

DATE _____



GIRL POWER JOURNAL

Best Thing That Has Happened This Week

3 Things I Am Grateful For Today

This Week I Was Kind When I...

This Week I Was Proud Of Myself When....

This Week's Challenge Is...



POSITIVITEA

Today I Feel...



THIS IS ME



Did you know that when we know who we really are, we feel more confident and make better choices for ourselves? Knowing who you are can be as simple as knowing what your favourite food is or as complex as understanding your values. The more we understand about ourselves, the happier we feel. So, it makes sense for YOU to get to know YOU! Let's get to know YOU now!

Firstly, some BASIC FACTS - write responses below.

NAME

BIRTHDAY

FAMILY MEMBERS

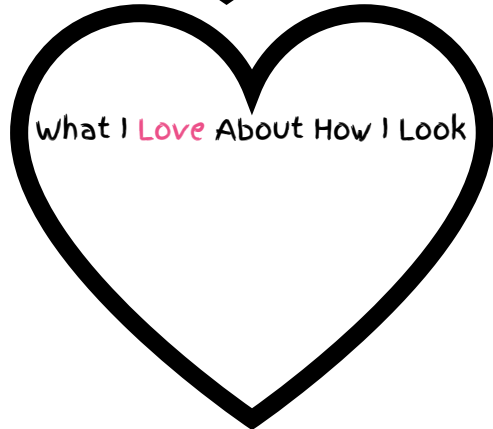
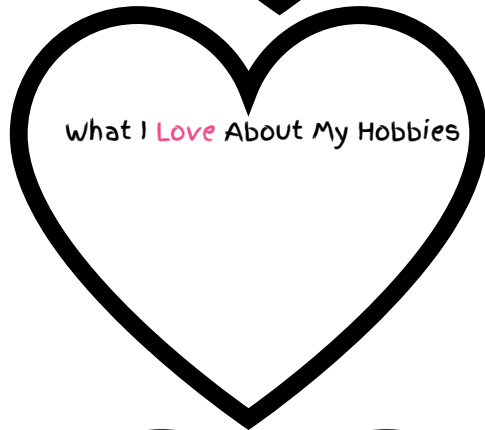
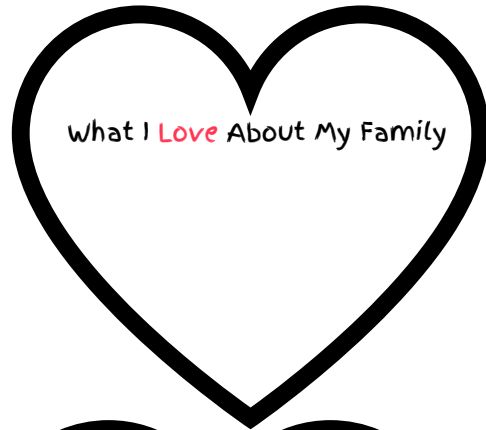
MY SCHOOL

PETS (if any)

FRIENDS



WHAT I LOVE ABOUT ME



COMPLIMENT YOURSELF

There is a lot about you to compliment - your individuality is one of a kind. To build your confidence, it is helpful to know what you are good at. Often, what we are good at is also what we love to do and what makes us shine!

In the mirror, list 5 things that you are good at and love to do.

