MY JOURNAL



These prompts are designed to help pre-teens explore their thoughts and emotions while building confidence and self-awareness in a private and supportive way

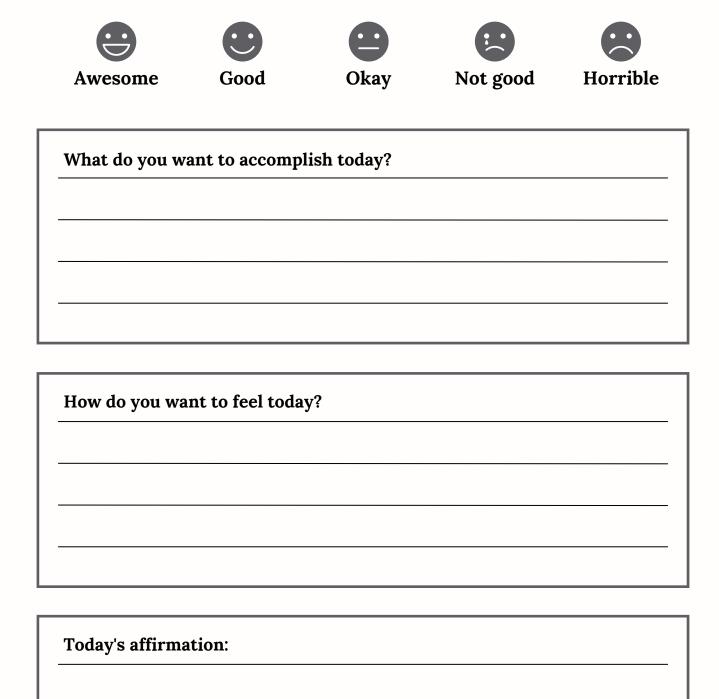


PROMPTS TO SUPPORT

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•	REFLECTIONS
•	PEER PRESSURE
•	BUILD CONFIDENCE
•	DEVELOP SKILLS FOR SOCIAL CHALLENGES
•	UNDERSTAND AND INTERPRET INDEPENDENCE
•	MANAGING CHALLENGING FEELINGS
•	EXPLORE VALUES
•	PRACTICE GRATITUDE

MORNING CHECK IN

I WOKE UP FEELING



Who are my closest friends & why do I enjoy spending time with them?

What makes someone a good friend, and how can I be one in return?

Have I ever felt left out or excluded? and how did I handle it? what could I have done differently?

done differently?

Has anyone tried to peer pressure me into doing something I didn't want to do? How did it make me feel?

How c	lid it	make	me feel?

What do I value most about myself, and how can I stick to those values when I'm with others?

others?

What is something i accomplished recently that made me proud of myself?

What are three things I really like about who I am?

Write about a time you were brave and stood up for yourself or someone else. How did it

feel?			

How do I feel when my friends don't agree with me or include me in something? what can I do in these situations?

Write about a time when you
helped someone else to feel
included or supported.

What would I do if I saw someone being pressured into something they didn't want to do?

do?

What does independence mean to me, and how can I show it in my daily life?

What are some responsibilities I would like to take on to feel more independent?

Write about a time you made a decision on your own. How did it turn out? and what did you

learn?

How do you feel about starting high school? what excites or worries you?

Write about a time you felt overwhelmed. What helped you feel better?

Who do I look up to, and what qualities do they have that I admire?

What a	are	three	value	s that	are
really i	mp	ortant	to me	e, and	how
do I	sho	ow the	m in i	my lif	e?

Write about a time you acted in
a way that made you proud of
who you are.

What are three things that made you happy today?

Write about a family or friend who makes you feel supported. What do you appreciate about them?

tnem?

What is something small that I might take for granted but am really thankful for?