

POSITIVE SELF-TALK JOURNAL

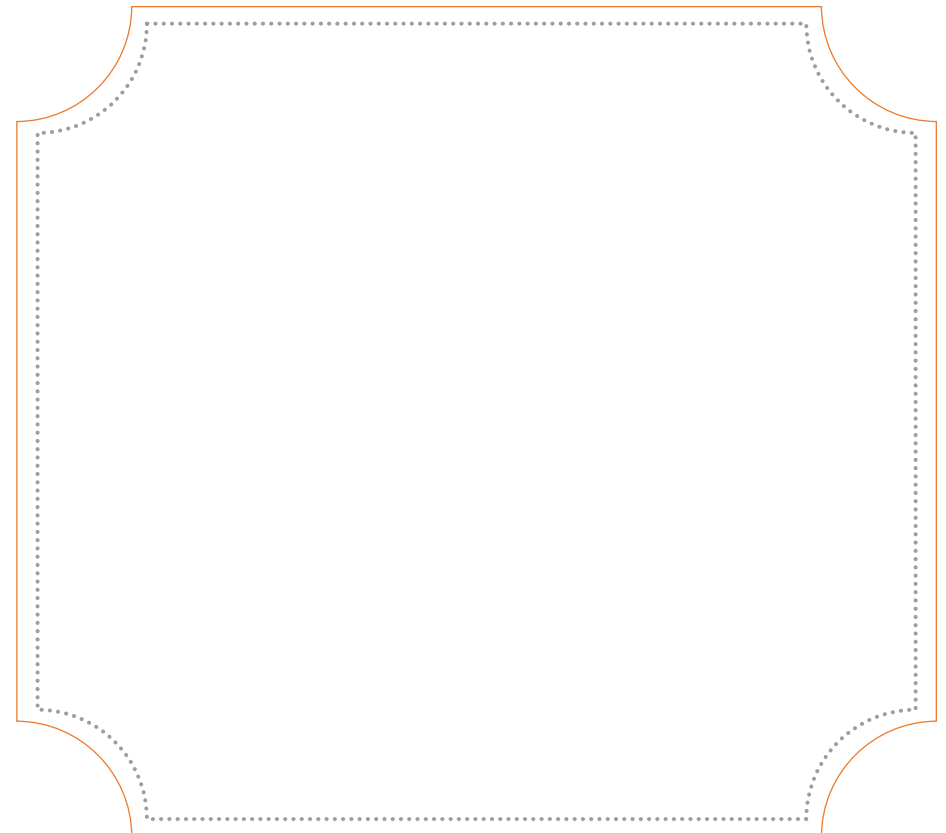


I felt good when...	I am proud of myself because...	Something that went well today was...
I had fun when...	This makes me unique...	I learned from this mistake...
I feel strong when...	The best part of today was...	A good quality I am learning is...
This was interesting today...	Something I am grateful for is...	A way I was kind today was...
An accomplishment I made this week was...	I like this about myself...	Something I love about my life is...

My Journal



THE
HOLGATE
— ACADEMY —



All about me



Great things about
me ...

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