

Wellness Journal

This Journal Belongs To:

Dates: ____/____/____ - ____/____/____

The Importance of Keeping a Journal

Any given day, it's estimated that we have anywhere from 12,000 to 60,000 thoughts. That's a lot to process! With all these thoughts floating around in our head, it's important to get them down on paper, and give them some room to stretch out.

Think of your journal as an invitation. An invitation to be creative, to reflect on your day and record how it went. Journaling helps ease stress, spark ideas and express yourself through the written word. And here's the best part: there's no wrong way to journal!

So, sit down, relax and learn a little more about yourself. You got this!

What You'll Find

Goals to Track and Inspire

Think of this journal as your personal goal-setting playground.

Gratitude Prompts to Help You Appreciate the Here and Now

Life moves pretty fast, and it's easy to forget the little things that make it special.

Inspiring Quotes to Lift Your Spirits

Everyone needs a little motivation every now and then.

Affirmations for a Positive Influence

Positivity is a superpower, and this journal helps you bolster it.

Emotional Prompts for Self-Discovery

As you grow, you'll have questions about yourself and the world around you. This journal is your safe space to explore your thoughts and feelings.

What's your idea of a perfect day?

What do you love about your life right now?

Who was the last person to make you smile?

How can you make them smile? _____

I am...

Things that make me feel happy:

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

If a genie granted you 3 wishes, what would you wish for?

1.

2.

3.

What do you want to change in your life?

List the top 5 people you admire and why.

1.

2.

3.

4.

5.

What's your secret skill?

Things that make me feel calm:

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

What's your biggest dream?

What are you most proud of?



The best way to predict
the future is to **CREATE** IT.

Abraham Lincoln



Circle your mood:



What happened today?

Fill both pages with as many doodles as you can.

What are 5 simple things you enjoy?

1. _____

2. _____

3. _____

4. _____

5. _____

Write a list of things you're good at.

Things that make me feel anxious:

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

What's your favorite way to relax?

<hr/>
<hr/>
<hr/>
<hr/>
<hr/>
<hr/>
<hr/>

What was awesome this month?

Was anything awful this month?

What's your favorite part of your:

Morning: _____

Afternoon: _____

Evening: _____

Reflect on a recent accomplishment, no matter how small.

Things that make me feel brave:

What are some things you like to do?

A goal that's important to me is...

What are 5 things you love about yourself?

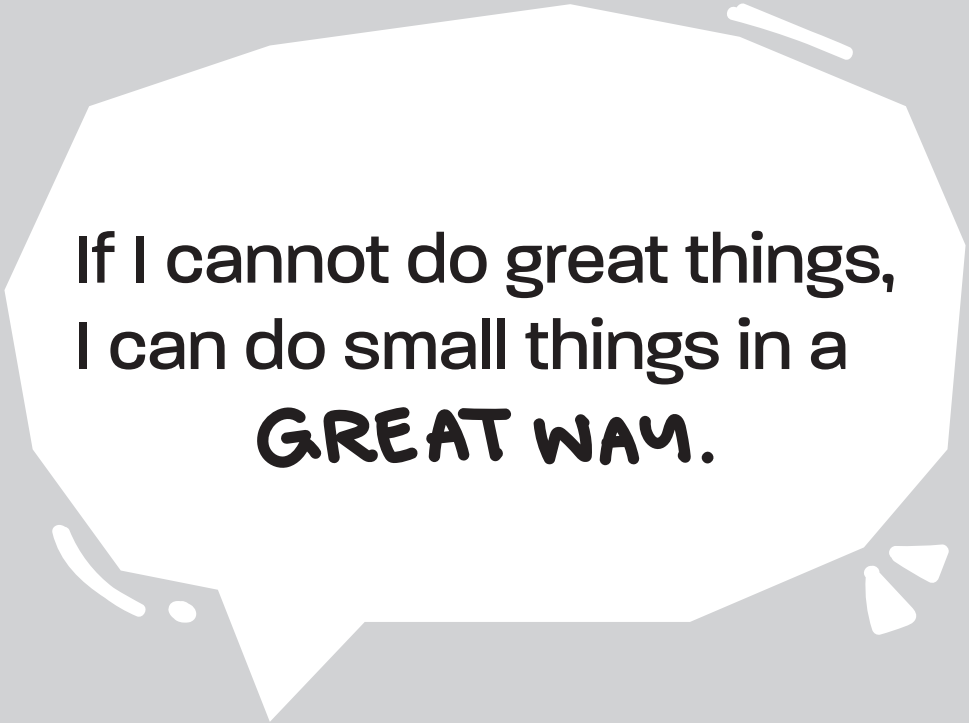
1.

2.

3.

4.

5.



If I cannot do great things,
I can do small things in a
GREAT WAY.



Martin Luther King Jr.

Circle your mood:



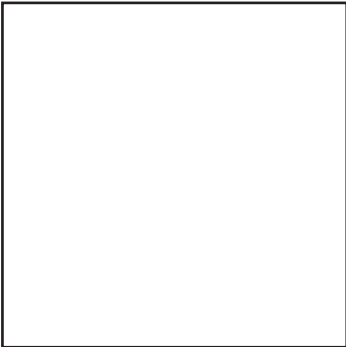
What happened today?



Jot down your

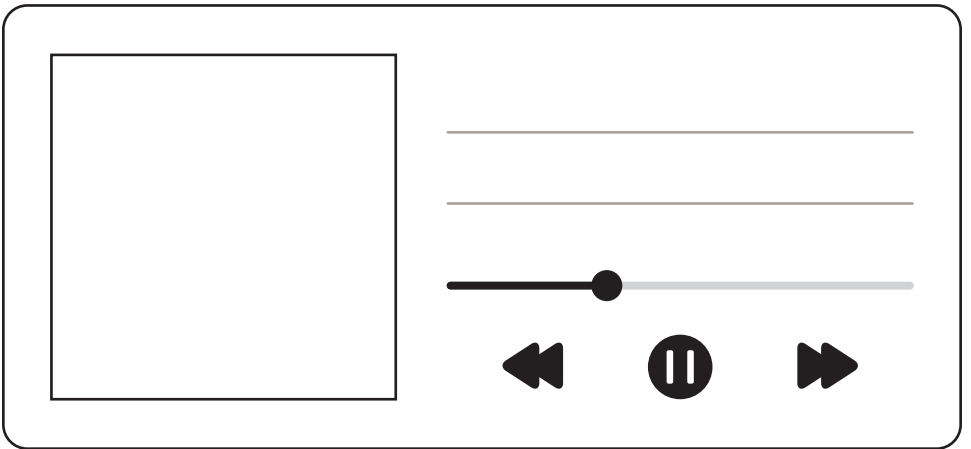
favorite song lyrics

and why you like them.

Add the song title, artist and album art here.





[illegible]

List 5 qualities that make you a good friend.

1. _____

2. _____

3. _____

4. _____

5. _____

Things that make me feel angry:

Are you a night owl or an early bird? Why?

How can you lead by example?

Reflect on your favorite moment of the last year and write about it.

What makes you unique and special? List 3 things.

1.

2.

3.

Things that make me feel loved:

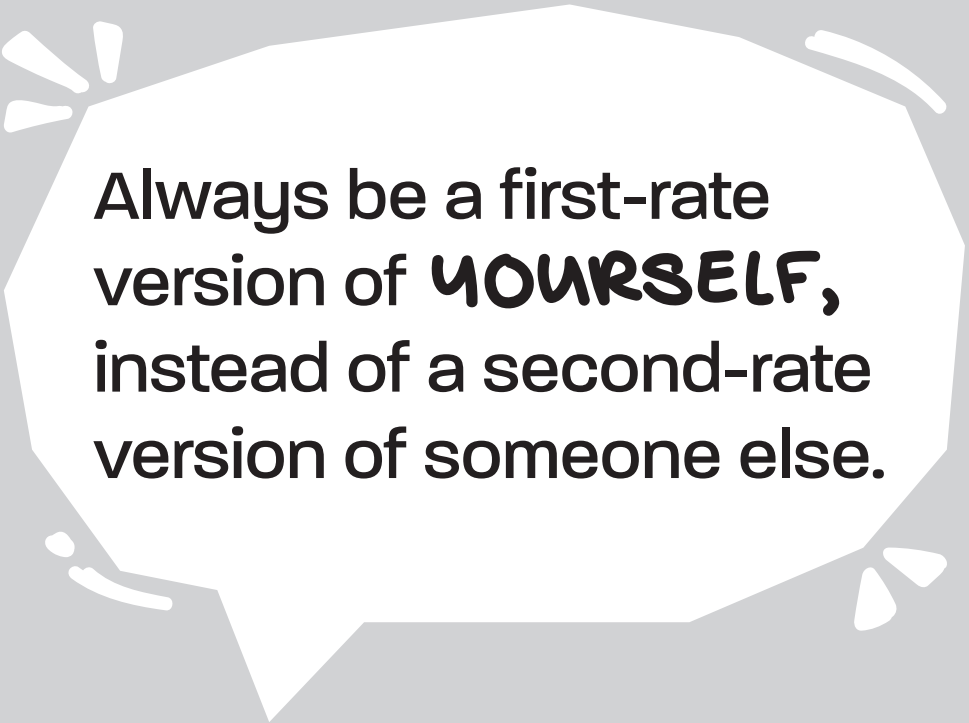
What's the greatest responsibility you have been given?

How can you use your creativity for good?

Have you forgiven someone recently? What happened?

I believe in myself because...

What do you do when you feel angry?



Always be a first-rate
version of **YOURSELF**,
instead of a second-rate
version of someone else.



Judy Garland

Circle your mood:



What happened today?

Vision Board:

A vision board helps you visualize the things you want in life or goals you have for yourself. Fill this page up with stickers, doodles, pictures and more that represent your dreams.

What's the hardest thing you've ever had to learn?

What's your greatest hope for yourself?

Name 5 things you are doing well.

1. _____

2. _____

3. _____

4. _____

5. _____

I can overcome challenges by...

What do you do when you feel sad?

How can you best help those around you?

Who is a person that inspires you?

Why are they your role model? _____

Did you have a nice surprise recently? What was it?

I am becoming a better person by...

What do you do when you feel scared?

What's your favorite way to express yourself?

What's your dream job?



And when I breathed, my
breath was **LIGHTNING.**



Black Elk, Oglala Lakota

Circle your mood:



What happened today?

Try a new form of self-care.

Self-care means doing things that make you feel happy, calm and healthy. Like going for a walk, taking a bubble bath or playing your favorite game with friends. Try something new and describe how it makes you feel.

[illegible]

Did you do something nice for someone today? What was it?

I am proud of myself for...

What's your biggest source of stress?

How can you manage it? _____

What are you missing in your life right now?

Are you a team player? What does being a team player mean to you?

List 3 things and 3 people you take for granted. How can you appreciate them more?

1.

2.

3.

I am strong because...

What's your biggest source of relief? How can you rely on it?

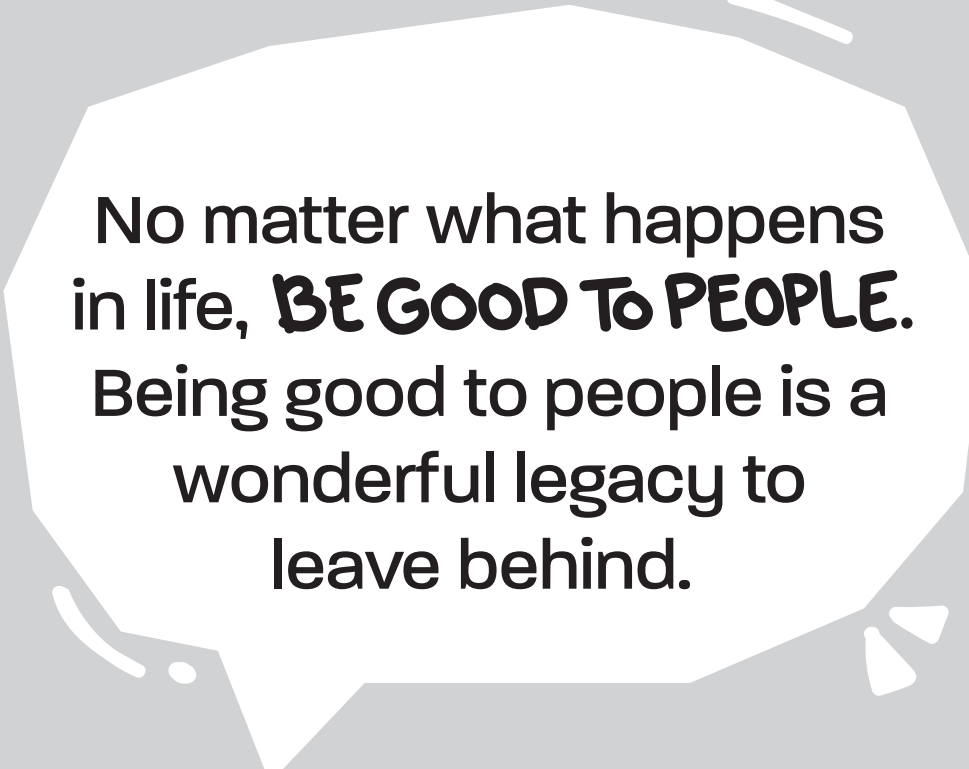
What's your favorite book?

Why do you like it so much? _____

I am a leader by...

What's something in nature that you're grateful for?

I am confident in my ability to...



No matter what happens
in life, **BE GOOD TO PEOPLE.**
Being good to people is a
wonderful legacy to
leave behind.



Taylor Swift

Circle your mood:



What happened today?

Dream Journal:

Write down your dreams each morning. Yup, your actual dreams.

What can you learn from them?

Sunday: _____

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

Friday: _____

Saturday: _____

What's your favorite place to visit? How does it make you feel?

If you had any superpower, what would it be?

How would you use it? _____

What's one step you could take each day to help with a goal?

What's a memory you're grateful for?

I am responsible with my belongings by...

Who put a smile on your face today?

If you could meet any historical figure, who would it be and why?

Create a bucket list of 5 things you want to accomplish in your lifetime.

- 1.

- 2.

- 3.

- 4.

- 5.

What are 3 things you love about your family?

1.

2.

3.

I am forgiving when...

Think about the last time you cried. What happened?

What's the most interesting thing you've learned recently?

Why did you find it interesting? _____



The secret of **GETTING
AHEAD** is getting started.



Mark Twain

Circle your mood:



What happened today?

Stream of Consciousness:

No prompt today. Just start writing and see where it goes.

[illegible]

[illegible]

What are you responsible for?

What aspect of your health are you grateful for?

I am caring and compassionate when...

When was the last time you laughed so hard you cried?

What happened?

Describe a place you've never been but want to visit.

What excites you about the future?

What's something that makes you feel lucky?

I am a good decision maker because...

What are 3 things that scare you? Why do they scare you?

1. _____

2. _____

3. _____

What's your favorite way to spend a rainy day?

How are you a problem solver?

What's your favorite thing about your town?



You are never too old to
set another goal or to
dream a **NEW DREAM.**



C.S. Lewis

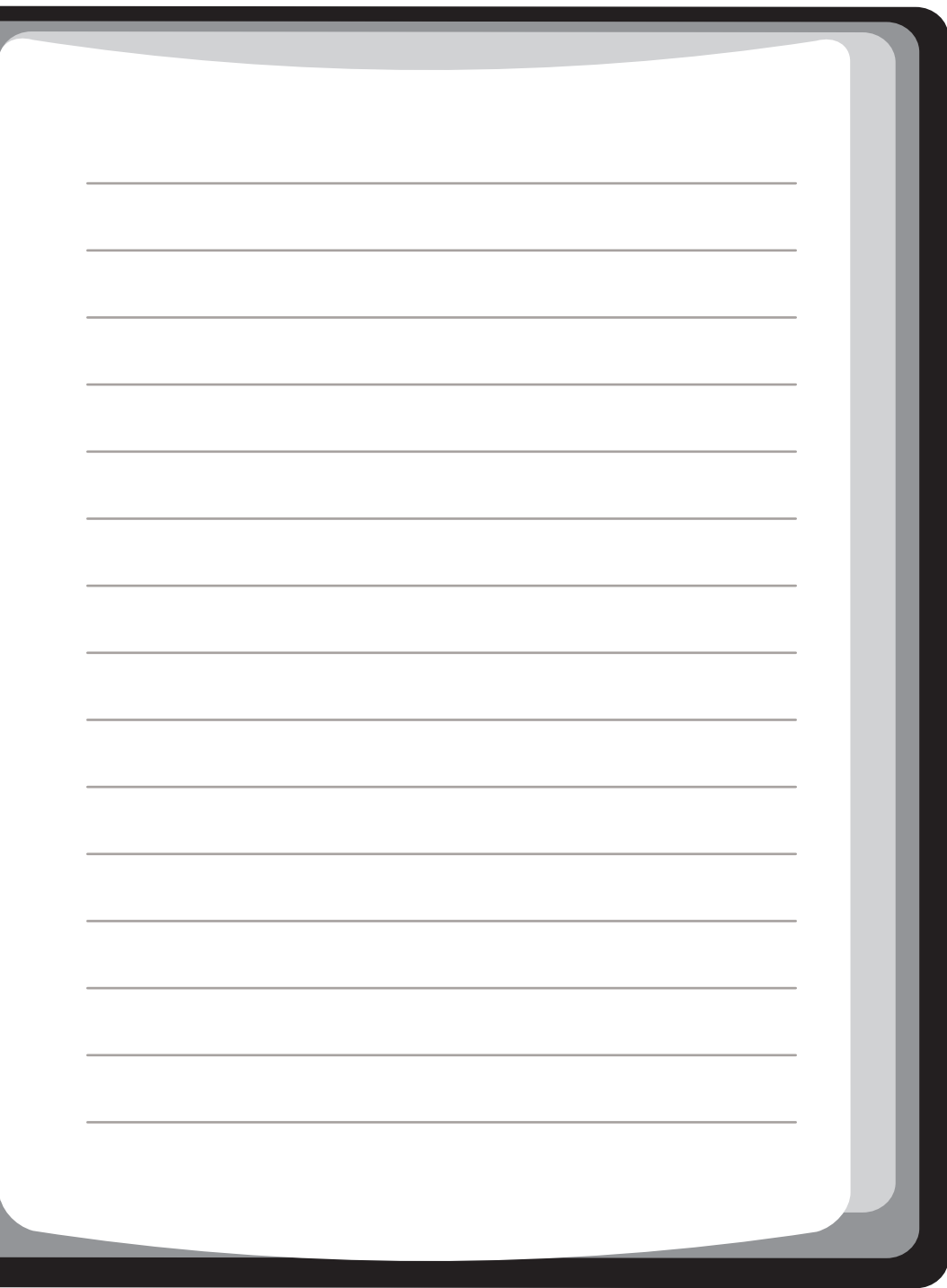
Circle your mood:



What happened today?

If someone wrote a book about your life,

who would be the hero, the villain and the sidekick?



I am proud of my achievements in...

How can you boost your mood when you're in a slump?

What's your favorite holiday?

How do you celebrate? _____

How do you show generosity with your skills and gifts?

What's your favorite weather?

How does it make you feel? _____

I am optimistic about...

What's the most difficult part of the day?

Look out your window and describe what you see.

When are you most focused and determined?

What's a song that always comforts you?

I am in control of my thoughts and feelings when...

What's the easiest part of the day?



In the middle of every
difficulty lies **OPPORTUNITY**.



Albert Einstein

Circle your mood:



What happened today?

Draw the best self-portrait you can!

Take as much time as you need.

What's your favorite subject at school?

How are you living like a positive role model?

Where do you feel the most happy and relaxed?

I am capable of handling difficult situations by...

Have you ever received a gift you didn't like? How did you react?

What's your least favorite subject at school?

When does honesty matter the most?

Write a thank you note to yourself.

I feel powerful when...

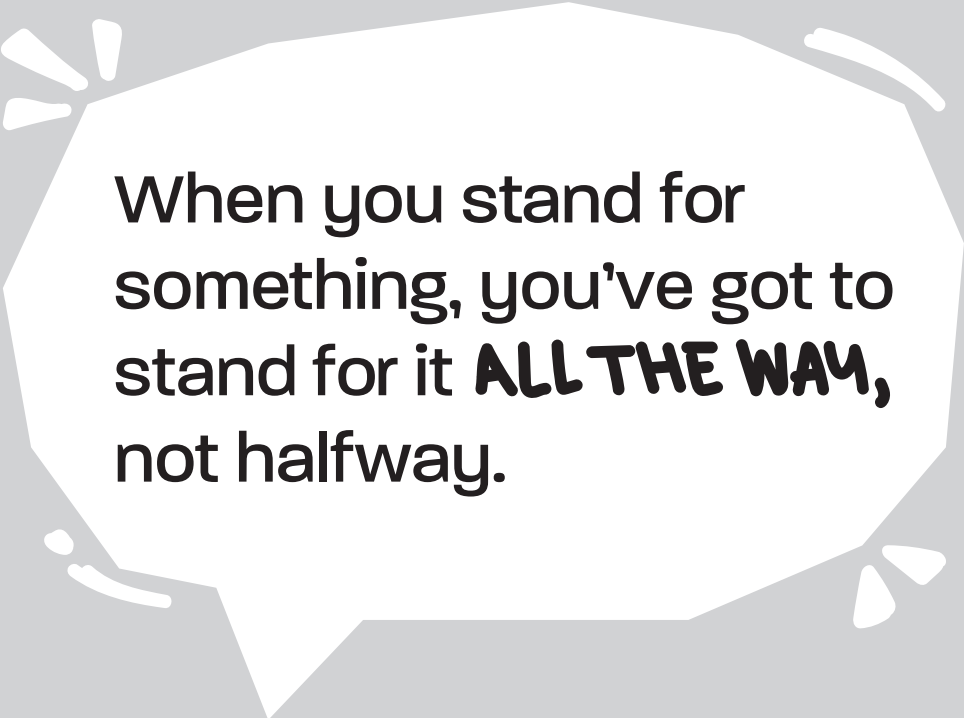
Have you ever been bullied?

How did it happen? _____

What did you learn from it? _____

What's your most important value?

Do your teachers respect your goals? How can they help?



When you stand for
something, you've got to
stand for it **ALL THE WAY**,
not halfway.



Rosa Parks

Circle your mood:



What happened today?

Write a letter to yourself in a difficult time.

How would you cheer yourself up?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

[illegible]

Write about a person who has helped you through a tough time.

I believe in myself because...

Sometimes I worry about...

If you could invite anyone in the world to dinner, who would it be?

What's one skill or talent you'd like to develop this school year?

Why is it important to you?

How can you express gratitude for how you've grown this year?

I am excited to learn about...

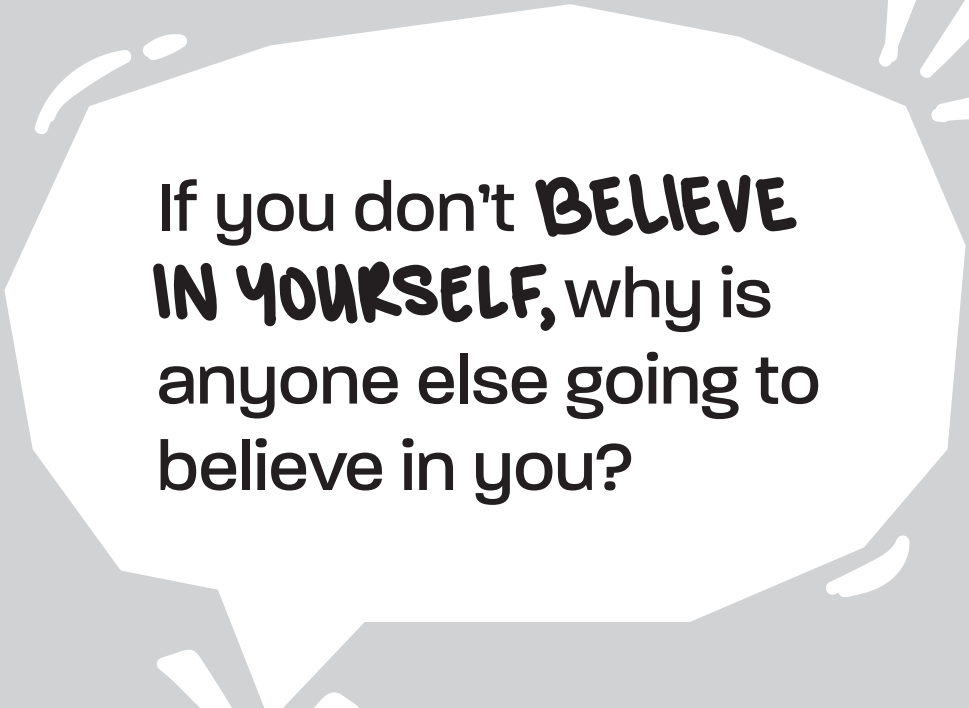
When do you feel the safest?

What's the best thing about middle school?

What does your ideal future self look like?

Think about a memory that always makes you smile. Describe it.

I am a source of positivity when...



If you don't **BELIEVE**
IN YOURSELF, why is
anyone else going to
believe in you?



Tom Brady

Circle your mood:



What happened today?

Imagine you're the ruler of a magical kingdom.

What would your kingdom look like?

This image shows a full page of white paper with horizontal grey ruling lines, typical of notebook or legal stationery. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings present.

[illegible]

What feelings have you been experiencing a lot?

What's the worst thing about middle school?

What are 3 short-term goals you want to achieve this semester?

1. _____

2. _____

3. _____

What family tradition are you most grateful for?

I am valuable to my family because...

What does honesty mean to you?

What's the funniest story you can think of?

What extracurricular activity or club are you interested in joining?

How can it help you grow? _____

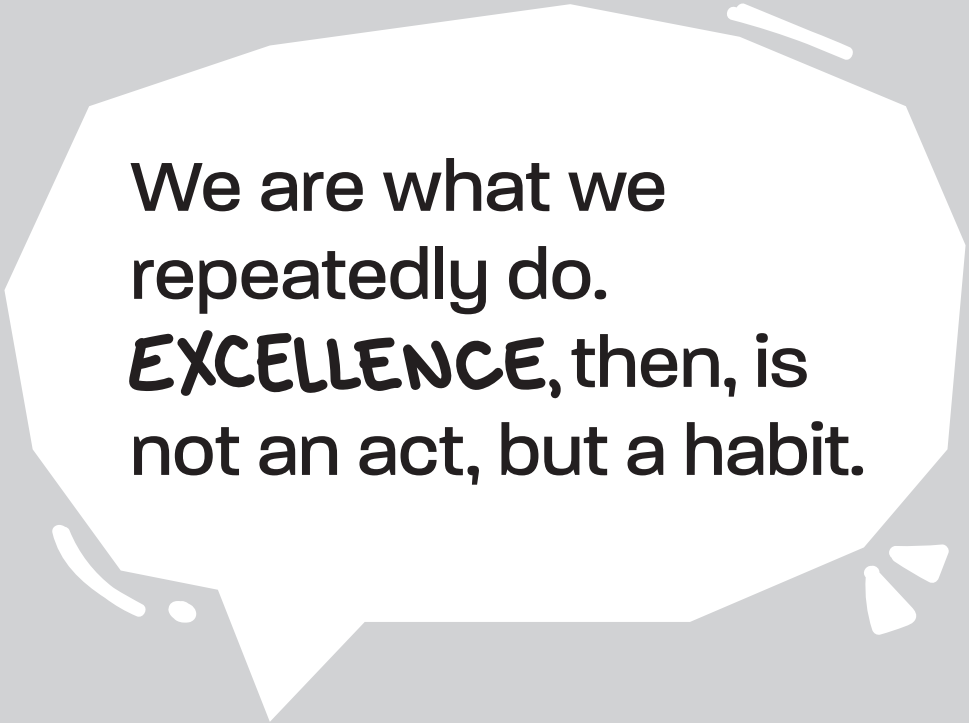
Write about a time that went better than you expected.

I am a friend who can be trusted because...

Who motivates you to do your best?

What's your favorite month of the year?

Why?



We are what we
repeatedly do.
EXCELLENCE, then, is
not an act, but a habit.



Aristotle

Circle your mood:



What happened today?

**Find a quote that inspires
you and write it down here.**

“

”

Why does it inspire you?

[illegible]

What is a subject or topic that's challenging?

How can you improve your performance? _____

Write about a time you were introverted (quiet, reserved, mellow).

I am proud of my progress in...

Write about a small action that had a big impact.

What have you learned from journaling?

What do you want to accomplish by the end of the school year?

Write about a time you were extroverted (outgoing, social, open).

I am grateful for my teachers when...

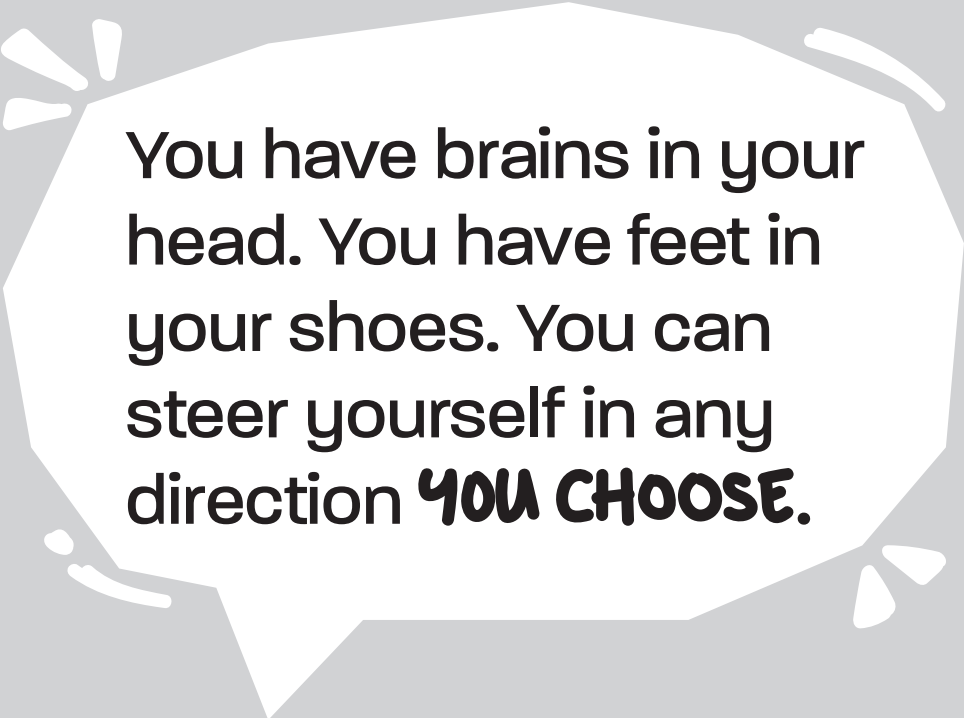
Who is someone that always gives you happiness?

What's your most prized possession?

Reflect on a recent setback or disappointment.

How can you learn from this experience? _____

Write about someone you're grateful for.



You have brains in your
head. You have feet in
your shoes. You can
steer yourself in any
direction **YOU CHOOSE.**



Dr. Seuss

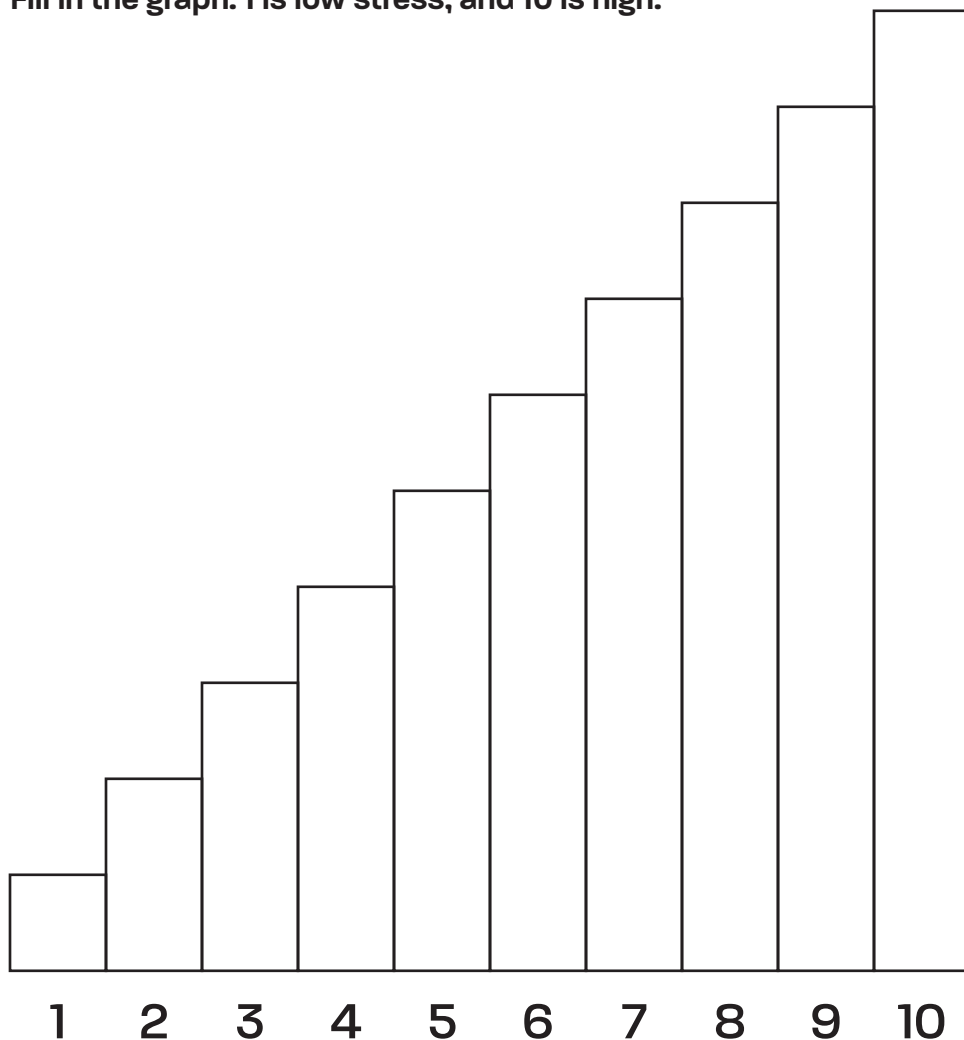
Circle your mood:



What happened today?

What's your current stress level?

Fill in the graph. 1 is low stress, and 10 is high.



This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

I am priceless because...

What's something or someone you're jealous of?

Think of a difficult situation you went through.

How did you learn from it? _____

Imagine your ideal day from start to finish.

Morning: _____

Afternoon: _____

Evening: _____

What's your biggest pet peeve?

Imagine you're the mayor. How could you improve your community?

What's your biggest passion outside of school?

How often do you pursue it? _____

What's your favorite way to make someone happy?

I am working toward...

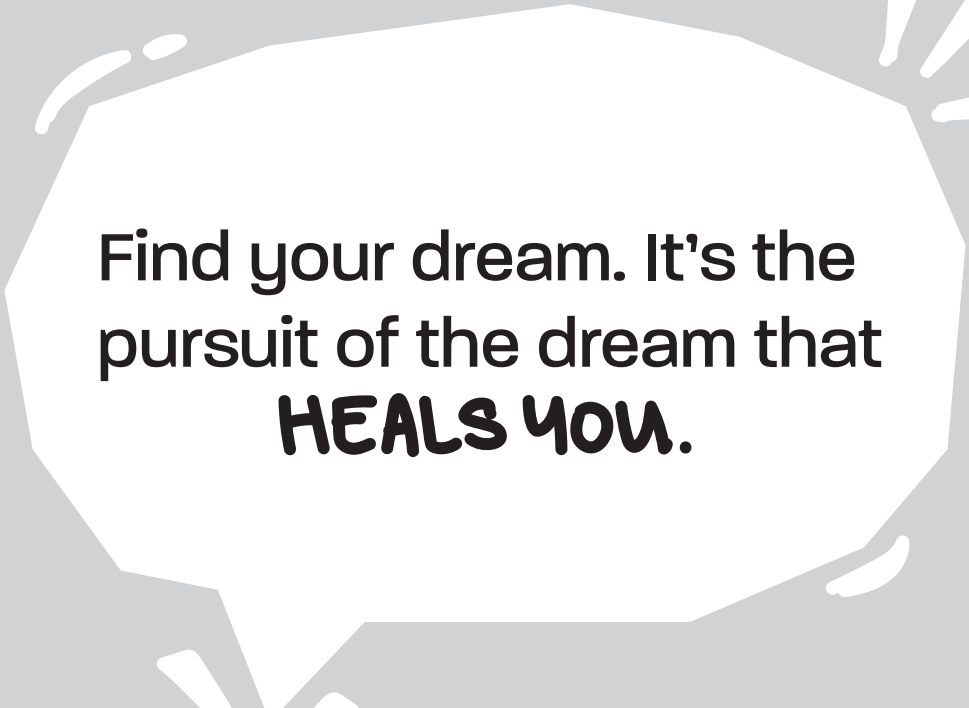
When was the last time you felt proud?

What made you feel that way? _____

How do you make sure you get everything done during the day?

Do you use a to-do list or schedule? _____

What parts of your life are you grateful for?



Find your dream. It's the
pursuit of the dream that
HEALS YOU.



Billy Mills, Oglala Lakota

Circle your mood:



What happened today?



**You wake up stuck
in the last movie
you watched.**

What is it, and what would you do?

[illegible]

I can make a difference every day by...

Write about the last time you felt guilty.

What does acceptance look like to you?

I feel fearless when...

Describe a time you took a risk. Did it pay off?

What's something you dislike that you know you should do?

Write about 5 things that make you angry.

1. _____

2. _____

3. _____

4. _____

5. _____

How could today get better?

What cheers you up on a bad day?

What's your favorite movie? What lessons did it teach you?

Is your bedroom clean or messy? Why?

If you could take your class on a field trip, where would you go?



You miss 100% of the
shots **YOU DON'T TAKE.**



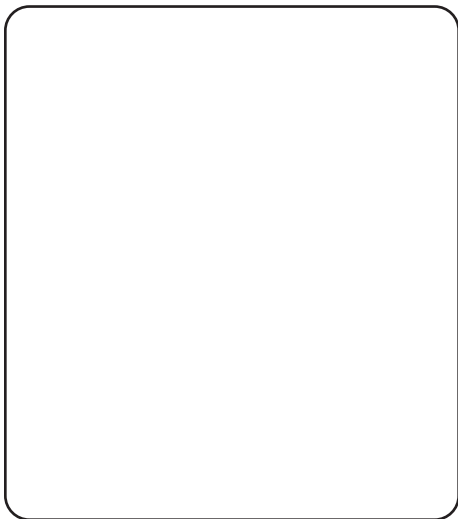
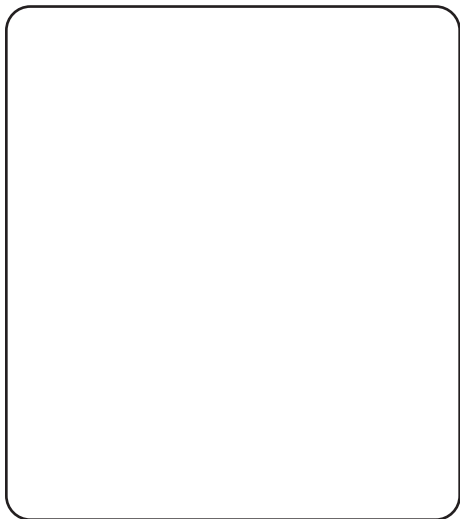
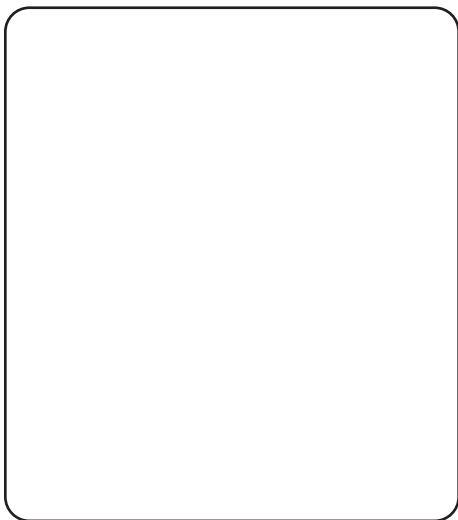
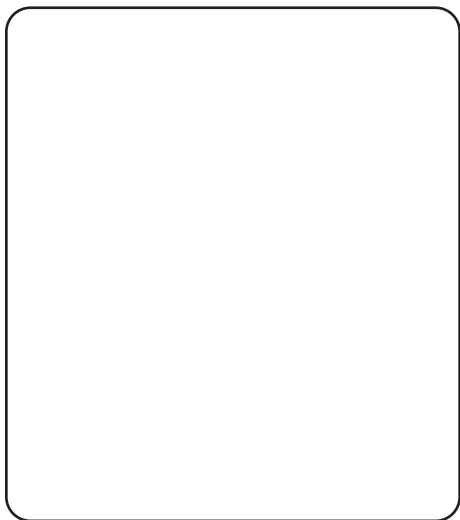
Wayne Gretzky

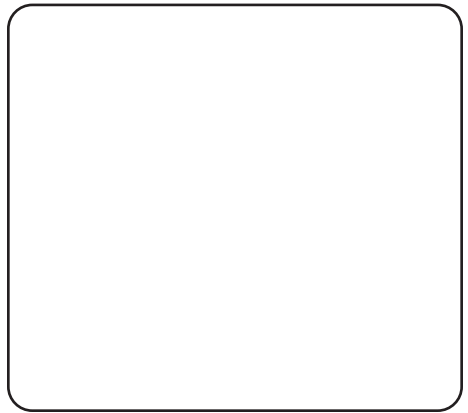
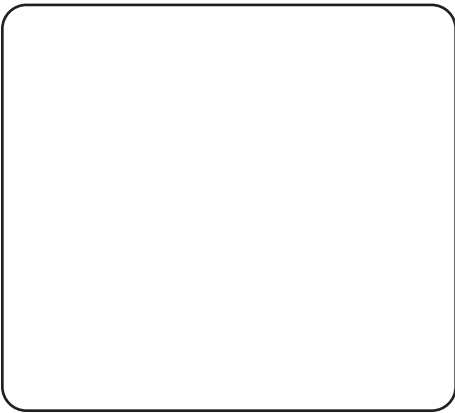
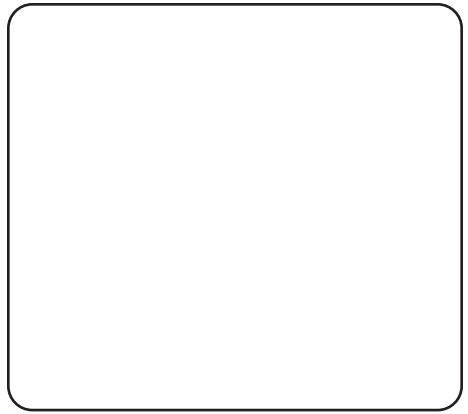
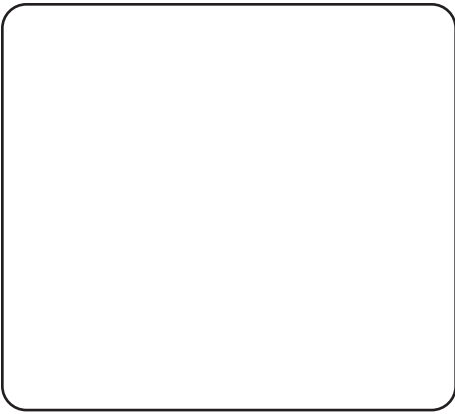
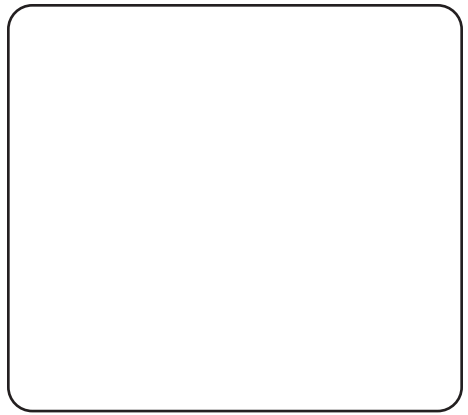
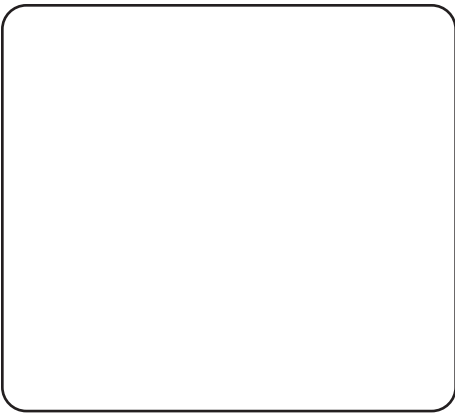
Circle your mood:



What happened today?

**Write or draw 10 things
that inspire you.**





What's your favorite place to be alone?

What bugs you most about your day? How could it be better?

You're in a talent show. What act do you perform?

What do you love most about yourself?

I can be positive by...

When do you feel most relaxed?

What's your favorite way to support a friend?

I can be a leader when I...

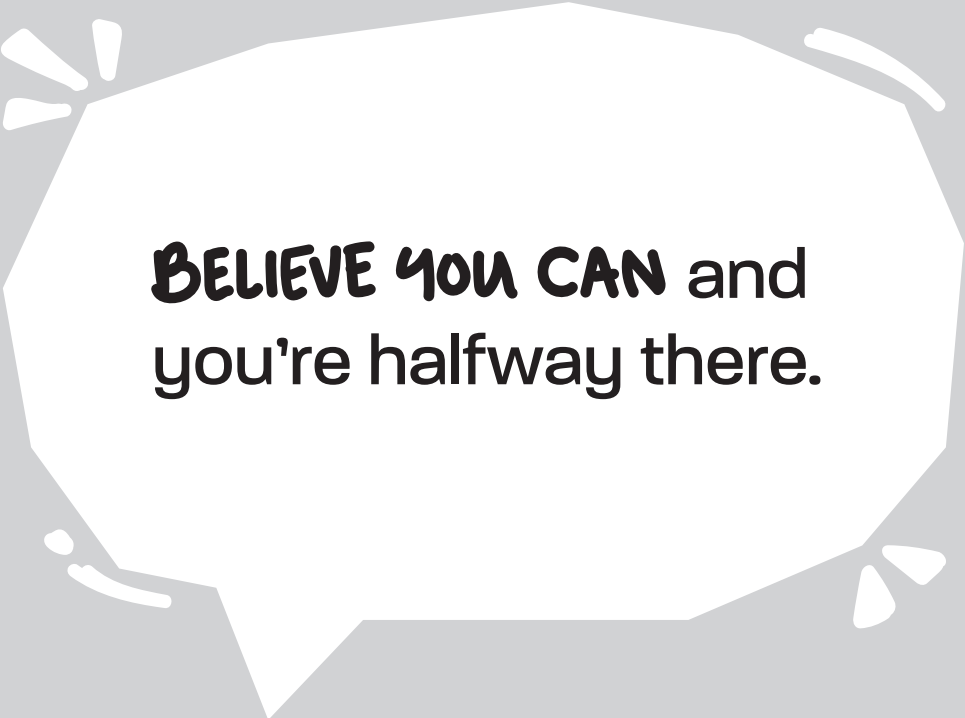
How does last month compare to this month?

Write a list of places you want to visit.

How do you achieve the goals you set for yourself?

Write about a time that your opinion changed.

What caused it to change? _____



BELIEVE YOU CAN and
you're halfway there.



Theodore Roosevelt

Circle your mood:



What happened today?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

[illegible]

If you were an animal, what would you be and why?

What color best describes you?

Describe a day without any rules. What would you do?

What do you like most about your mind?

How do you think other people see you?

How can you help other people feel confident?

What's the bravest thing you've ever done?

I am confident because...

What are some of your short-term and long-term goals?

What makes a good team?

What's your favorite part of journaling?

What are your biggest strengths?

The Journey

While journaling is a great way to support a healthy mind and make smart decisions, your mental health is a journey. And there are many ways to explore it:



Sports & Outdoor Activities



Gratitude & Having Fun



Arts & Music



Sharing Your Feelings

Big Feelings

There may be times when it's hard to deal with big emotions. But remember, it's okay to feel your feelings. It's a part of growing up. Many people can help you navigate those emotions.

- **Talk to Someone You Trust**

Parents and teachers can offer support, comfort and advice.

Practice Patience

It takes time to work through big feelings. Be patient with yourself and know that you can learn from these experiences.

- **Seek Help**

Teachers, school counselors and mental health professionals are trained to help you process what you're feeling.

Call, Text, or Chat 988 for Support

If you need help right away and don't have an adult to talk to, the 988 Lifeline is here.

Whether you're dealing with bullying, peer pressure, school stress, grief, anxiety, depression or loneliness — you can call, text or chat privately and anonymously with someone who cares. There's no problem too big or too small. When you're coping with hard emotions, it's always better to reach out for help.

SD BEHAVIORAL
HEALTH