

Name _____

Date _____

'Best Self' Journal

Directions:

1. Brainstorm quotes and images that you want to include in your Best Self Journal.
2. Cut out words and images or create your own and use them to decorate your journal.
3. Use the prompts below to inspire you to get started in your journaling.
4. Use your journal each day to reflect on all the ways you show up as your best!

Note to parents/caregivers: Write a sample entry using the prompts below to serve as a model for your child.

On the first page of your journal, write about a time this past week when you were at your best.

Draw a picture on the next page of this moment when you were at your best.