

Reflection Journal

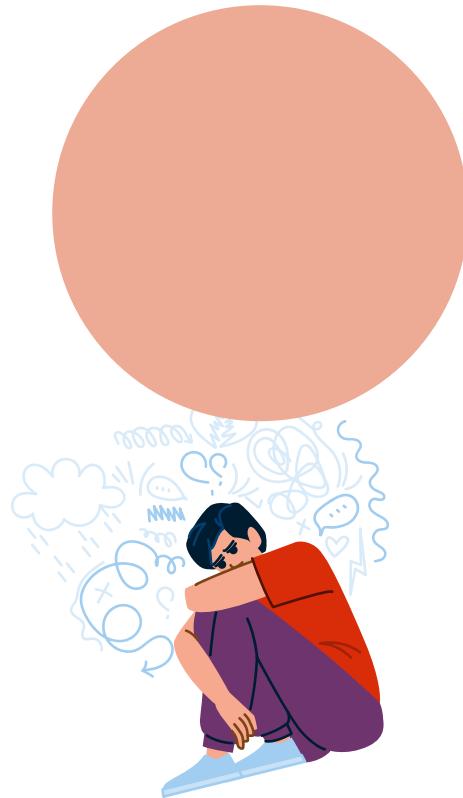


This Book Belongs To

* 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



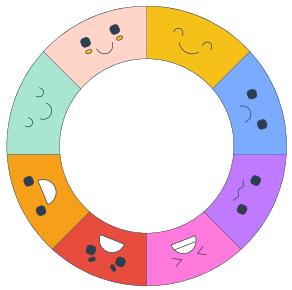
I accept myself for who I am



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							



The power of

3



Retrain my brain



I CAN'T



It's too hard

I'm still leaning
- I will keep
trying



I'm scared I will
mess up

With more
practice, it will
become easier



I can't control my feelings

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

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?



I am so
GRATEFUL

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?)



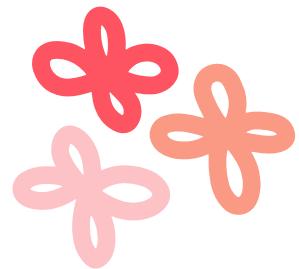
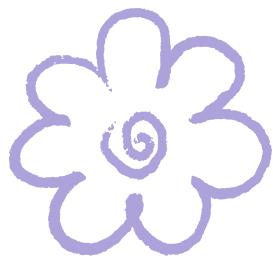
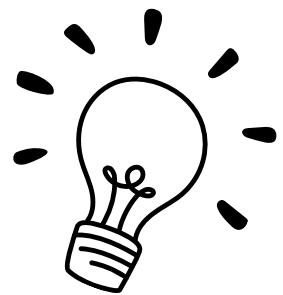
A Good Thing That Happened Today

YOU'VE
TOTALLY GOT
THIS!

Positive Thought to Finish the Day



My doodling page



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