



my personal growth Journal

Name: _____

Write down 5 statements that define who you are. Begin each statement with, "I am..."
Which statement best fits who you truly are? Which describes who you want to become?

I am _____

I am _____

I am _____

I am _____

I am _____

Write about a quality that sets you apart from your friends.

Write about a time when you stepped outside of your comfort zone and tried something that scared you. How did you feel after trying something new?

Write about a time that you felt confident.
What were you doing? What inspired confidence?

What makes you feel strong?

Write about someone you admire. What do you admire about this person?
What can you learn from this person?

Name five qualities that you love about yourself.

1. _____
2. _____
3. _____
4. _____
5. _____

What does it mean to have high self-esteem?

What kinds of things increase your self-esteem?

Name three things that make you feel calm and three things that bring you happiness.

1. _____

2. _____

3. _____

1. _____

2. _____

3. _____

Take a moment to break up with your stress and set yourself free! Write a letter to your stress explaining the reasons for your breakup. Then take a break and do something that makes you feel good!

When I feel overwhelmed or frustrated about change, I will give myself these three positive reminders.

1. _____

2. _____

3. _____

FEELING MY FEELINGS

Consider the last time you felt each one below. Jot down a few words or sentences to identify the situation or experience.

Happiness:

Contentment:

Sadness:

Pain:

Anger:

Fear:

Jealousy:

Guilt:

Shame:

Irritation:

Grief:

Loneliness:

Insecurity:

Discomfort:

Gratitude:

Excitement:

Overwhelmed:

Hope:

The first step to ridding your brain of loud and demanding thoughts is to identify them. What are the thoughts that are occupying your mental space? No need to filter anything out – say it all.

Are there common themes of your anxiety sources? List them below.

What are some examples of mental vacations you like to take when you're feeling worried or nervous?

Examples of distraction techniques:

- Practice deep breathing
- Imagine being in a safe place
- Play basketball in your back yard
- Count cracks in the floor, wall, or ceiling
- Chew a piece of gum or candy and focus on it's taste and texture
- Refocus your attention to background noises
- Doodle
- Trace the outline of your hand with your opposite hand
- Sing a song to yourself in your head

What distraction techniques could you use to better manage this anxiety?

Identify one of your anxiety triggers:

What words or phrases describe your personality?

Do you have a "life motto"? What is your life motto and how have you used this in real life?

Make a list of all your social media accounts:

What benefits do you get from social media? What are the negatives or drawbacks?

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

Write an opinion article on this statement: Are social media sites addictive?

Have you ever posted, emailed, text, or sent something on social media that you wish you could take back? What are some ways that this can be prevented in the future?

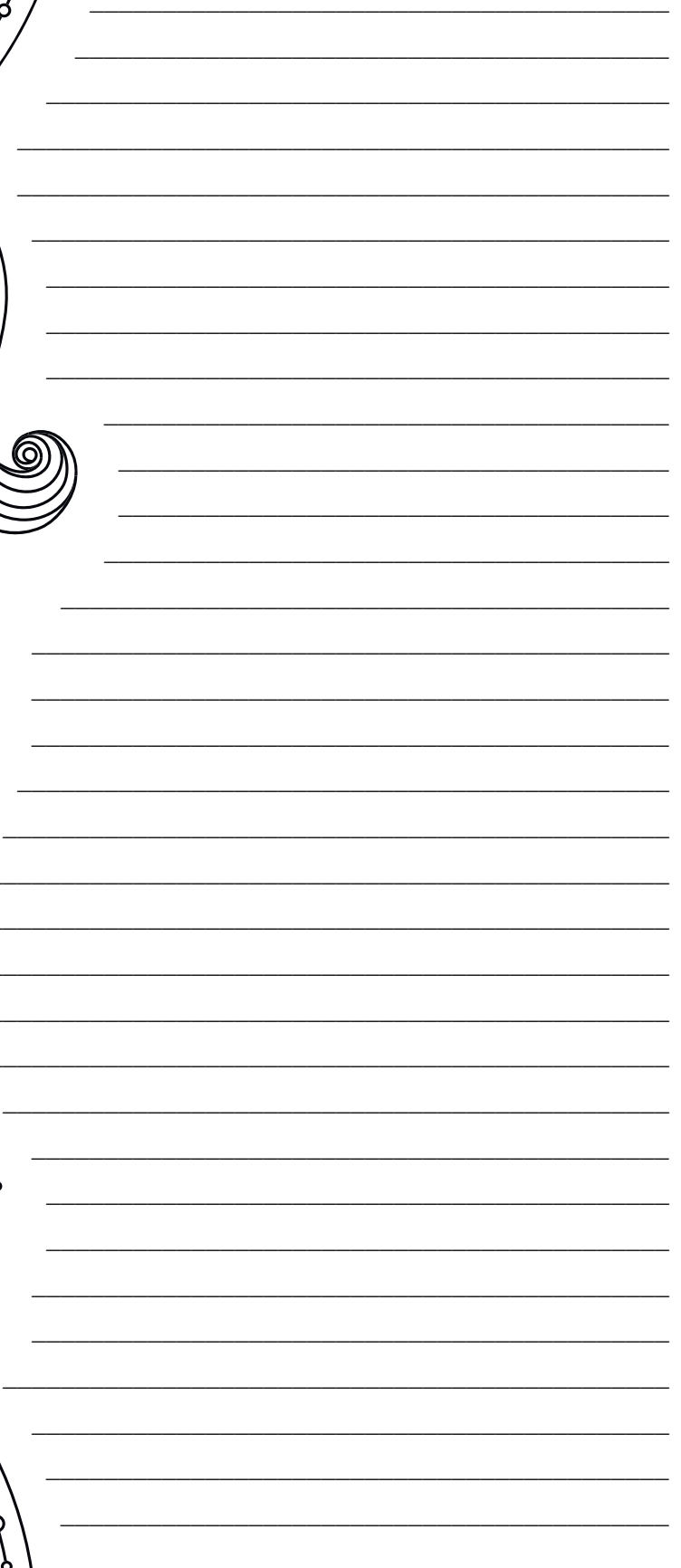
What story does your personal data tell?

What are songs that describe your life? What are songs that describe how you feel?

This image shows a single 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.

Handwriting practice lines consisting of 20 horizontal lines.

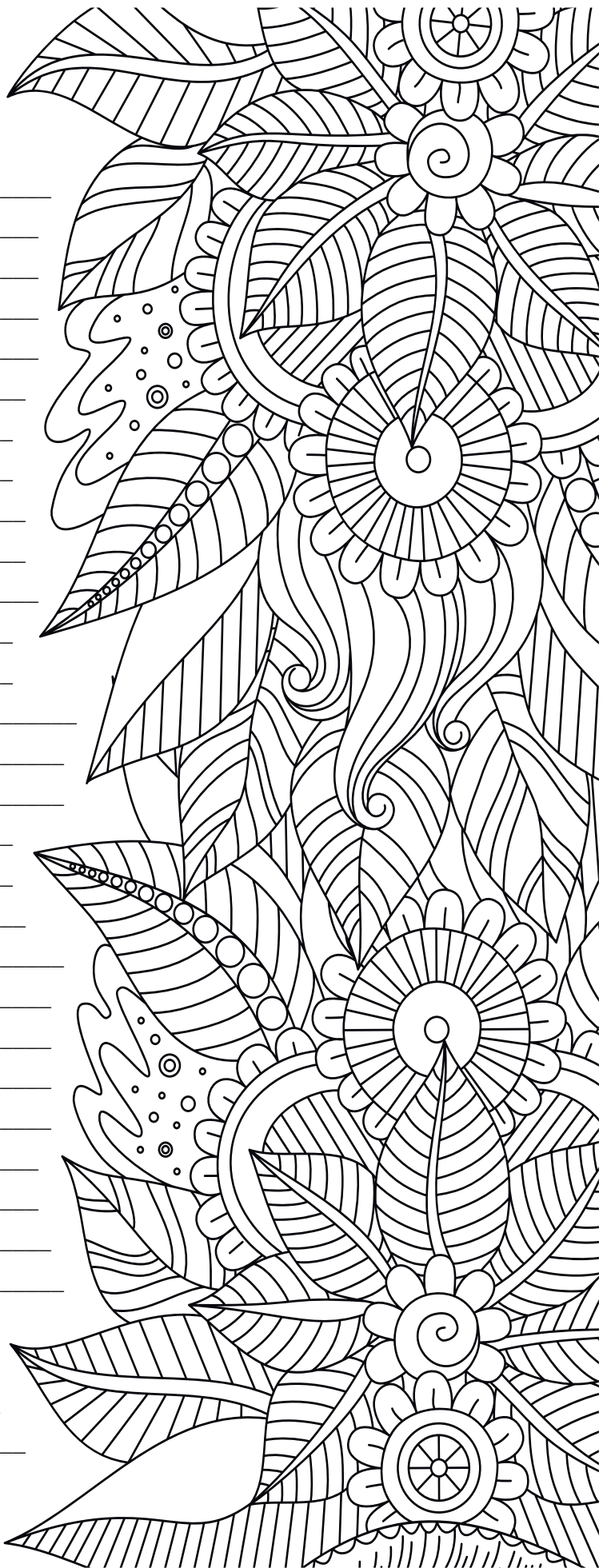


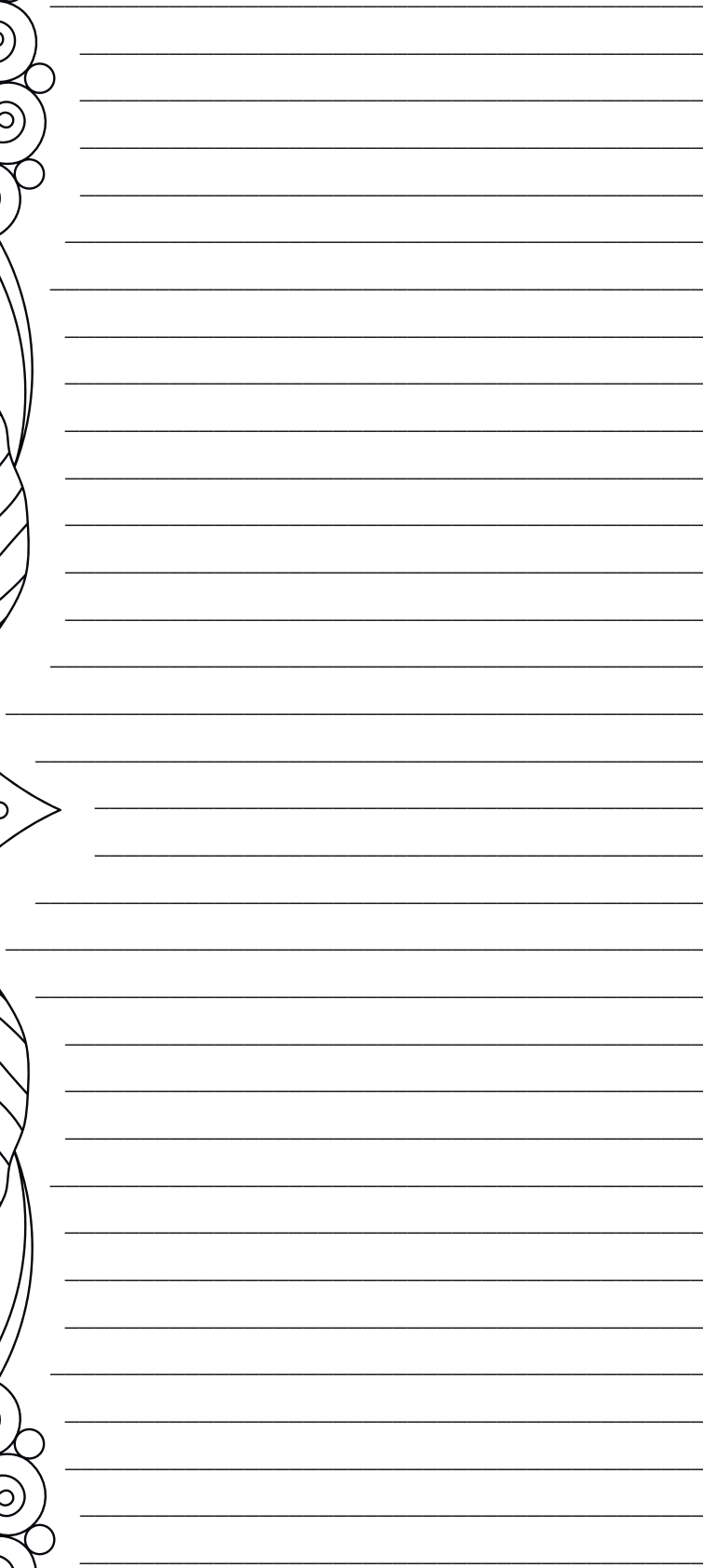


[illegible]

This image shows a single 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.

Handwriting practice lines consisting of 20 horizontal lines.





[illegible]



22-0418 BHS



North Central Health Care
Person centered. Outcome focused.