

VE

FEARLESS

STRONG

DIRECT

RESILIENT

CREATIVE

DEPENDABLE

BOLD

APPRECIATED

MOTIVATED

BRAVE

INTELLIGENT

EMPOWERED

WORTHY

I AM

JOURNAL AND WELLNESS LOG

RESILIENT

FUNNY

CAPABLE

INTUITIVE

EMPOWERED

SUCCESSFUL

BO

ORTHY

BEAUTIFUL

CREATIVE

ADVEN

GENUINE

INTELLIGENT

VALUABLE

I AM Journal is a tool crafted specifically for YOU to support self-discovery and personal growth through daily reflection and introspection.

This journal can be used to gain insight into your thoughts, emotions, and life experiences. It's a private space for you to be open and honest.

While the journal provides over 60 prompts and over 80 affirmations, feel free to explore beyond those offerings. Use the prompts as a starting point and let your thoughts flow.

HERE ARE SOME TIPS AND POTENTIAL BENEFITS!

- ✓ Regular reflection can help you become **more aware** of your thoughts, emotions, and behaviors.
- ✓ Writing down your goals and values can **provide clarity** and serve as a constant reminder of what matters most to you.
- ✓ Expressing your thoughts and feelings on paper may help **reduce stress and anxiety** by providing a space for you to unload your concerns.
- ✓ By reviewing previous entries, you can **track your personal growth** and development over time. This can be motivating and affirming, especially during challenging periods.
- ✓ Writing about challenges may help you **analyze situations objectively**, explore solutions, and gain insights into your problem-solving abilities.
- ✓ Journaling can also be **a creative outlet**. It allows you to explore ideas, generate new thoughts, and express yourself in ways you might not have considered before.
- ✓ The act of daily reflection and positive affirmations **promotes mindfulness** by encouraging you to be present, releasing negativity through writing, and fully engaging with your experiences.

**If you or someone you know is struggling or in crisis,
HELP IS AVAILABLE.**

Call or text 988 or chat at [099lifeline.org](https://www.988lifeline.org).

*Wishing you introspection, reflection,
healing, and growth, all in love!*

DAILY JOURNAL PROMPTS

DATE: _____

1. What do you do when you don't understand your emotions?

2. What activity cheers you up, no matter what?

3. What is something you have done that you are proud of?

4. What do you love about yourself?

WELLNESS LOG

DATE: _____

S	M	T	W	T	F	S
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3 THINGS I AM GRATEFUL FOR/ APPRECIATE TODAY

HOW ARE YOU FEELING?



SPACE FOR CREATIVITY (DOODLES, ILLUSTRATION, TEXT, ETC)

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S POSITIVE AFFIRMATION

THOUGHTS AND REFLECTIONS

DAILY JOURNAL PROMPTS

DATE: _____

5. List 3 qualities that make you unique.

6. Write about a challenge you faced and how you became stronger because of it.

7. How would you describe yourself to someone who has never met you?

8. How do I want to be remembered after high school?

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9. What impact do I want to make on the world?

10. What could I talk about for hours?

11. What do I have to offer others?

12. What comes naturally to me?

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13. What are my favorite classes, and why?

14. What extracurricular activities do I enjoy? What have I learned about myself from participating in the activities?

15. Who do I look up to? What about them inspires or motivates me?

16. What personal qualities do I view as my strengths?

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DATE: _____

17. When do I feel most comfortable and at ease?

18. What are the biggest lessons I've learned so far?

19. When have I been most inspired or most motivated?

20. If I could choose a tattoo for myself, what might it be? Why?

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DATE: _____

21. If I had a magic wand, what would I do for a year?

22. Who are your role models? What qualities do you have in common with them?

23. What negative things do you say to yourself a lot? How can you reframe your thinking?

24. How have you shown courage recently?

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DATE: _____

25. What is one new thing you would do if you knew you couldn't fail?

26. Write a pep talk you can give yourself the next time you're having a bad day.

27. What advice would you give to your younger self?

28. What is the best advice you have ever received?

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29. What does success mean to you?

30. How do you define your boundaries when dealing with family and/or friends?

31. List 3 positive habits you have added or would like to add to your life?

32. What are you admired and complimented for the most?

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33. What is the one thing you need to let go of?

34. What's a song that defines the real you. Why?

35. Do you think you are good at making decisions? How can you improve?

36. How do you feel when faced with rejection?

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37. Do you think you are kind and compassionate with yourself?

38. What do you consider your most prized possession? Why?

39. How often do you venture outside your comfort zone? How does that make you feel?

40. How would you rate your work ethic? Do you think there is scope for improvement?

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DATE: _____

41. What or who makes you feel uncomfortable?

42. What is your favorite book/poem/story? Why?

43. Are there things in your life creating feelings of anxiety or fear?

44. What is the part of the day you are happiest? Why?

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DATE: _____

45. How do you approach challenges in life?

46. Is asking for help a weakness or strength? Why?

47. What do you think is the best career path for you? Why?

48. Describe who you want to be in the future.

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DATE: _____

49. What is something you've always wanted to do?

50. What is your dream job or dream hobby?

51. What things do you need to make more time for?

52. What things do you need to let go of?

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53. What is something you can do every day to stay focused on achieving your goals?

54. What effect does social media have on your life?

55. What is the first thing you think about yourself when you look in the mirror?

56. Write about the last thing you couldn't stop laughing about.

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DATE: _____

57. Write about a time you did something that you were afraid to try.

58. What is the best compliment you ever received?

59. Write about a food that makes you feel good.

60. What type of self-care activity do you practice?

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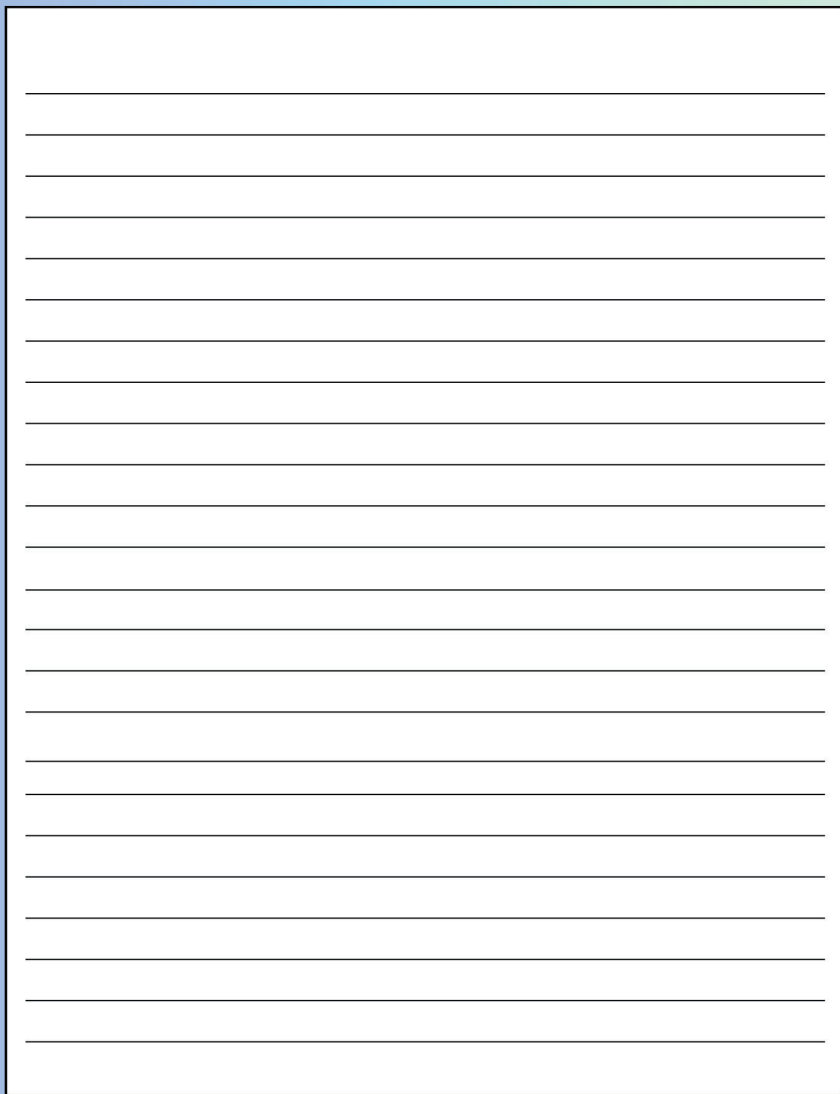
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THOUGHTS AND REFLECTIONS

NOTES & THOUGHTS



A large rectangular box with a black border, containing 20 horizontal lines for writing. The lines are evenly spaced and extend across the width of the box, leaving a small margin from the right edge. The box is intended for taking notes or recording thoughts.

NOTES & THOUGHTS

A large rectangular box with a black border, containing 20 horizontal lines for writing notes and thoughts. The lines are evenly spaced and extend across the width of the box.

DAILY AFFIRMATIONS

1.	I am successful.	15.	I feel more grateful each day.
2.	I am confident.	16.	I am filled with focus.
3.	I am getting better and better every day.	17.	I am not pushed by my problems; I am led by my dreams.
4.	What I did today was the best I was able to do. And for that, I am thankful.	18.	Today I rise with a powerful thought to set the tone and allow success to reverberate through every moment of my day.
5.	I accept myself for who I am and create peace, power, and confidence of mind and heart.	19.	I am going to forgive myself and free myself. I deserve to forgive and be forgiven.
6.	All I need is within me right now.	20.	I can be whatever I want to be.
7.	I wake up motivated.	21.	I am not defined by my past; I am driven by my future.
8.	I am an unstoppable force of nature.	22.	I use obstacles to motivate me to learn and grow.
9.	I am a living, breathing example of motivation.	23.	Today will be a productive day.
10.	I am living with abundance.	24.	I am intelligent and focused.
11.	I am having a positive and inspiring impact on the people I come into contact with.	25.	I am turning DOWN the volume of negativity in my life, while simultaneously turning UP the volume of positivity.
12.	I am inspiring people through my work.	26.	I am getting healthier every day.
13.	I'm rising above the thoughts that are trying to make me angry or afraid.	27.	Each and every day, I am getting closer to achieving my goals.
14.	Today is a phenomenal day.	28.	I am constantly growing and evolving into a better person.

DAILY AFFIRMATIONS

29.	I'm freeing myself from all destructive doubt and fear.	43.	Note to self: I am going to make you so proud.
30.	I am healing and strengthening every day.	44.	I finish what matters and let go of what does not.
31.	Happiness is a choice, and today, I choose to be happy.	45.	My soul radiates from the inside and warms the souls of others.
32.	I celebrate the good qualities in others and myself.	46.	I can be soft in my heart and firm in my boundaries.
33.	I do all things in love.	47.	Saying "no" is an act of self-affirmation
34.	I am powerful.	48.	I am independent and self-sufficient.
35.	I must remember the incredible power I possess within me to achieve anything I desire.	49.	I set goals and go after them with all the determination I can muster. When I do this, my own skills and talents will take me to places that amaze me.
36.	I walk away when a person or a situation isn't healthy for me.	50.	Stay inspired. Never stop creating.
37.	I belong in this world; there are people that care about me and my worth.	51.	I am grateful for everything I have in my life.
38.	My past might be ugly, but I am still beautiful.	52.	I can be soft in my heart and firm in my boundaries.
39.	I have made mistakes, but I will not let them define me.	53.	I can control how I respond to things that are confronting.
40.	I breathe in trust; I exhale doubt.	54.	I can hold two opposing feelings at once, it means I am processing.
41.	I don't compare myself to others. The only person I compare myself to is the person I was yesterday.	55.	My life has meaning. What I do has meaning. My actions are meaningful and inspiring.
42.	I am strong.	56.	Sometimes, the work is resting.

DAILY AFFIRMATIONS

57.	I do not waste away a single day of my life. I squeeze every ounce of value out of my days on this planet —today, tomorrow, and every day.	71.	One small positive thought in the morning can change my whole day. So, today I rise with a powerful thought to set the tone and allow success to reverberate through every moment of my day.
58.	There is peace in changing your mind when it is done in love.	72.	I am understood and my perspective is important.
59.	I strive for joy, not for perfection.	73.	I am valued and helpful.
60.	My sensitivity is beautiful, and my feelings and emotions are valid.	74.	I practice gratitude for all that I have and all that is yet to come.
61.	I am worthy of investing in myself.	75.	I am well-rested and excited for the day.
62.	There is something in this world that only I can do.	76.	I do not have to linger in dark places; there is help for me here.
63.	I uplift my joy and the joy of others.	77.	I do not pretend to be anyone or anything other than who I am.
64.	I hold wisdom beyond knowledge. I invite abundance and a generous heart.	78.	I have come farther than I would have ever thought possible, and I'm learning along the way.
65.	I invite art and music into my life.	79.	I leave room in my life for spontaneity.
66.	I do not rush through my life; I temper speed with stillness.	80.	I embrace change seamlessly and rise to the new opportunities it presents.
67.	I look forward to tomorrow and the opportunities that await me.	81.	I embrace the questions in my heart and welcome the answers in their own time.
68.	I nourish myself with kind words and joyful foods.	82.	I grow towards my interests, like a plant reaching for the sun.
69.	I am peaceful and whole.	83.	I do not rise and fall for another.
70.	I am still learning, so it's okay to make mistakes.	84.	I have everything I need to succeed.



inspireYouth@Work

Regional Opportunities Fair



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