

The background is a solid peach color. It is decorated with several watercolor-style green leaves of various shades (light green, medium green, and dark green) and several white, irregularly shaped circles. The leaves and circles are scattered across the page, with some overlapping the central text banner.

# Reflective Journal

NAME \_\_\_\_\_

DATE \_\_\_\_\_

# Memory Monday

TODAY I'M GRATEFUL FOR:

ONE POSITIVE MEMORY THAT COMES TO MIND TODAY IS:

THE 5 STAR RANKING OF THIS MEMORY:



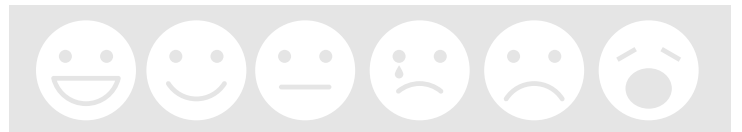
WHY I THINK THIS MEMORY IS SO MEANINGFUL IS:

WHAT IS ONE HOPE FOR TODAY?

THINGS I CAN CONTROL TODAY:

PEOPLE WHO CAN HELP MAKE TODAY GREAT:

MY RANKING OF HOW I AM FEELING TODAY:



NAME \_\_\_\_\_

DATE \_\_\_\_\_

# Tell Me Something Tuesday

TODAY I'M GRATEFUL FOR:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

TELL ME SOMETHING NEW THIS TUESDAY:

WHAT IS ONE HOPE FOR TODAY?

THINGS I CAN CONTROL TODAY:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

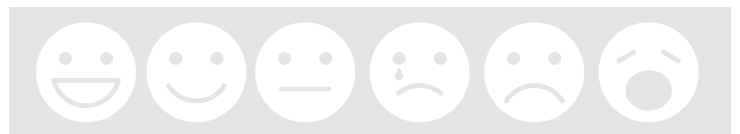
PEOPLE WHO CAN HELP MAKE TODAY GREAT:

RANK YOUR NEW FACT IMPORTANCE:



DROP A TIP BELOW, TELL ME ONE TIP THIS TUESDAY:

MY RANKING OF HOW I AM FEELING TODAY:



NAME \_\_\_\_\_

DATE \_\_\_\_\_

# Work Through it Wednesday

TODAY I'M GRATEFUL FOR:

TELL ME SOMETHING THAT MIGHT BE DIFFICULT IN YOUR LIFE RIGHT NOW:

RANK, HOW YOU FEEL YOU CAN WORK THROUGH THIS RIGHT NOW:



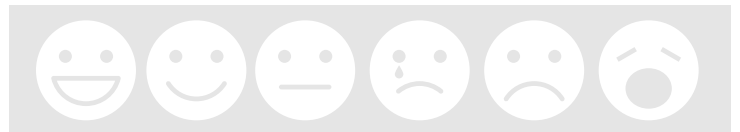
ONE POSITIVE STRATEGY TO OVERCOME THIS OBSTACLE TODAY:

WHAT IS ONE HOPE FOR TODAY?

THINGS I CAN CONTROL TODAY:

PEOPLE WHO CAN HELP MAKE TODAY GREAT:

MY RANKING OF HOW I AM FEELING TODAY:



NAME \_\_\_\_\_

DATE \_\_\_\_\_

# Three Things Thursday

TODAY I'M GRATEFUL FOR:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

THREE THINGS EVERYONE MUST KNOW!

RANK THE WEATHER TODAY OUTSIDE:



THROWBACK THURSDAY: WHAT TREND NEEDS TO RETURN?

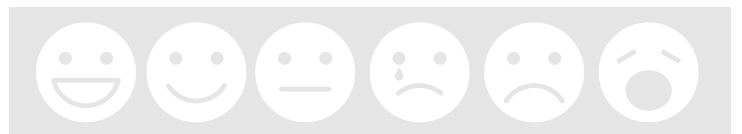
WHAT IS ONE HOPE FOR TODAY?

THINGS I CAN CONTROL TODAY:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

PEOPLE WHO CAN HELP MAKE TODAY GREAT:

MY RANKING OF HOW I AM FEELING TODAY:



NAME \_\_\_\_\_

DATE \_\_\_\_\_

# Favourites Friday

TODAY I'M GRATEFUL FOR:

THREE FAVOURITE THINGS IN YOUR LIFE  
RIGHT NOW?

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MY LEVEL OF EXCITEMENT FOR THE  
WEEKEND:



FRIENDSHIP FRIDAY; WHAT THING  
HAVE YOU DONE TO INCREASE  
FRIENDSHIPS THIS WEEK?

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WHAT IS ONE HOPE FOR TODAY?

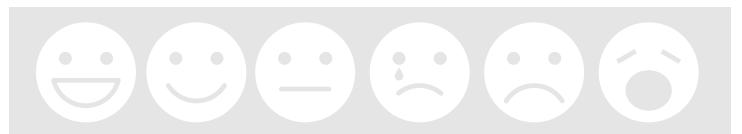
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THINGS I CAN CONTROL TODAY:

PEOPLE WHO CAN HELP MAKE  
TODAY GREAT:

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MY RANKING OF HOW I AM FEELING TODAY:



The background is a solid light peach color. It is decorated with several watercolor-style green leaves of various shades (teal, olive, and lime green) and several white, irregularly shaped circles. A central horizontal banner in a darker peach color contains the text.

*You Matter!*