

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;

- 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



Awesome



Good



Okay



Not good



Horrible

What do you want to accomplish today?

How do you want to feel today?

Today's affirmation:

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

[illegible]

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's part of a bound notebook.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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

[illegible]

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

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[illegible]

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

[illegible]

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

[illegible]

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

[illegible]

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[illegible]

What are three things that made
you happy today?

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

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[illegible]