

## Journal time!

This activity is designed to help you learn more about yourself and to start transforming any unhealthy or unhelpful thoughts into healthier and more helpful thoughts.

Use the following three prompts to write in your journal. Feel free to use these prompts again in the future if you want to check in with yourself, you'll find that your answers may change which is a sign of growth.



1. Write about one thing you did well in the last week.
2. Write about the quality you admire most in yourself.
3. Write down 5 things you accomplished today. This can be anything! Did you overcome a fear? Did you finish a project at work? Did you reach out to someone you care about? Did you do some cleaning or exercise? List it!