DATE _____

REFLECTION

JOURNAL PROMPT #1

Positive things I think about on hard days are...

DATE _____

PROACTIVITY

JOURNAL PROMPT #2

Something I can do today to make myself feel better tomorrow is...

DATE _____

SIGNIFICANCE

JOURNAL PROMPT #3

The one person/place/object I value most in my life is, because...

DATE _____

MEMORIES

JOURNAL PROMPT #4

Write about your happiest moment...

DATE _____

GRATEFULNESS

JOURNAL PROMPT #5

List anything and everything you're grateful for...