

# Reflection Journal



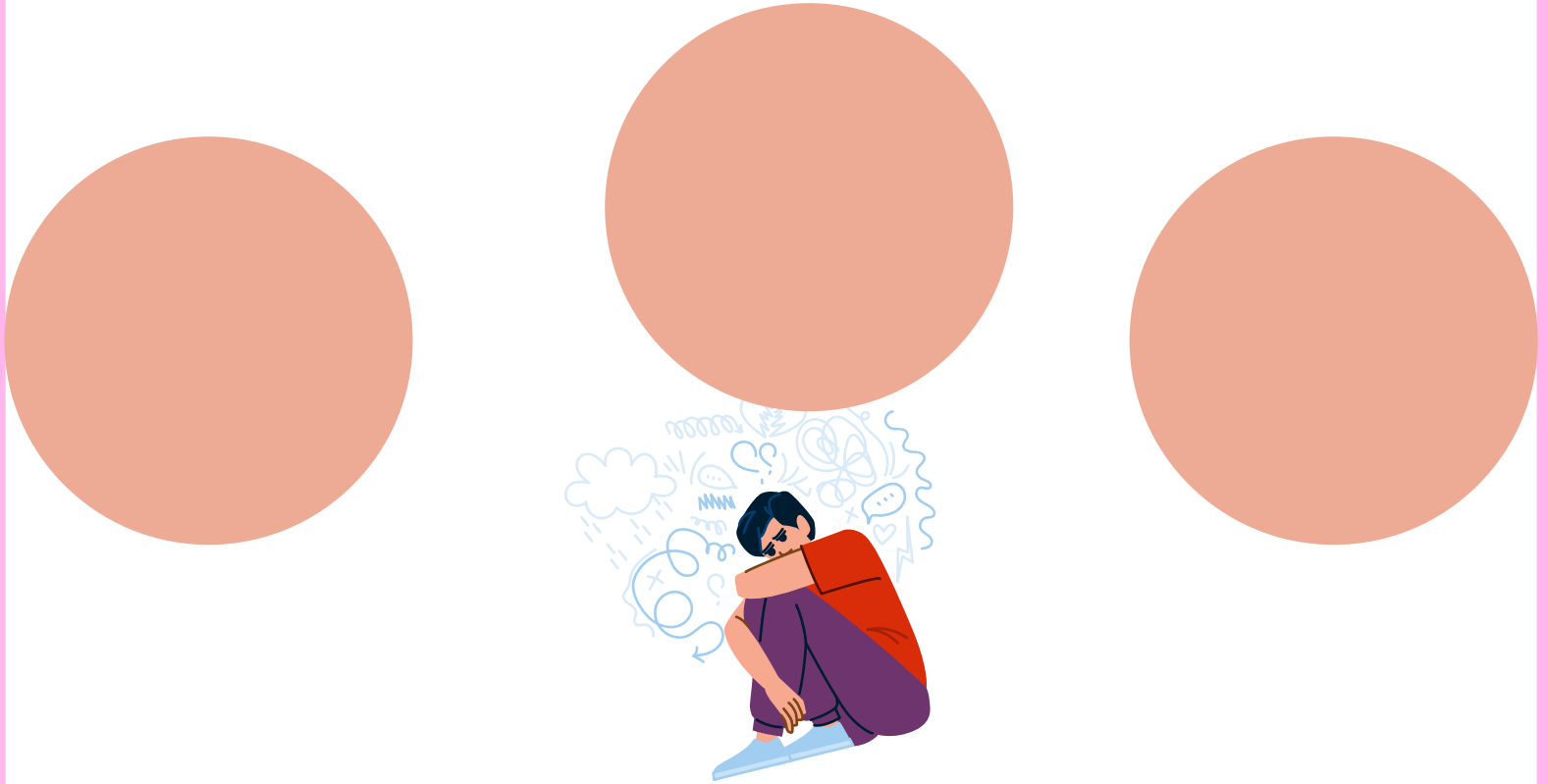
This Book Belongs To

---

\* EmpowerED  
Coaching &  
Consulting

# My Worries

3 Things that make me feel worried



3 things that happen to my body  
when I feel worried



# Happy Thoughts for Tough Days



"I act with confidence because I know what am doing.



"I am different and unique, and that is OK."



"I am prepared and ready for this situation."

I am strong and determined



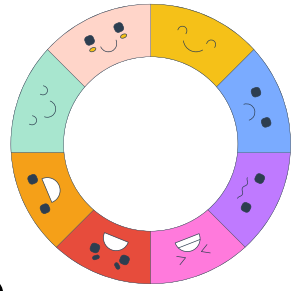
I accept myself for who I am



I have people who love and respect me

it's okay to  
feel your  
feelings

# How Am I Feeling TODAY?



How I felt	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							
Bedtime							



HAPPY



SAD



PROUD



SHY



EXCITED



CALM



ANGRY



SCARED



WORRIED



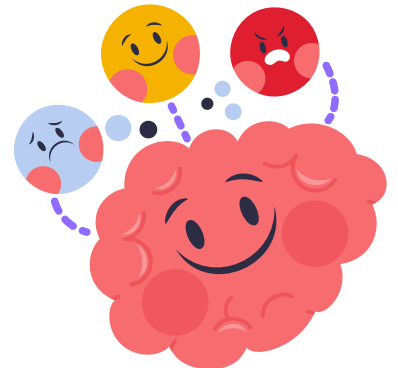
JEALOUS



BRAVE



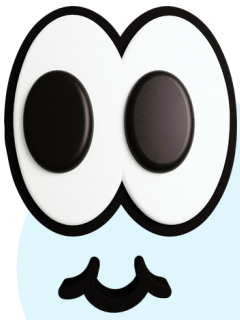
EMBARRASED



\* EmpowerED  
Coaching &  
Consulting



# The power of 3



# Retrain my brain



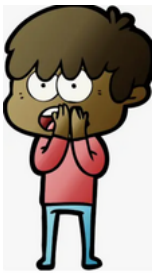
I CAN'T

I'm still learning  
- I will keep  
trying



It's too hard

With more  
practice, it will  
become easier



I'm scared I will  
mess up

It's okay to be  
nervous — I can  
try my best



I can't control my feelings

My feelings are  
big but they won't  
last forever

# My Daily Goal



My goal for today is...  
(What is one thing I want to focus on or achieve?)

- I will use kind words.
- I will take three deep breaths when I feel worried.
- I will try my best in maths.

Why This Goal Matters  
(How will it help me?)

GOALS!





How I Will Do It?

What steps can I take? What will help me?



Reflection

- ☒ Did I reach my goal today? Yes / Not Yet
-  Something I'm proud of:
-  Something I can try again tomorrow:

# What am I thankful for?



## Three Things I'm Grateful For Today

Big or small — things, people, moments, or feelings!)

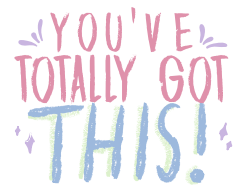
1.  
2.  
3.

## Someone Who Made Me Smile Today

(What did they do or say?)



## A Good Thing That Happened Today

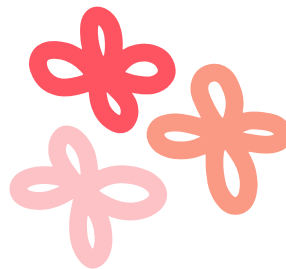
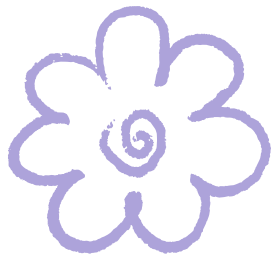
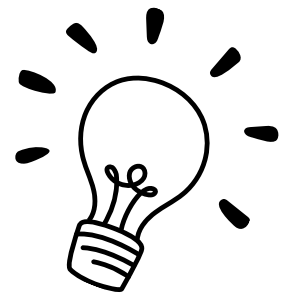


## Positive Thought to Finish the Day





# My doodling page



\* EmpowerED  
Coaching &  
Consulting