resources are available to support you.

HOW TO MAKE YOUR VISION BOARD

A Guide for teens

What is a Vision Board?

A vision board is a cool tool for achieving your dreams and goals! It's like a poster or collage that shows what you want to happen in your life. You add pictures, words, and quotes that inspire and motivate you to reach your aspirations.

The Benefits

- It helps you focus on what you want to achieve
- Boosts your confidence and positivity
- Reminds you to stay on track to work towards your goals
- It's a fun and creative way to express yourself!

Success Story:

Meet Nneoma, a 14-year-old who wants to become a top model and start her own fashion line.

Her vision board includes:

- A picture of Naomi Campbell, her role model
- A photo of herself in a beautiful African print dress o Cut-outs of fashion magazines showcasing African designs
- Inspirational quotes like "Confidence is key," "Believe in yourself," and "Empowered women empower women."
- A picture of a successful African female entrepreneur o A sketch of her own fashion design ideas.

She hung it in her bedroom and looked at it every day. With hard work and determination, Nneoma will achieve her goals and even get her results. Your vision board MUST inspire you! Meet Usman, a 15-year-old who dreams of becoming a professional football player and starting his own sports academy. Big dreams, right?

His vision board includes:

- A picture of Samuel Eto'o, his favorite African football player
- A photo of himself playing football with his friends
- Cut-outs of football stadiums and trophies
- Inspirational quotes like "Hard work beats talent" and "Believe in yourself."
- A picture of a successful African sports entrepreneur - A sketch of his future sports academy logo

He hung it in his corner of the bedroom he shares with his two junior brothers and looks at it every day. With hard work and determination, Nneoma will achieve her goals and even get her results. Your vision board **MUST** inspire you! Remember, these are just examples, and your vision boards should reflect your unique goals, interests, and aspirations!

Now, get along and create Your Vision Board!

Materials: *(Work with what you have in case you do not have the materials suggested. It is your vision board, and you understand it)*

- Cardboard, poster board, or inside a page in your Journal
- Magazines, scissors, glue, and markers
- Printed quotes, photos, or personal items (optional)

Steps:

1. Dream Big: Think about what you want to achieve in the next few months or year(s). Write down your goals and aspirations.
2. Gather Inspiration: Flip through magazines, search online, or use personal items that resonate with your goals.
3. Create Your Board: Cut out images, words, and quotes that inspire you. Arrange them on your board in a way that feels right.
4. Add Personal Touches: Include photos, stickers, or other embellishments that make your board unique.
5. Make it Positive: Focus on what you want to achieve, not what you want to avoid.
6. Hang it Up: Display your vision board in a place where you'll see it every day.

Tips

- Make it digital: Create a vision board on your phone or computer.
- Involve friends: Host a vision board party and create boards together.
- Update regularly: Refresh your board as your goals and aspirations change.

Don't forget that your vision board is all about your dreams and goals. Have a blast creating it, and watch your aspirations turn into reality!

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/

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**

