

A Drawing of
My Favorite Food!

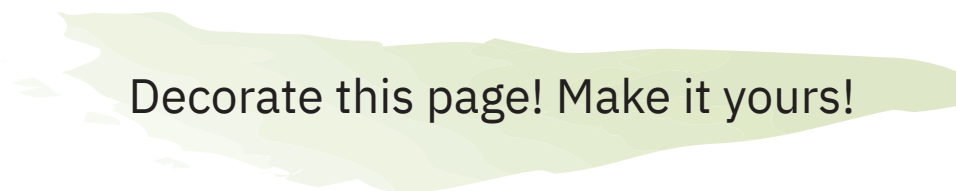
MY BOUNCE Journal

A Drawing of My Favorite
Movie Character!



This is My Favorite Joke!

A Drawing of My Favorite Animal!



Decorate this page! Make it yours!

This Journal Belongs to...

Write your name here!



My Reasons to Journal!

Journaling helps me...

1. Invest in myself.
2. Understand the root of my problem.
3. Work through difficult situations.
4. Solve problems.
5. Make good decisions.
6. Think, learn, and create.
7. Identify my goals and plan to achieve them.
8. Reduce stress and helps me stay focused on the important things in my life.
9. Be creative.
10. Unleash dreams on my paper.

What I Like About Myself!

Write about your positive traits.

I am great at...

- 1 _____
- 2 _____
- 3 _____
- 4 _____

I love when people tell me...

- 1 _____
- 2 _____
- 3 _____
- 4 _____

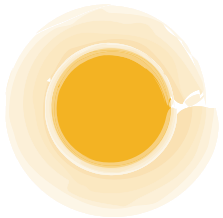
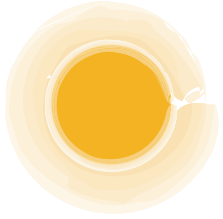
I have a beautiful...

- 1 _____
- 2 _____
- 3 _____
- 4 _____



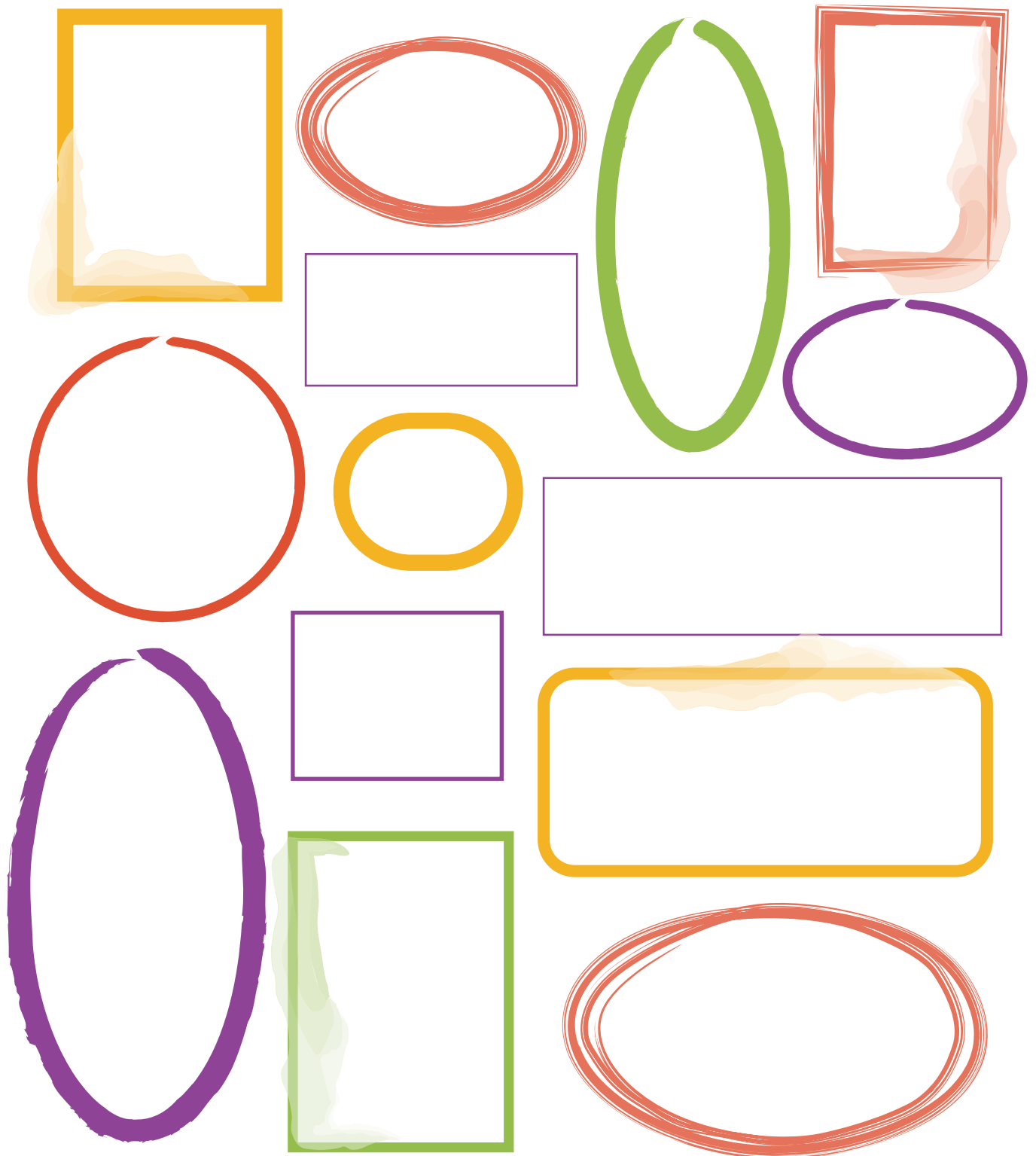
Focus on the Good Stuff!

Change your focus in a positive direction.
Write down how you can change a negative thought
or feeling into a positive one.



I am Truly Amazing!

Write positive comments about yourself in the frames.



Things That Fill Me Up With Joy!

Write about people, moments,
or things that make you happy.



I am Thankful For...

In the boxes below, write why you are thankful for your family, friends and others.

Family...

Friends...

Others...



Forgiving Myself and Others!

In the boxes below, write what you would like to forgive for yourself and others.

Myself...

Others...

Person _____

For _____

Person _____

For _____

Person _____

For _____





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