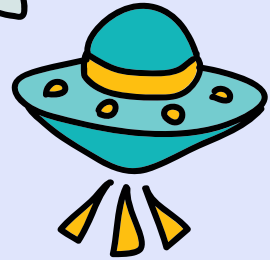
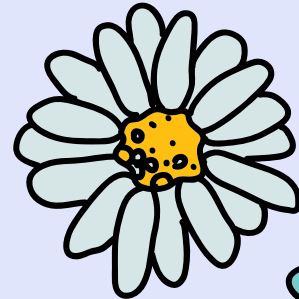
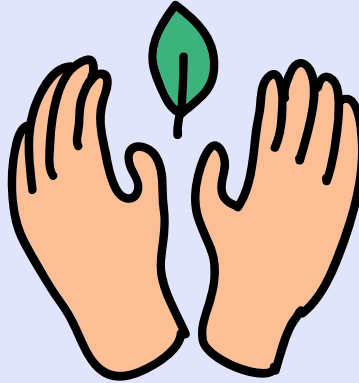
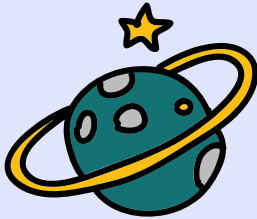
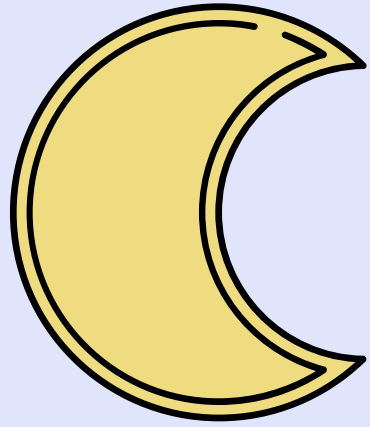


Future-Self Journal



THE KIDS EDITION
I create who I am



My name is:

Today I am grateful for:

One kind thing I will do today is:

My goal for today is:

I am unique because:

The thing I love most about myself is:

Even if I have a bad day, I am good because:

When I am upset or worried I can:

Play



Draw



Take a deep breath



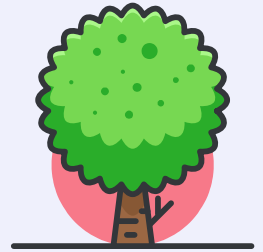
Feel my feelings



Dance



Go outside



When other people are upset I can:

Let them feel their feelings



Know it's not my fault



Give them a hug



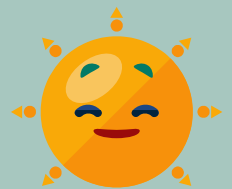
Let them have alone time



Take a deep breath



Tell myself I am OK



AFFIRMATIONS

@the.holistic.psychologist



SAY THESE OUT LOUD!

I believe in myself

I am unique

I always try my best

I am confident

I can do things that are hard

I choose my attitude

I am loved

I am strong

I can make my dreams come true

I am learning every day

Draw some things I will do today: