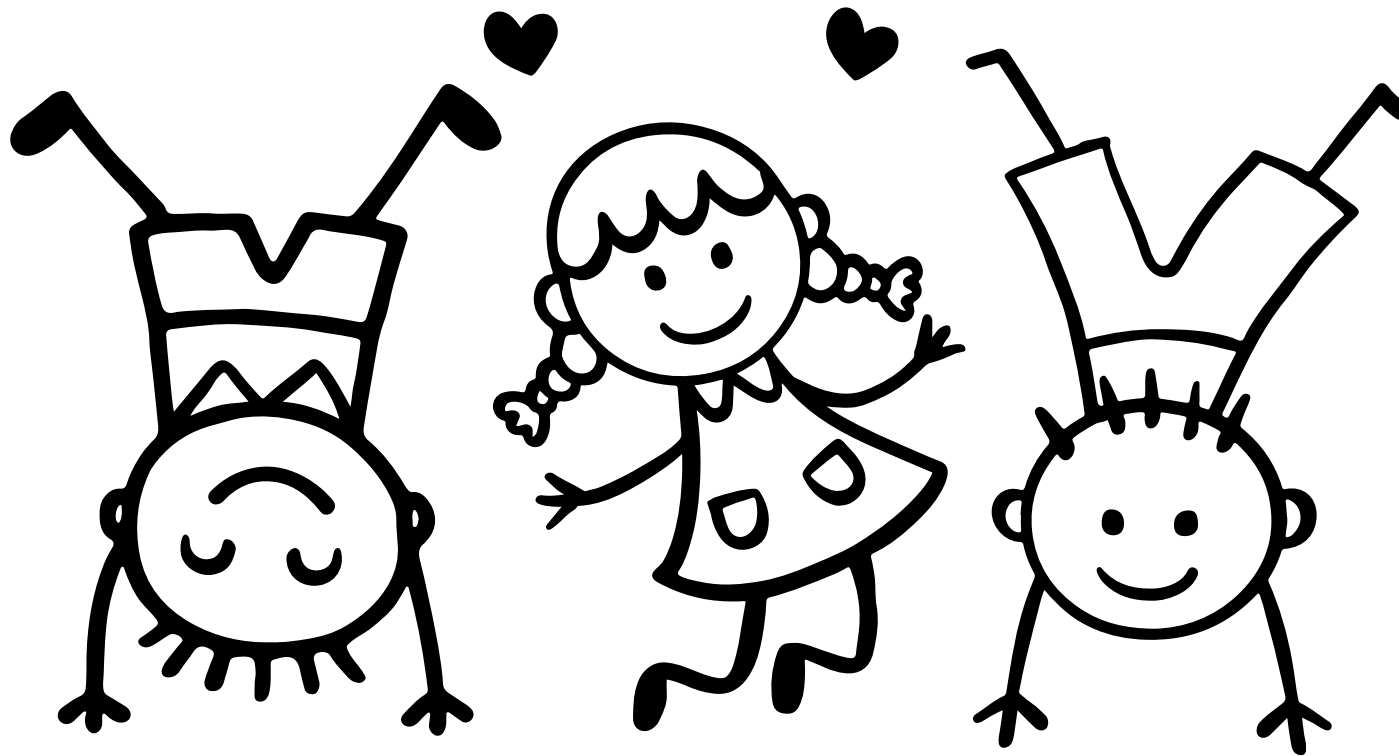


# My Wellbeing Journal



Name \_\_\_\_\_

# All About Me

My favorite:

food: \_\_\_\_\_

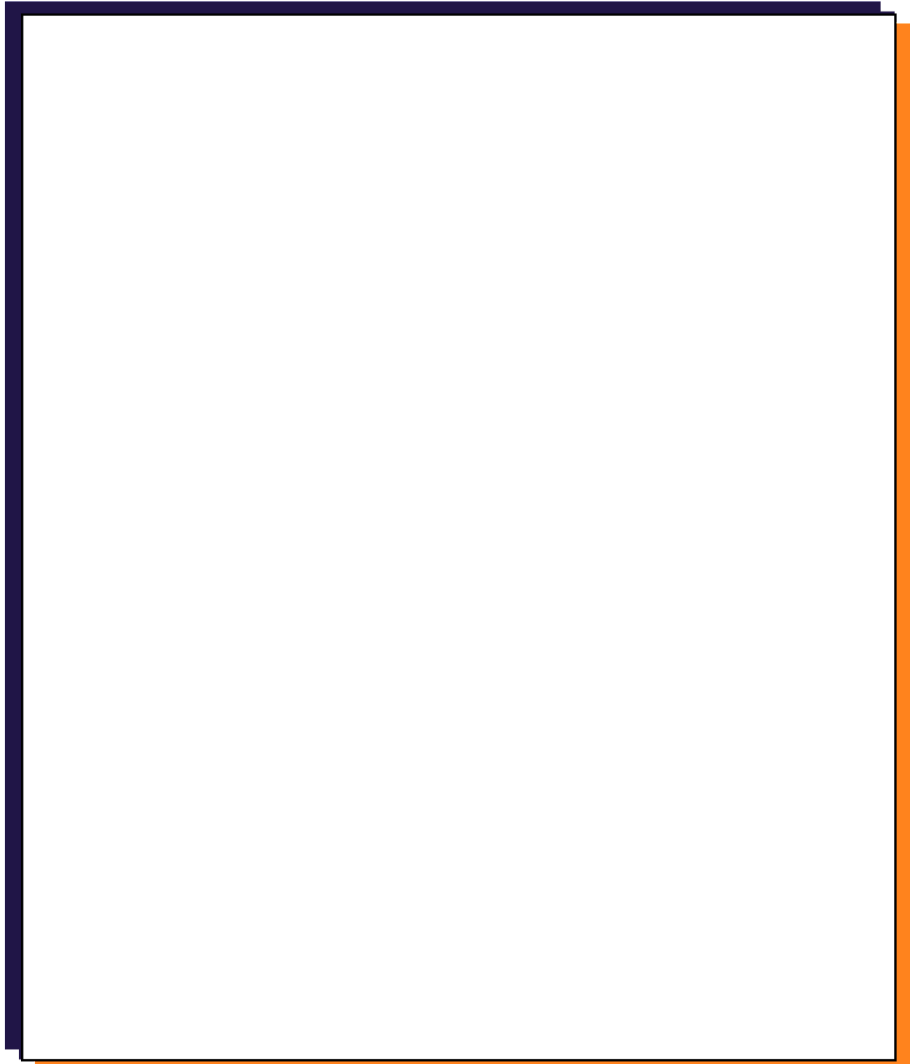
song: \_\_\_\_\_

movie: \_\_\_\_\_

color: \_\_\_\_\_

book: \_\_\_\_\_

drink: \_\_\_\_\_



Self Portrait

# My Family

I love my family because:

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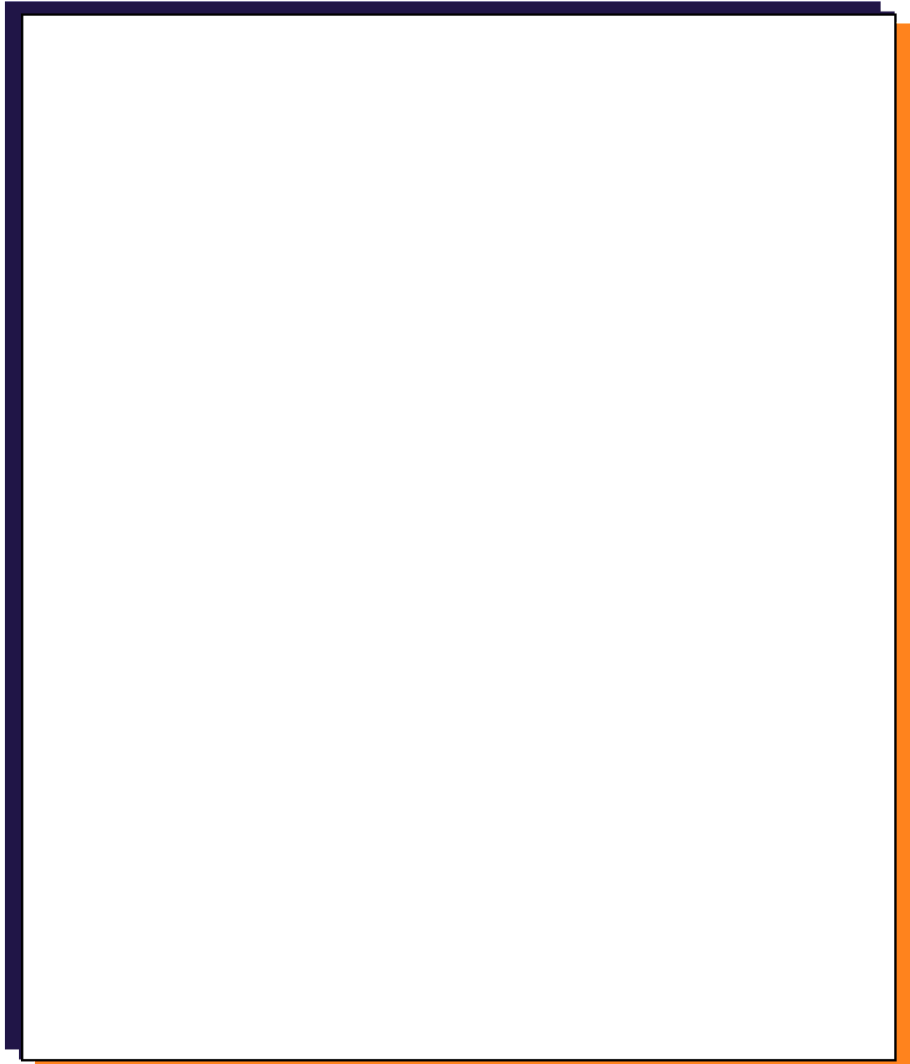
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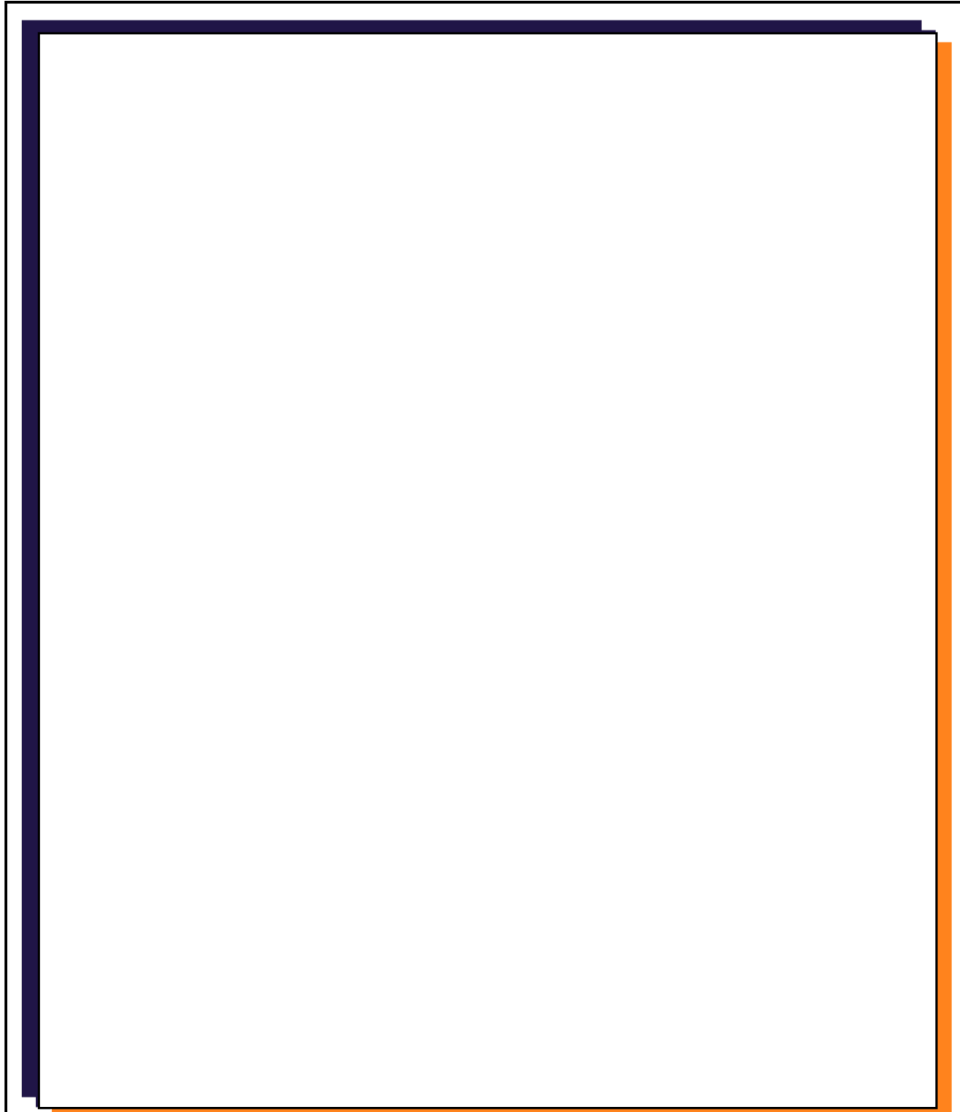
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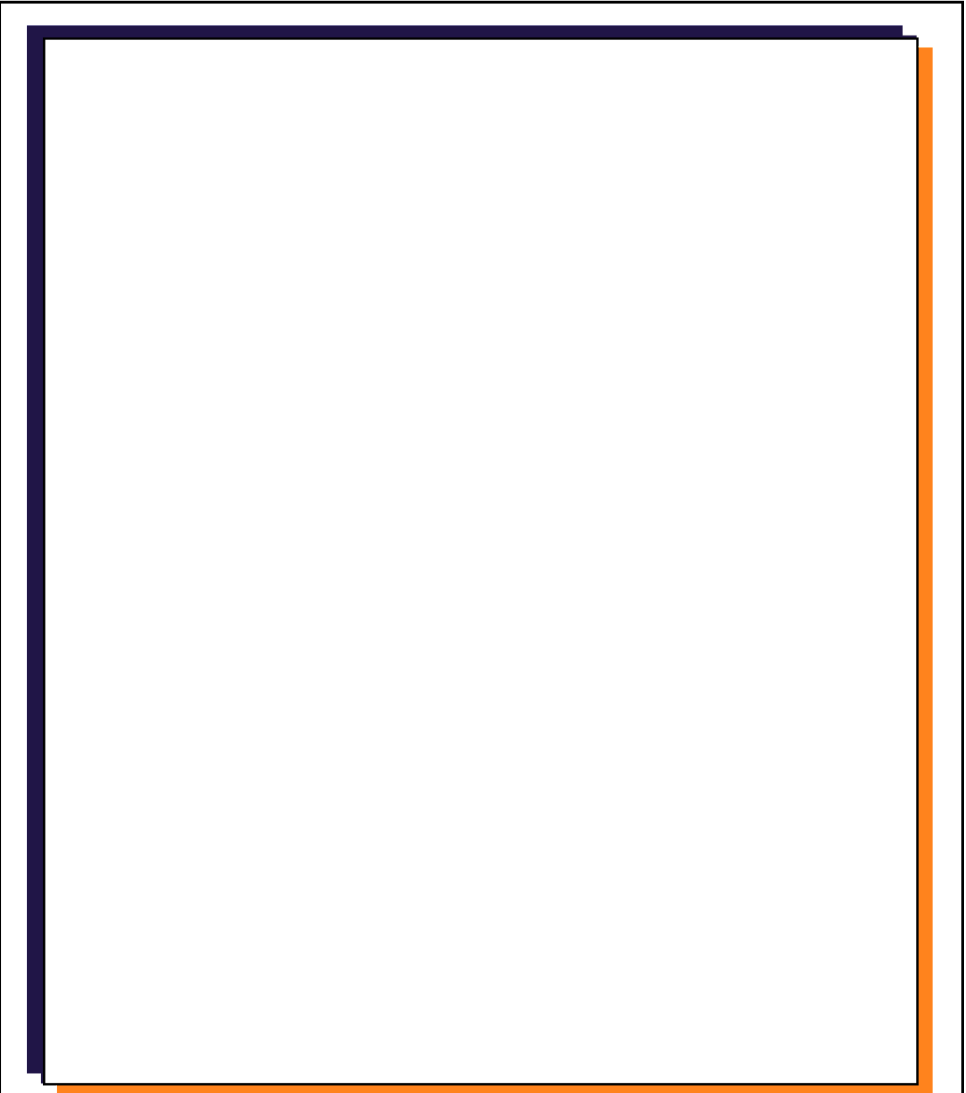


My Family Portrait

# My Friends



Name:



Name:

# Gratitude Jar

Reflect on your life and write words in the jar that list what you are grateful for. Then write in greater detail about one of them:

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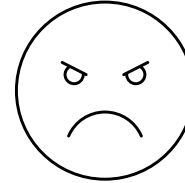
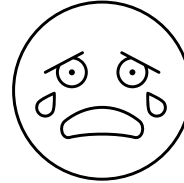
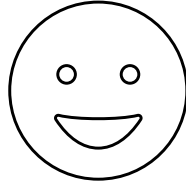
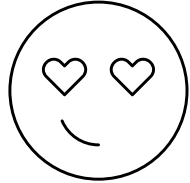
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# My Feelings Check-In

I am feeling:



Why I feel this way:

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Something I want my teacher to know:

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---

Something I find tricky:

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# My Mindset

How I feel about me:

---

---

How I feel about school:

---

---

How I feel about life:

---

---

# Compliments

Write an acrostic poem using each letter of your name to compliment yourself and your strengths:



# Character Strengths

**Circle your character strengths and write about one of them:**

 **PERSEVERANCE**

 **PERSPECTIVE**

 **LOVE**

 **TEAMWORK**

 **GRATITUDE**

 **BRAVERY**

 **LOVE OF LEARNING**

 **FORGIVENESS**

 **KINDNESS**

 **JUDGMENT**

 **CREATIVITY**

 **HOPE**

 **ZEST**

 **CURIOSITY**

 **FAIRNESS**

 **SPIRITUALITY**

 **HONESTY**

 **LEADERSHIP**

 **PRUDENCE**

 **SELF-REGULATION**

 **HUMILITY**

 **SOCIAL  
INTELLIGENCE**

 **HUMOR**

 **APPRECIATION OF  
BEAUTY**

Strength:

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# Character Strengths Shield

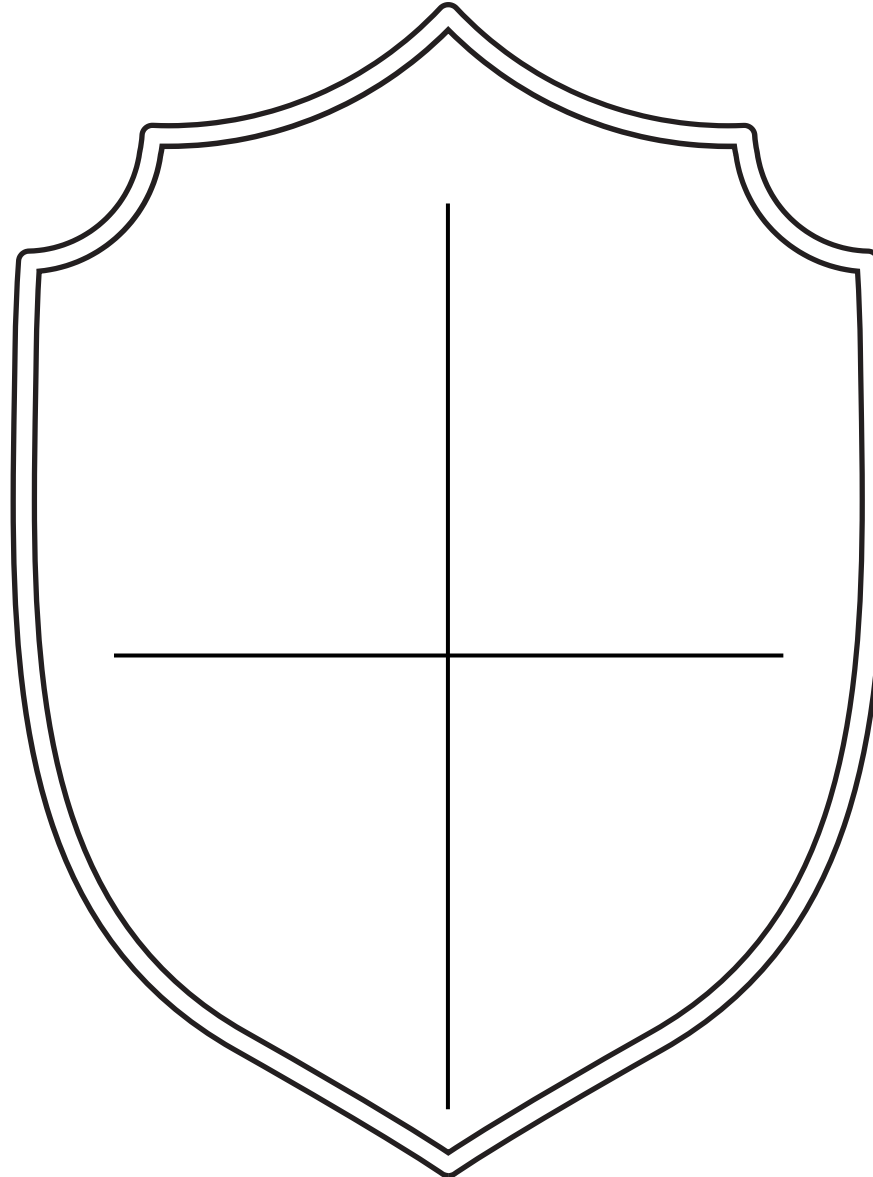
**Have your classmates write what they believe your character strengths are:**

**What I think are  
my strengths**

**What my teacher thinks  
are my strengths**

**What my friends think  
are my strengths**

**What strength I need  
to work on improving**



# My Goals

Academic

Social

Wellbeing