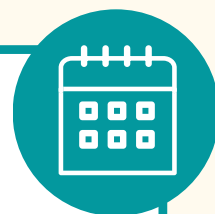


JOURNAL

Journaling can offer us perspective, and allow us to reflect while being present, therefore enable us to be more mindful. Journaling can help us regulate our emotions and live in alignment to our values.



MONDAY

- Today I had fun when...
- Something I did well today...
- I hope to...



TUESDAY

- Today I accomplished...
- I had a positive experience with...
- Something I did for someone...



WEDNESDAY

- Today was interesting because...
- I felt good about myself when...
- I am looking forward to...



THURSDAY

- Today I was challenged by...
- I felt confident in myself when...
- I was proud of someone else because...



FRIDAY

- Today I enjoyed...
- I felt encouraged when...
- A positive thing I witnessed...

SATURDAY

- Today I tried...
- I am grateful for...
- This week I felt...



SUNDAY

- This week I learnt...
- This week I enjoyed...
- I am looking forward to...

