

GUIDED JOURNALING

SCAN ME!



One unique or positive thing about myself is...

REFLECTION ZONE

Use this space to write or draw your thoughts. It's a judgment-free zone where you can pause, reflect, and express yourself.

Someone who's had a positive impact in my life is...



One thing that I am grateful for in this moment is...

Expressing gratitude helps us feel positive, confident, and connect with others.





If I'm having a hard day or need support,
the two people I can talk to are...

Blank space for writing the names of two people for support.

If I could have a super power, what would it be and why?

Blank space for writing about a super power and why.

What did it feel like to think about these things
and write them down?

Blank space for writing reflections on the journaling prompts.

