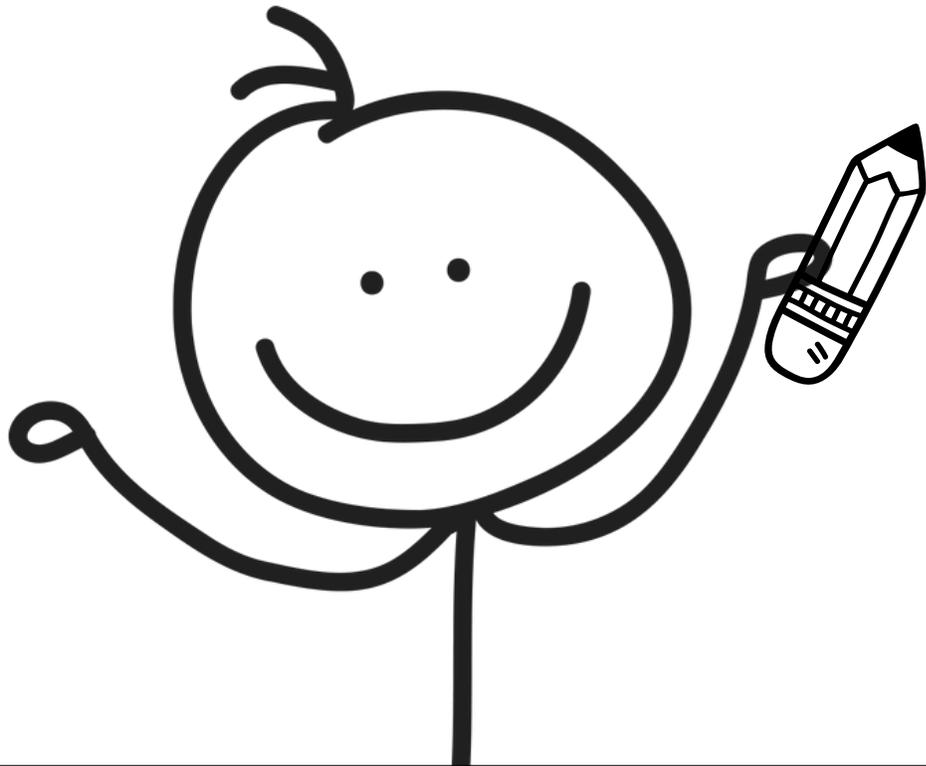
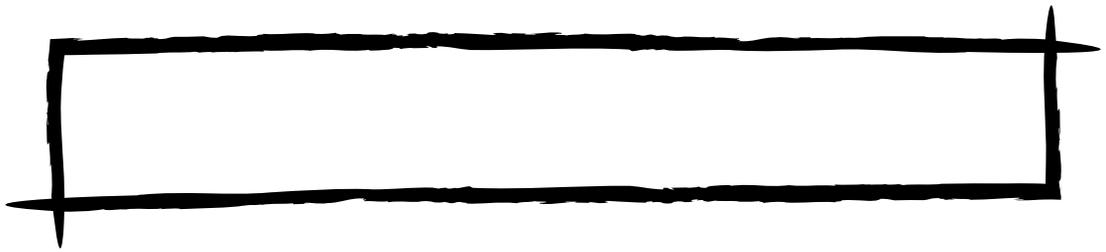




STUDENT WORKBOOK

THIS JOURNAL BELONGS TO:



REMEMBER, YOU'RE AMAZING!

This journal is dedicated to you. You are capable of doing amazing things and we believe in you. Always remember to stay true to you. Love yourself and go out in this world to be a wonderful leader. We are cheering for you each step of the way.

With Gratitude,
The Empowered Minds Team



ALL ABOUT ME

My Favorite Thing to Learn About Is:

.....

Something I Am Really Good At Is:

.....

I Feel Happiest When:

.....

My Favorite Thing to Do Is:

.....

Something I Wish I Was Better At Is:

.....

If I Could Be Anything, I Would Be A:

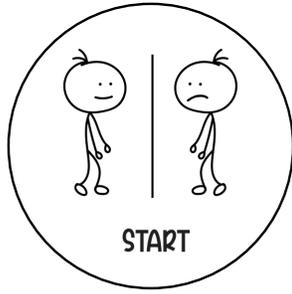
.....

When I Feel Upset, I:

.....

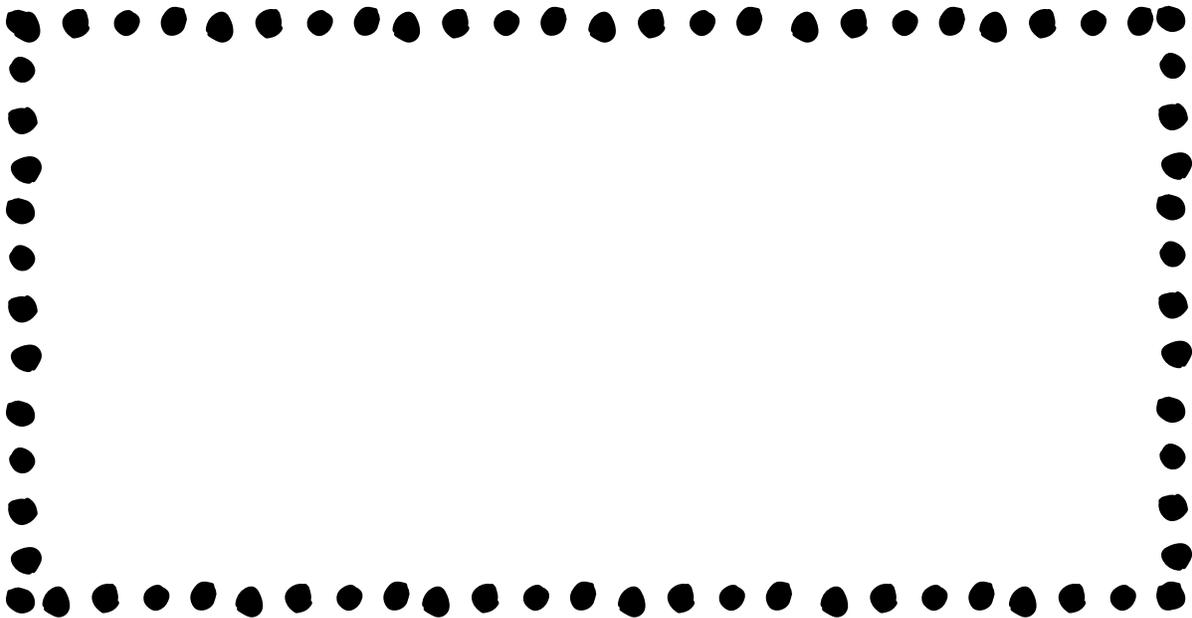
Some Things That Help Me to Feel Calm Are:

.....

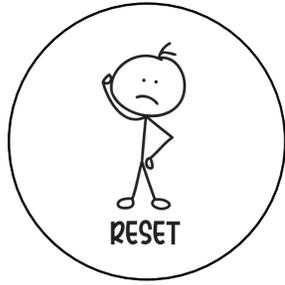


MY FEELINGS ARE VALID!

Draw a picture or write about the feelings you are experiencing.



I'm Feeling: _____

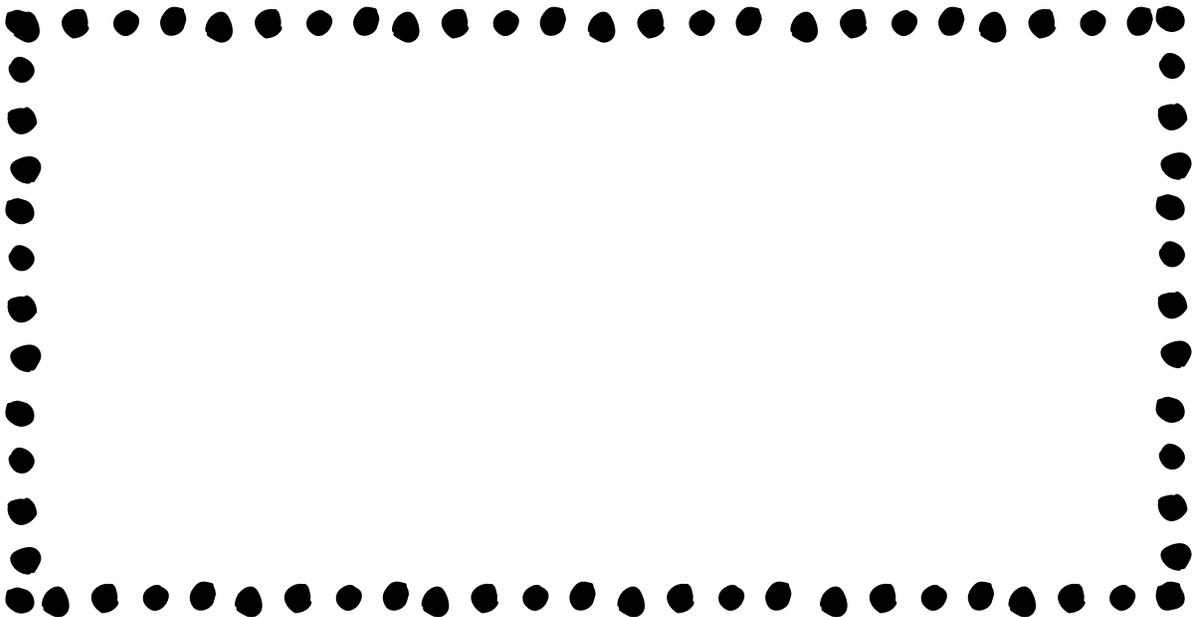


TODAY I AM
FEELING...

Draw a picture or write about an emotion you are feeling today:

Emotions you might be feeling:

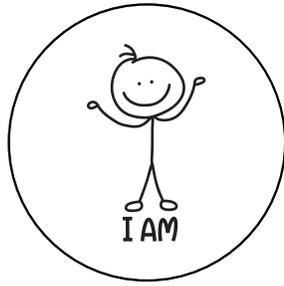
Nervous Fearful Worried Anxious Lonely Sad Mad
Confused Stressed Frustrated Angry Annoyed Uncomfortable



I'm feeling _____ and my brain needs a reset!

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I'm feeling _____ and I'm choosing to hold on to these feelings.

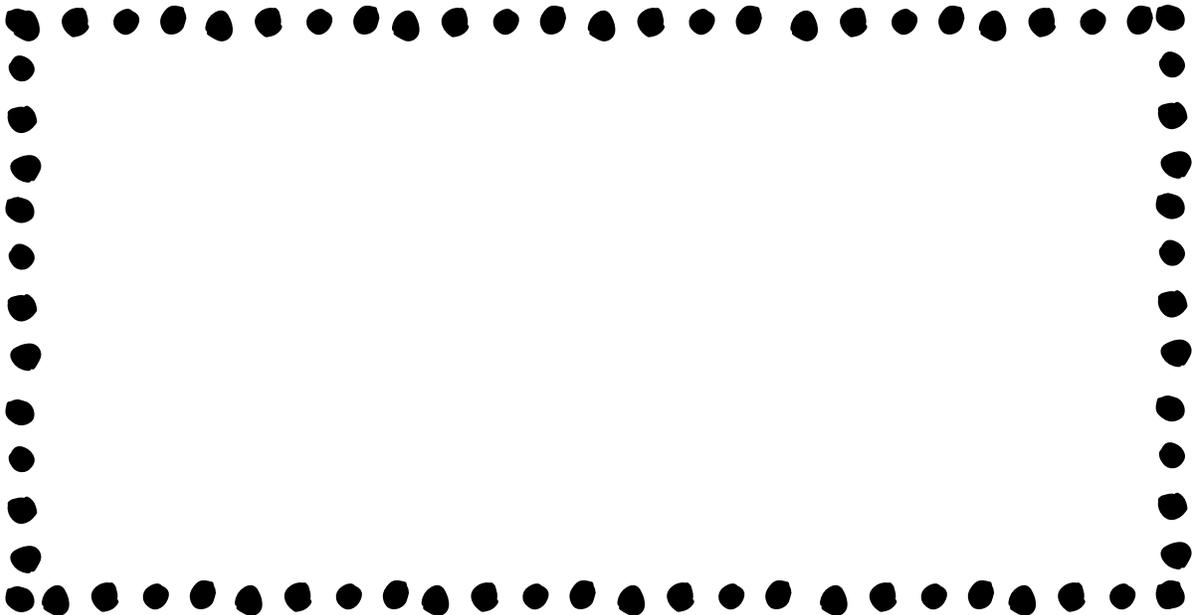


I AM CHOOSING POSITIVE AFFIRMATIONS!

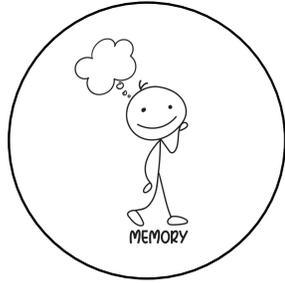
Choose a positive affirmation or create your own. Then, draw it or write it down.

Affirmations you can use:

I Am Brave I Am Fierce I Am Determined I Am Healthy I Am Worthy
I Am Positive I Am Confident I Am Courageous I Am Grateful I Am Happy



My Affirmation: _____

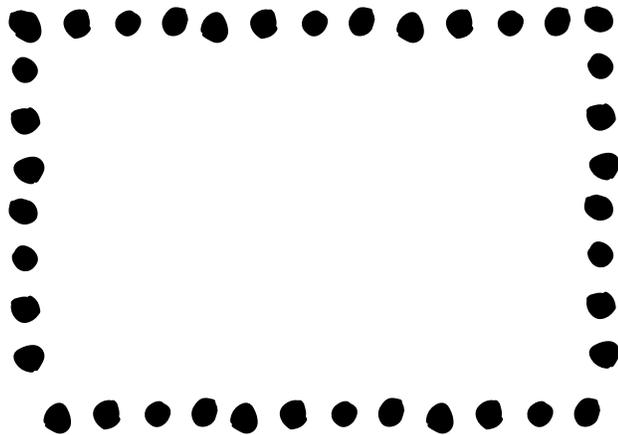
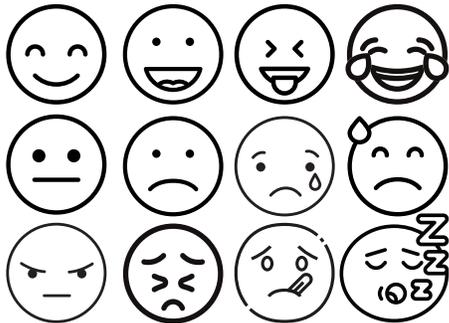


LET'S RECALL A MEMORY!

Give yourself a gentle hug. It's time to go fishing for a memory. Once you choose a memory, draw a picture or write it. The more details you recall, the better!

Questions to ask		
What do you see?	What do you hear?	What do you feel?
What do you taste?	What do you smell?	

This memory made me feel (circle your choice):



My memory is about:

.....

The emotion this memory made me feel was/because:

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FINDING YOUR HAPPY SPOT!

Take a look at some examples or create one of your own. Once you choose one, draw your or write about your Happy Spot.



Questions to ask

What do you see?

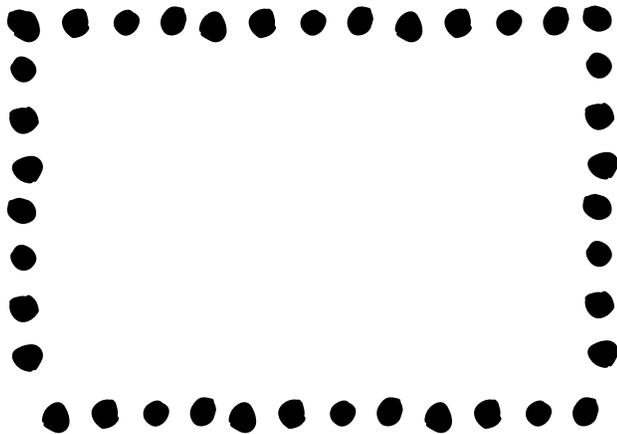
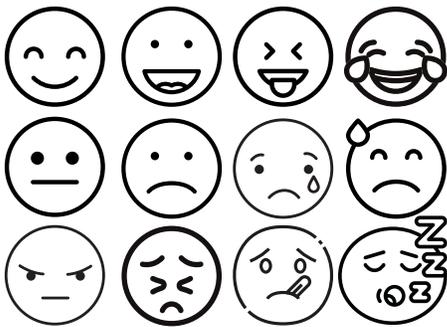
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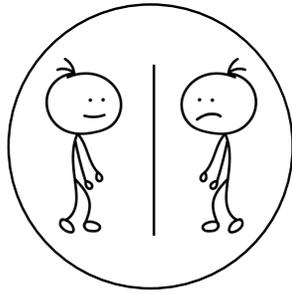
What do you smell?

This memory made me feel (circle your choice):



My Happy Spot is _____

Being in my Happy Spot makes me feel _____



REFLECT ON YOUR DAY

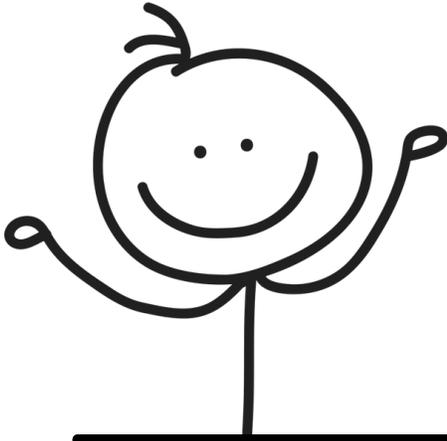
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Today's events _____

My Affirmation





HOW I SHOW LOVE FOR MYSELF!

Draw or write about things you love about yourself.

Examples you can use:

My heart

My smile

My friendly attitude

My caring ways

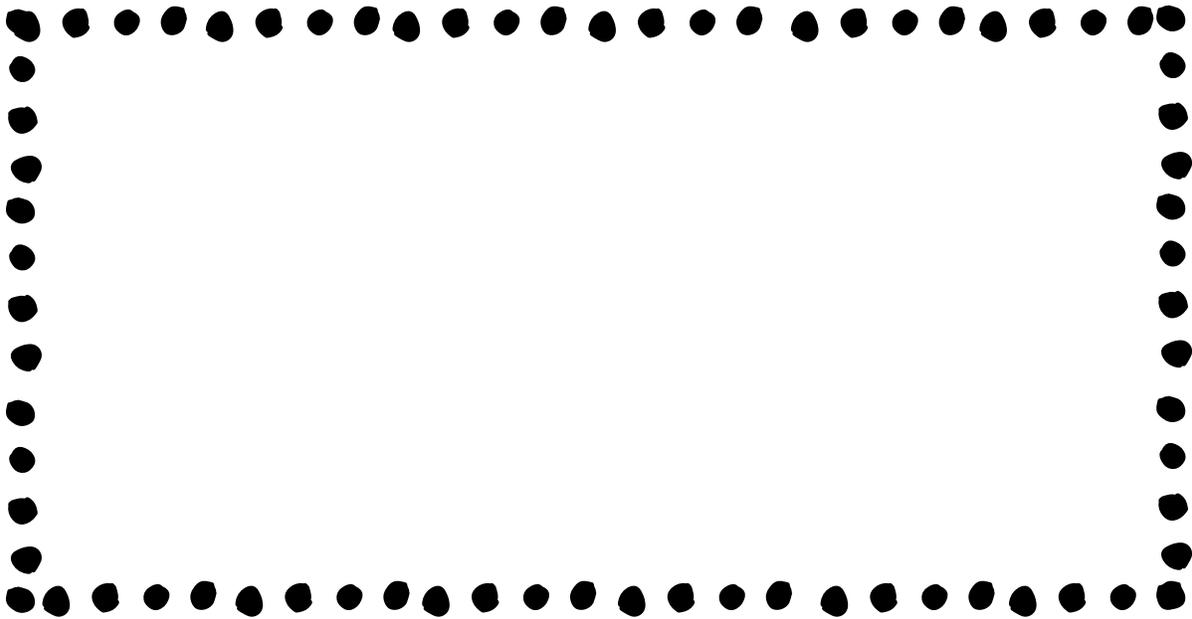
My body

My gentle voice

My eyes

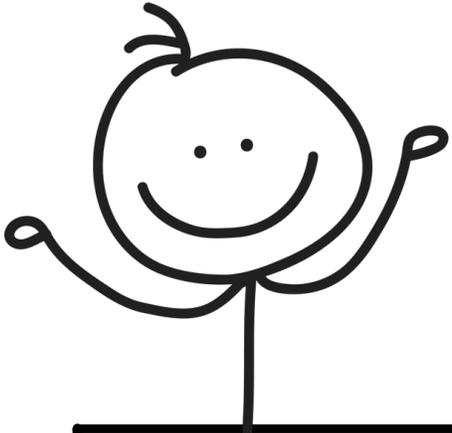
My brain

My willingness to learn



My List of Characteristics I Love:





I AM PROUD OF MYSELF!

Draw or write about something that happened today that made you feel proud.

A large empty rectangular box with a thick black border, intended for drawing or writing about a proud moment.

I felt proud when _____



ACHIEVING GOALS

Take some time to reflect on a goal you would like to achieve. It can range from improving at your favorite sport or learning how to play an instrument to making a new friend or getting good grades.

What is a goal I would like to achieve?

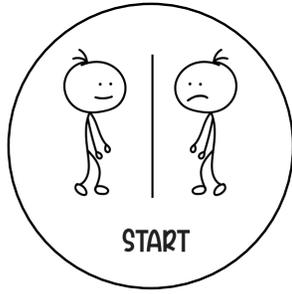
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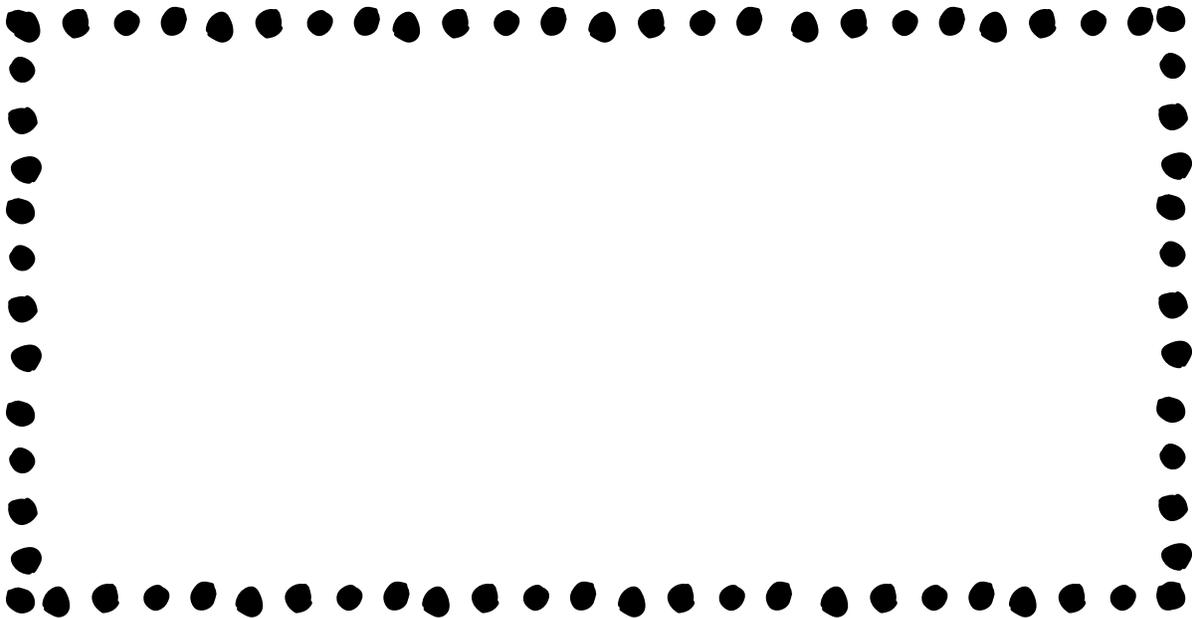
What will I do to overcome these challenges?

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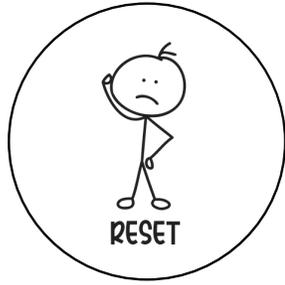


MY FEELINGS ARE VALID!

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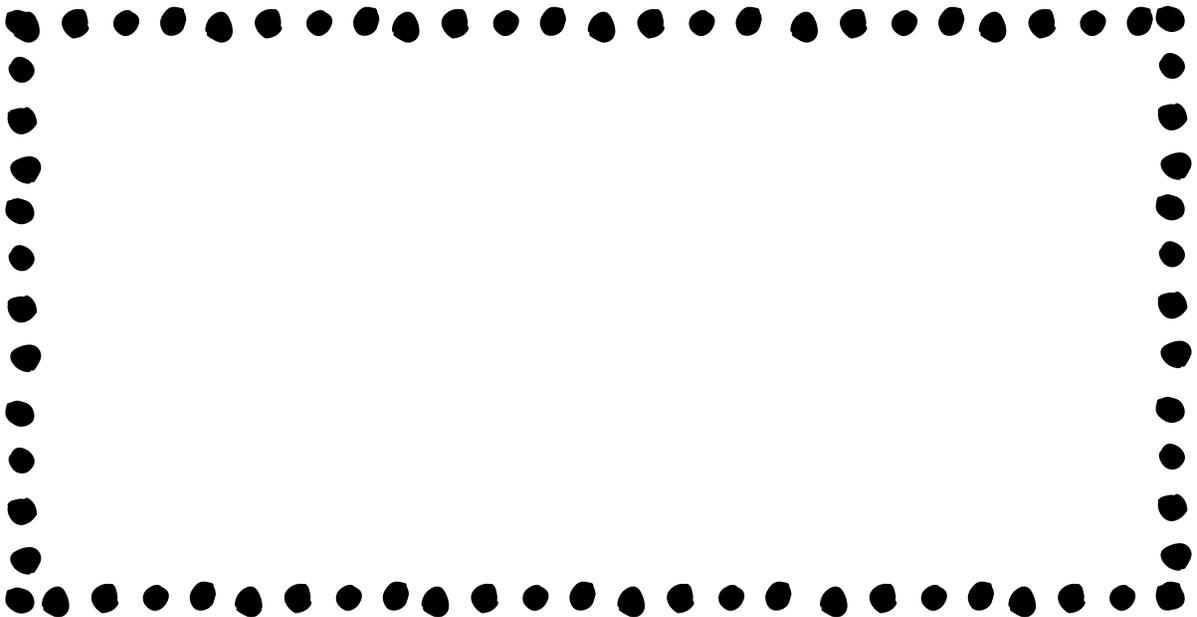


TODAY I AM
FEELING...

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Emotions you might be feeling:

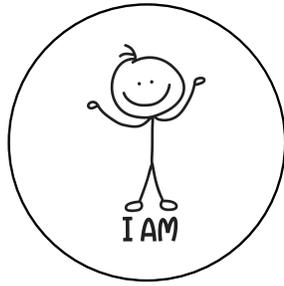
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I'm feeling _____ and my brain needs a reset!

OR

I'm feeling _____ and I'm choosing to hold on to these feelings.



I AM CHOOSING POSITIVE AFFIRMATIONS!

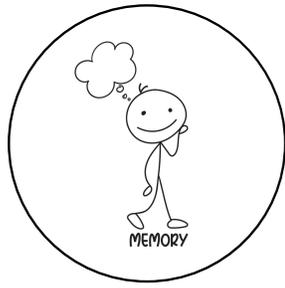
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Affirmations you can use:

I Am Brave I Am Fierce I Am Determined I Am Healthy I Am Worthy
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My Affirmation: _____



LET'S RECALL A MEMORY!

Give yourself a gentle hug. It's time to go fishing for a memory. Once you choose a memory, draw a picture or write it. The more details you recall, the better!

Questions to ask

What do you see?

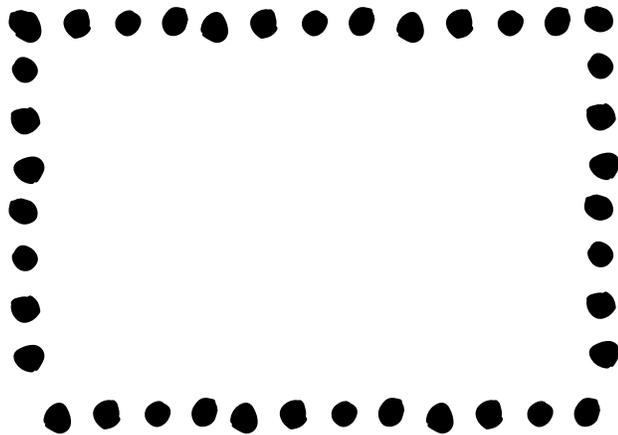
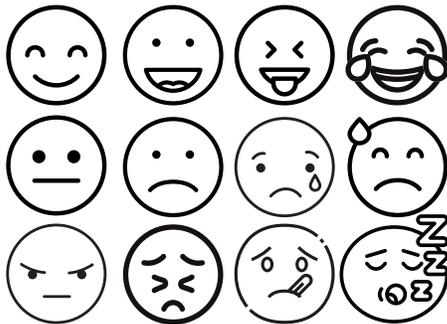
What do you hear?

What do you feel?

What do you taste?

What do you smell?

**This memory made me
feel (circle your choice):**



My memory is about:

.....
.....
.....

The emotion this memory made me feel was/because:

.....
.....
.....



FINDING YOUR HAPPY SPOT!

Take a look at some examples or create one of your own. Once you choose one, draw your or write about your Happy Spot.



Questions to ask

What do you see?

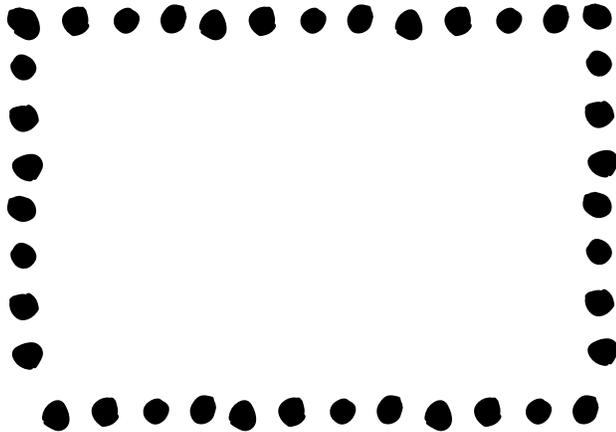
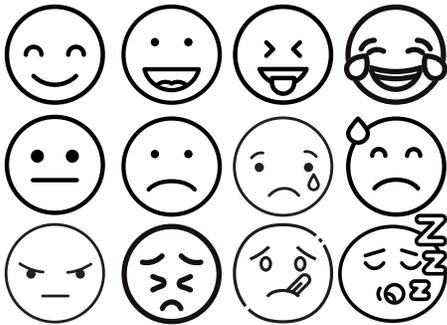
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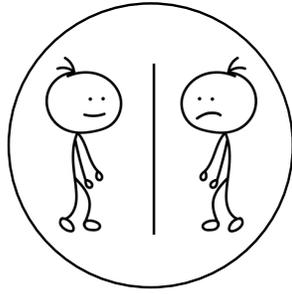
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This memory made me feel (circle your choice):



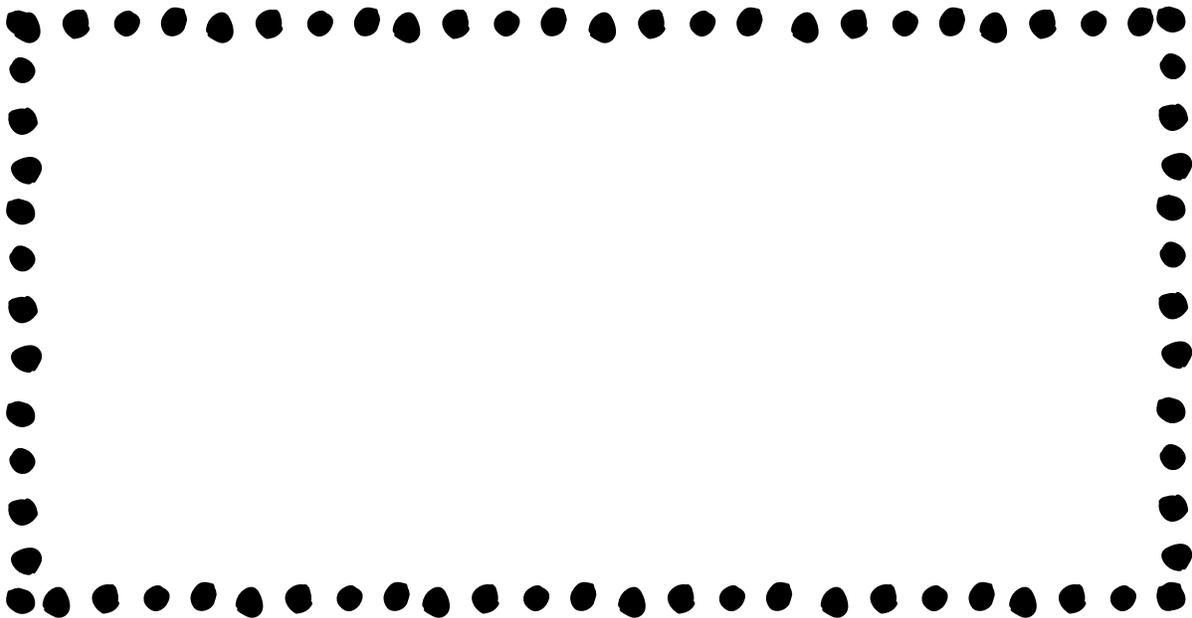
My Happy Spot is _____

Being in my Happy Spot makes me feel _____



REFLECT ON YOUR DAY

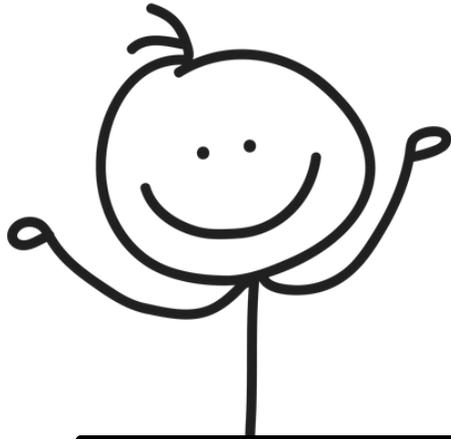
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Today's events _____

My Affirmation

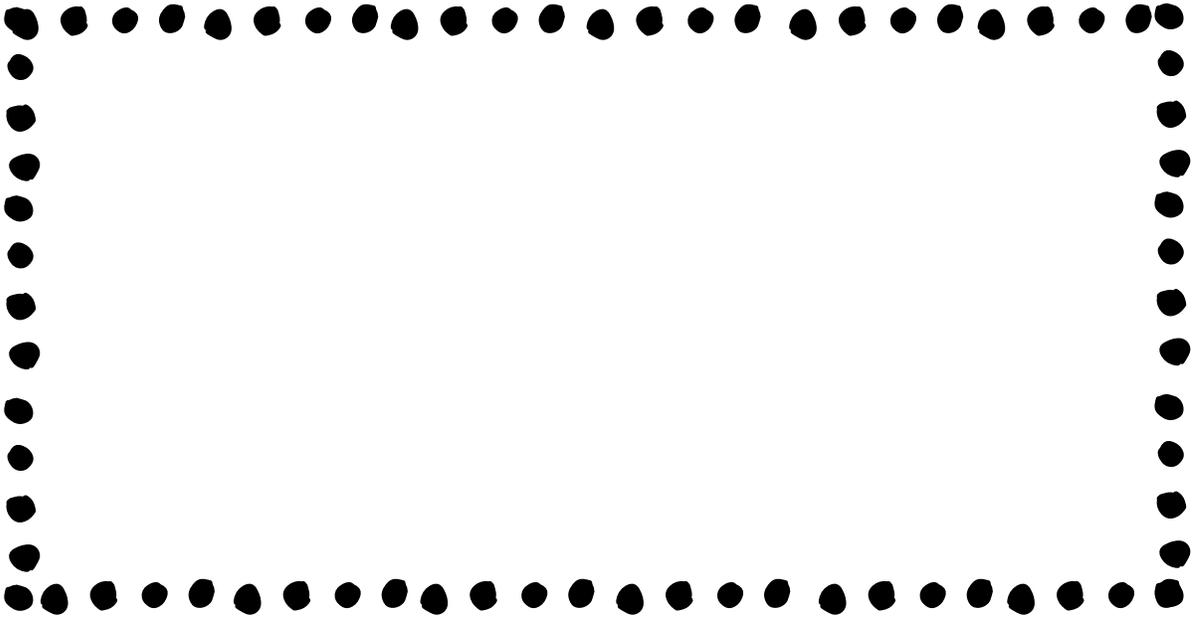




HOW I SHOW LOVE FOR MYSELF!

Draw or write about things you love about yourself.

Examples you can use:				
My heart	My smile	My friendly attitude	My caring ways	My body
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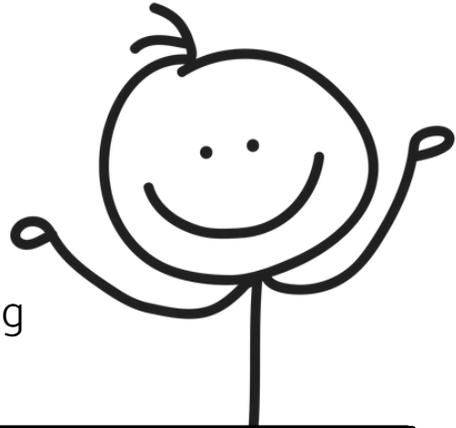


My List of Characteristics I Love:



SHOWING GRATITUDE

List things that made me you grateful today and mark how you feel after making your list.

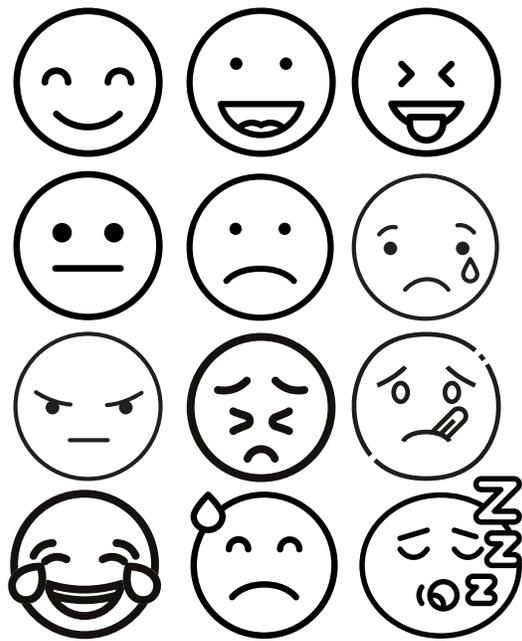


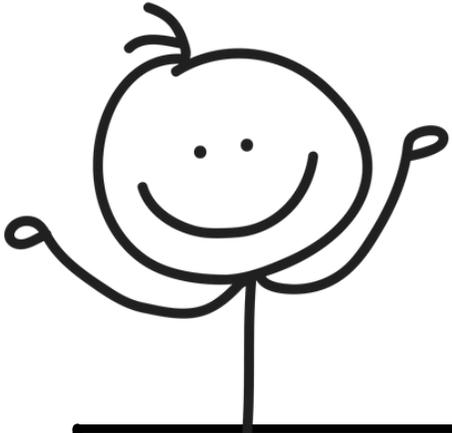
Examples of things you may be grateful for:

I can use my voice	My teacher(s)	My classmates	My family	My brain
My best friend	My athletic talents	My energy	My heart	

My Gratitude List:

I'm Feeling (Circle One):





I AM PROUD OF MYSELF!

Draw or write about something that happened today that made you feel proud.

A large empty rectangular box with a thick black border, intended for drawing or writing about a proud moment.

I felt proud when _____



ACHIEVING GOALS

Take some time to reflect on a goal you would like to achieve. It can range from improving at your favorite sport or learning how to play an instrument to making a new friend or getting good grades.

What is a goal I would like to achieve?

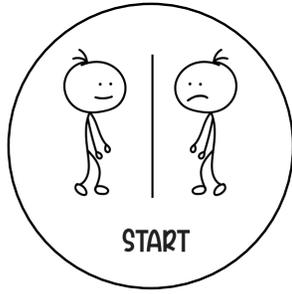
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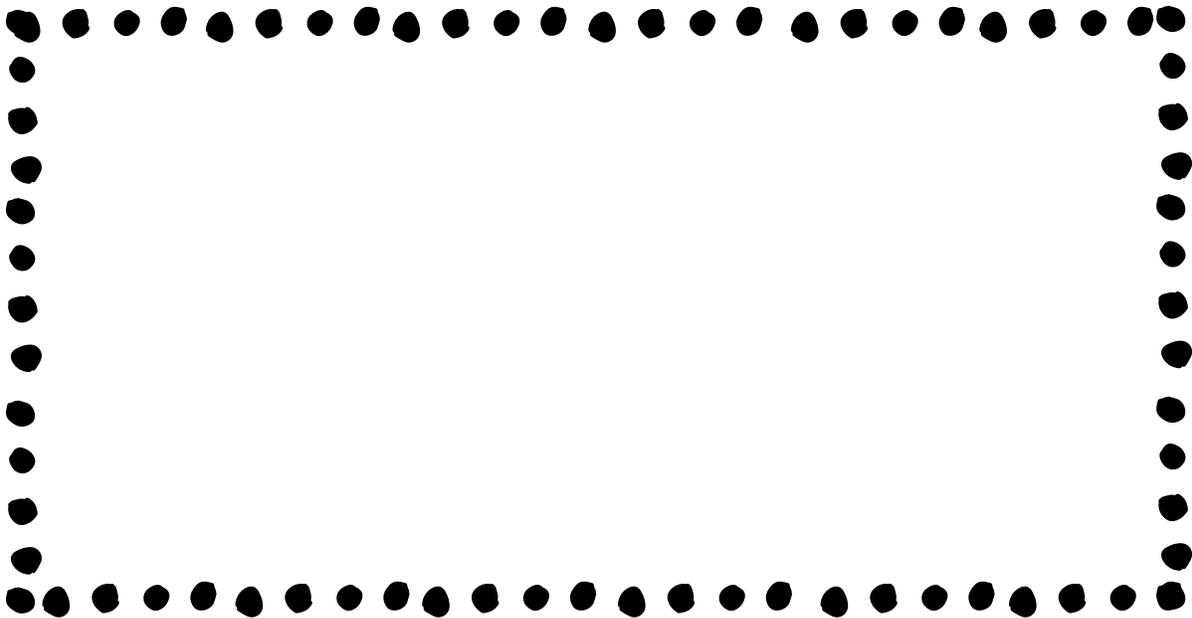
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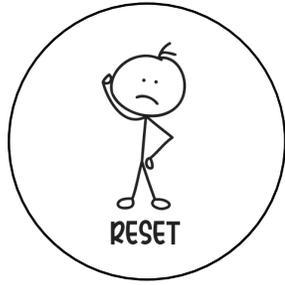


MY FEELINGS ARE VALID!

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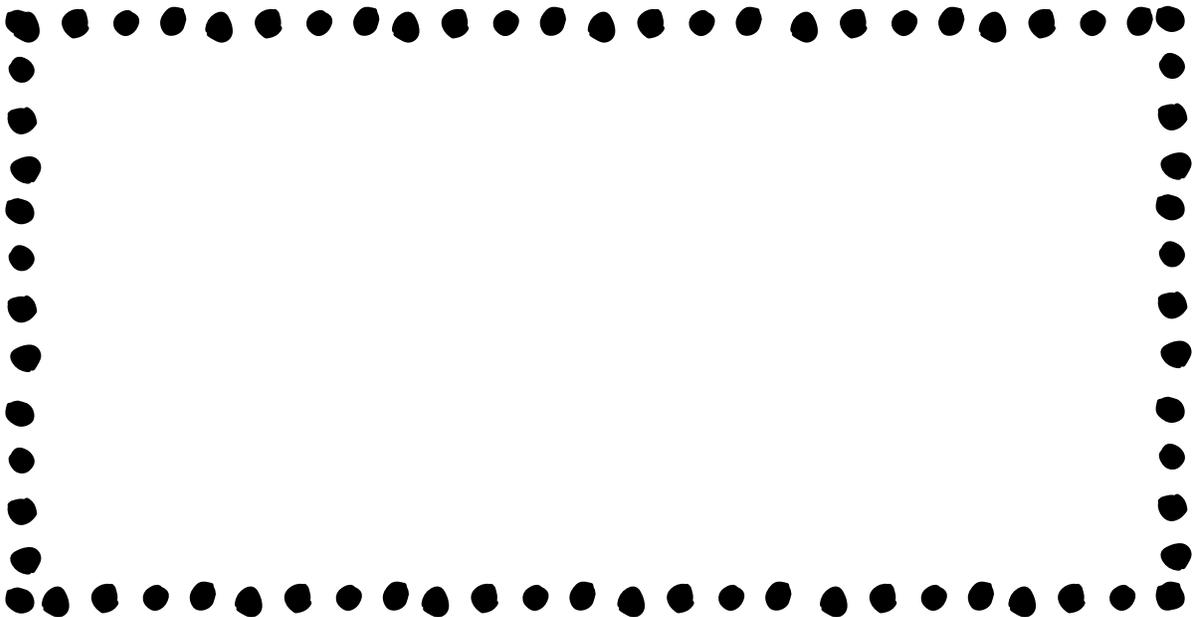


TODAY I AM
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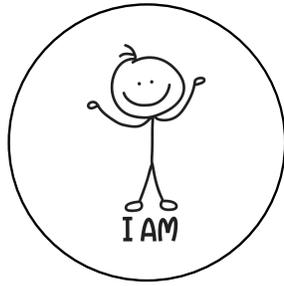
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I'm feeling _____ and my brain needs a reset!

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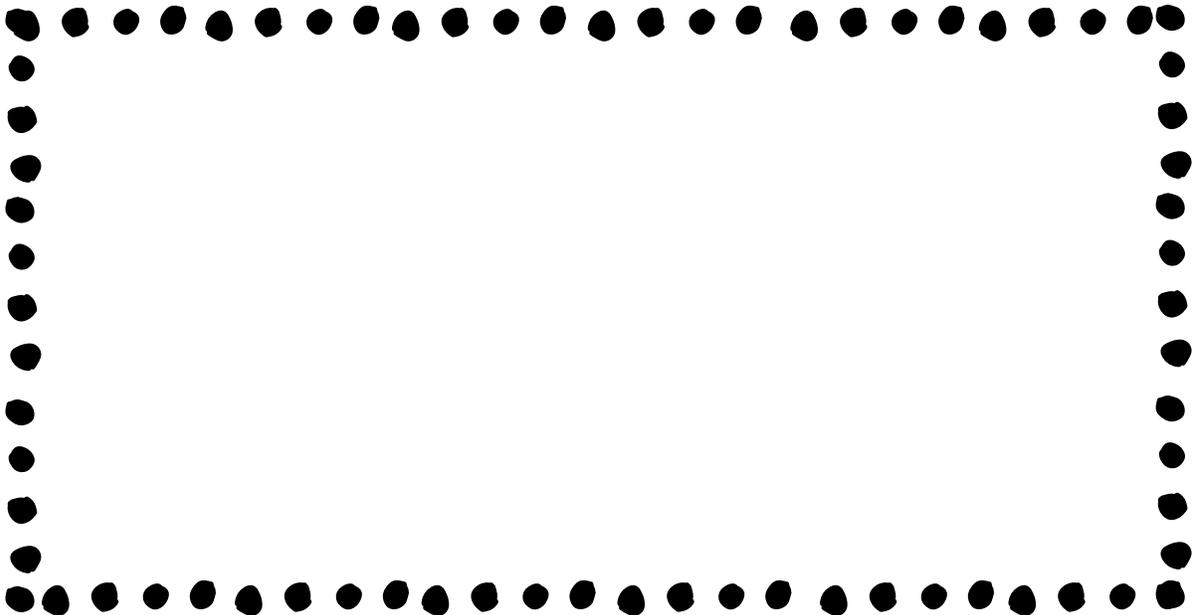


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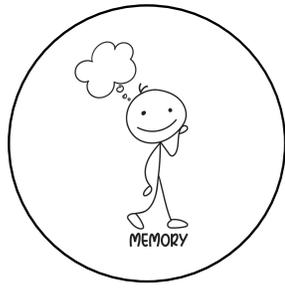
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Affirmations you can use:

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My Affirmation: _____



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Give yourself a gentle hug. It's time to go fishing for a memory. Once you choose a memory, draw a picture or write it. The more details you recall, the better!

Questions to ask

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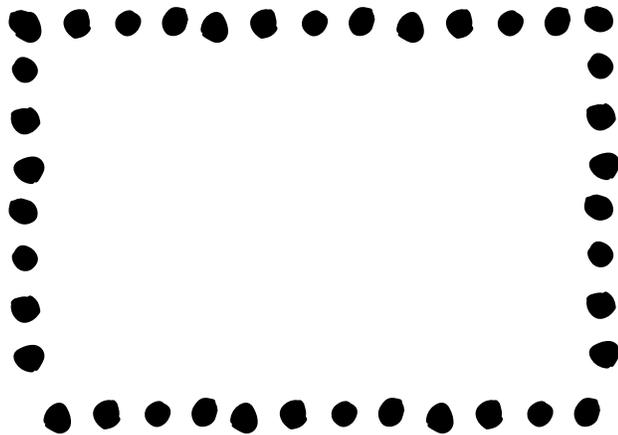
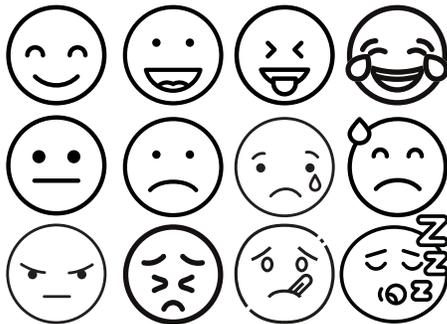
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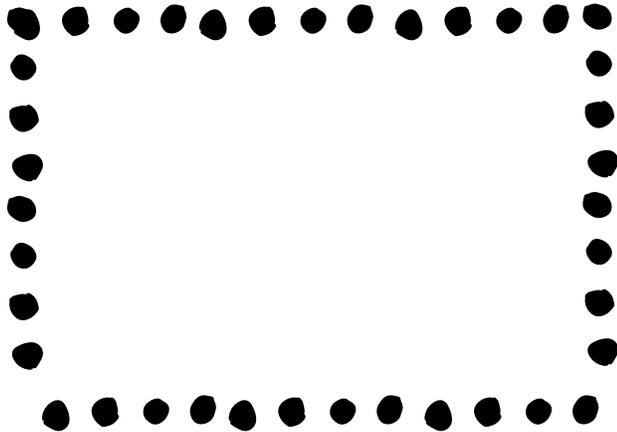
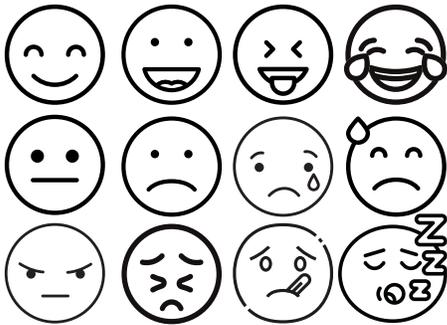
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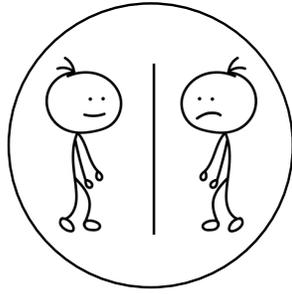
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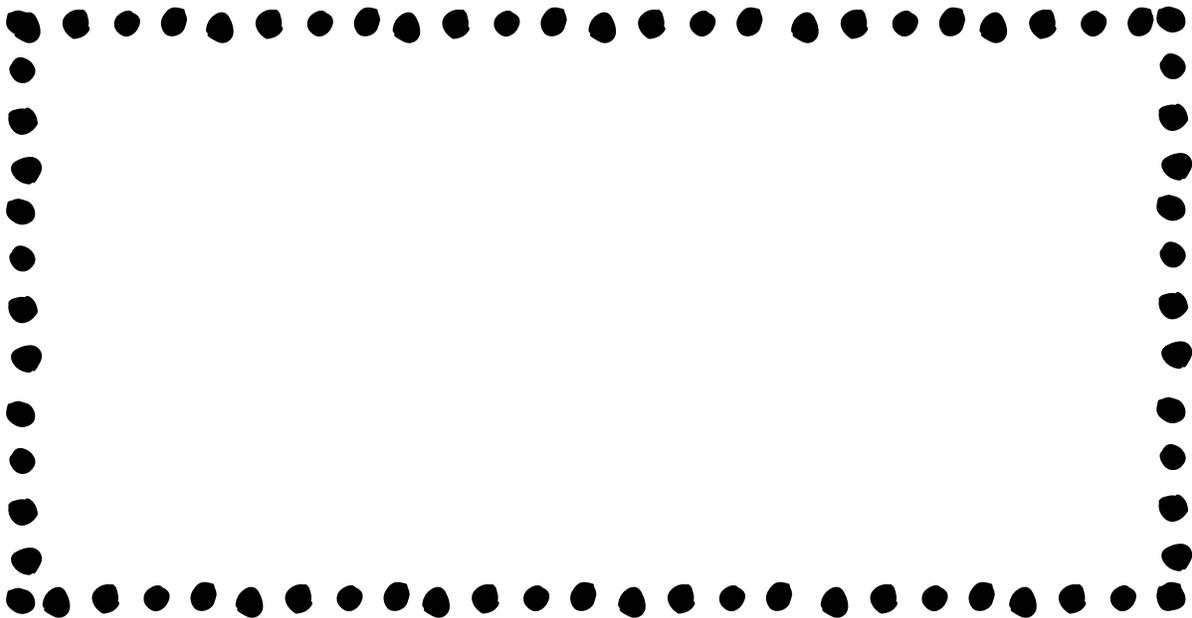
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REFLECT ON YOUR DAY

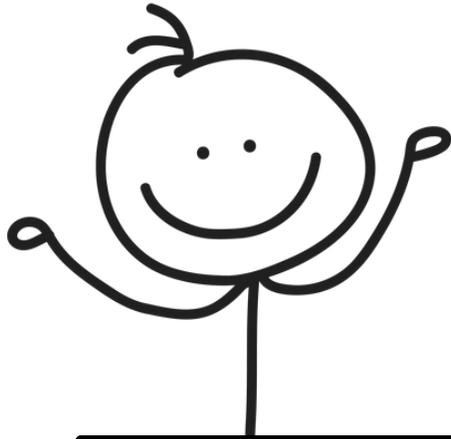
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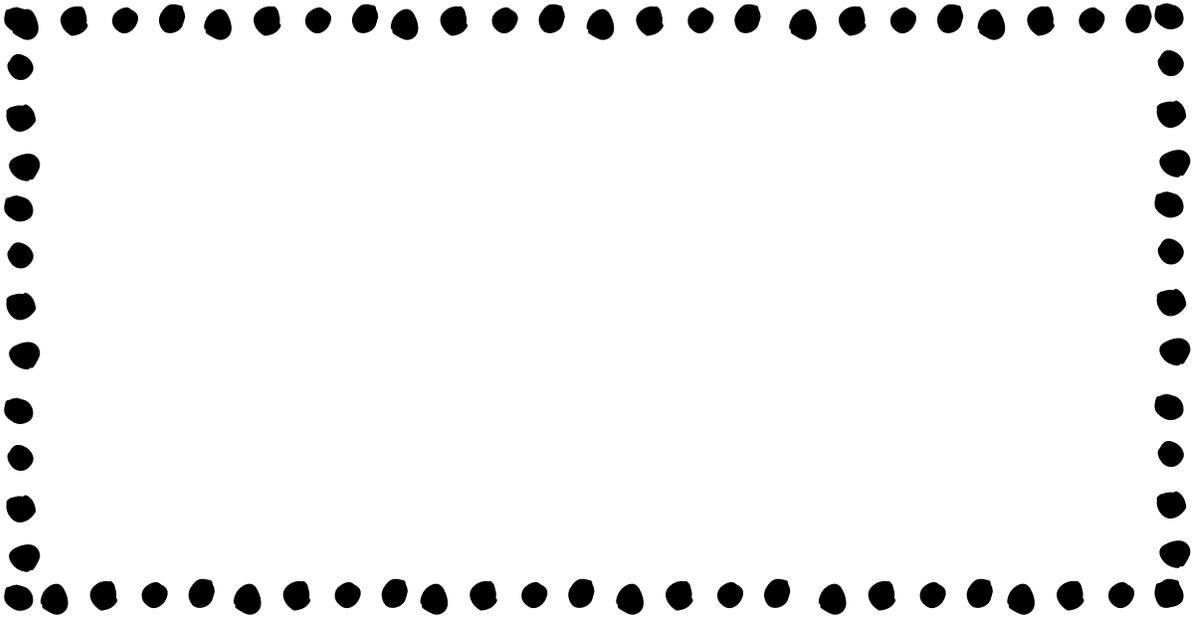




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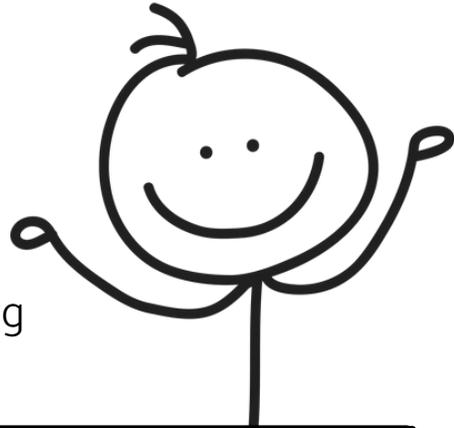


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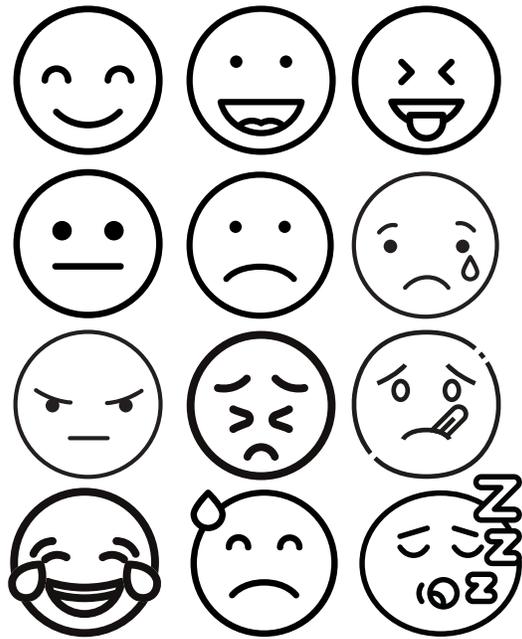
My energy

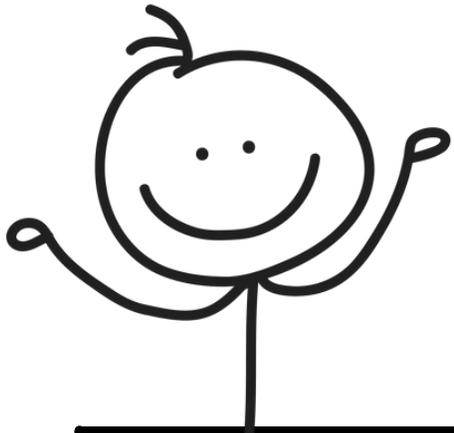
My heart

My Gratitude List:

☐
☐
☐
☐
☐
☐
☐
☐

I'm Feeling (Circle One):





I AM PROUD OF MYSELF!

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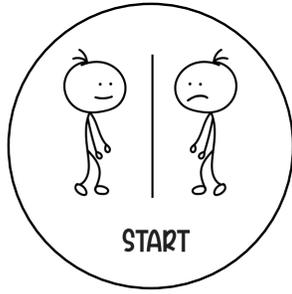
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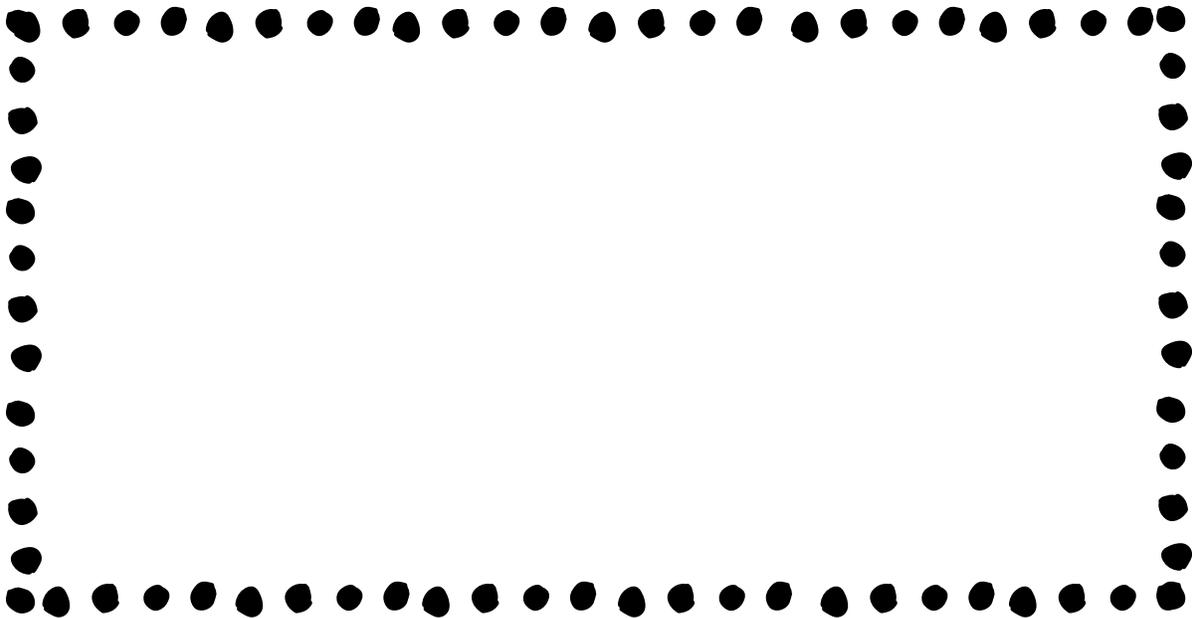
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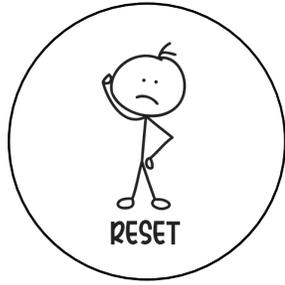


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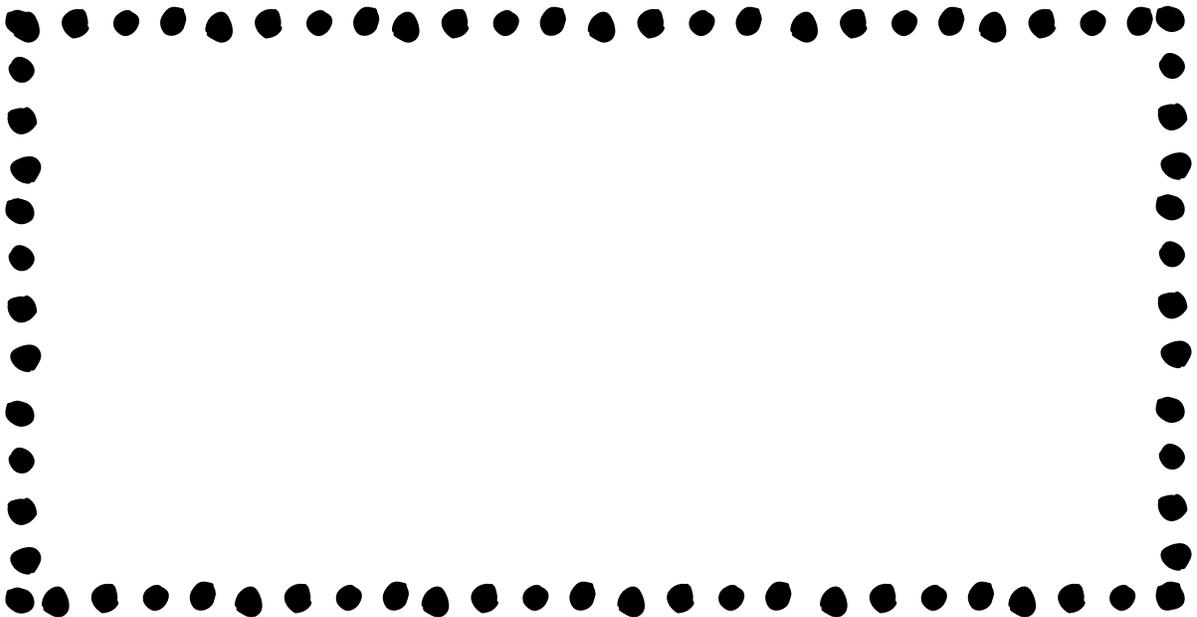


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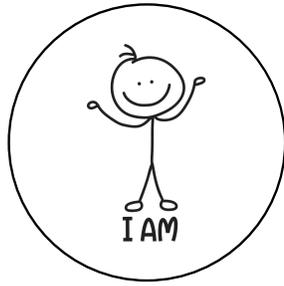
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OR

I'm feeling _____ and I'm choosing to hold on to these feelings.

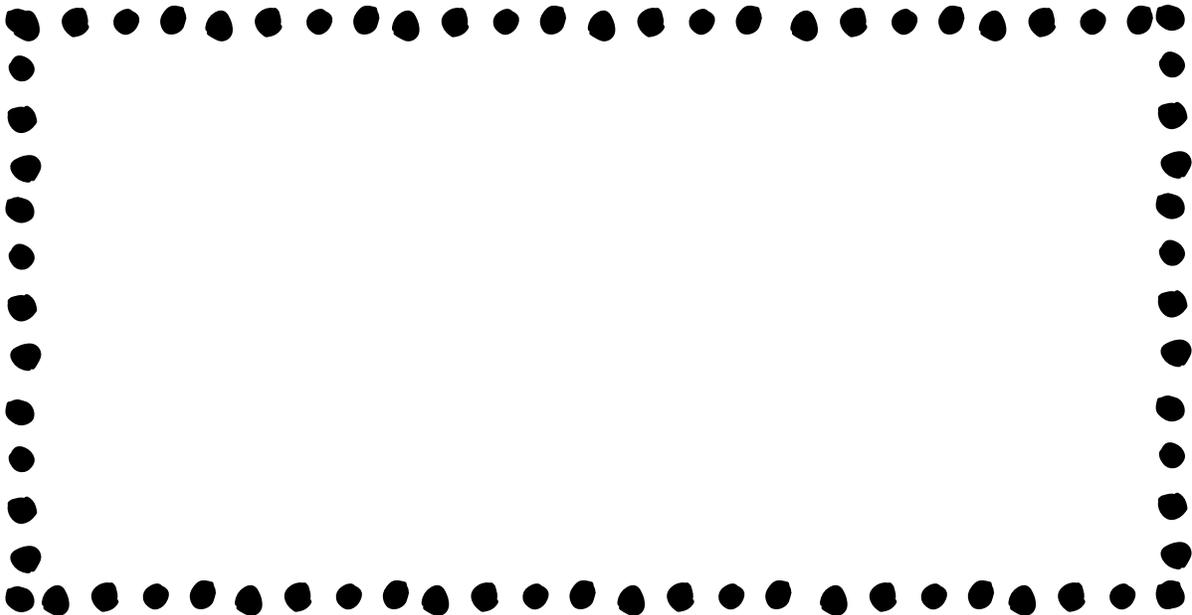


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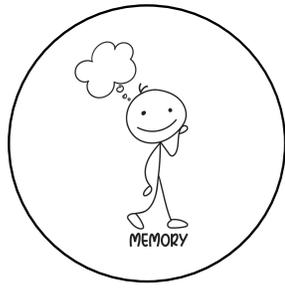
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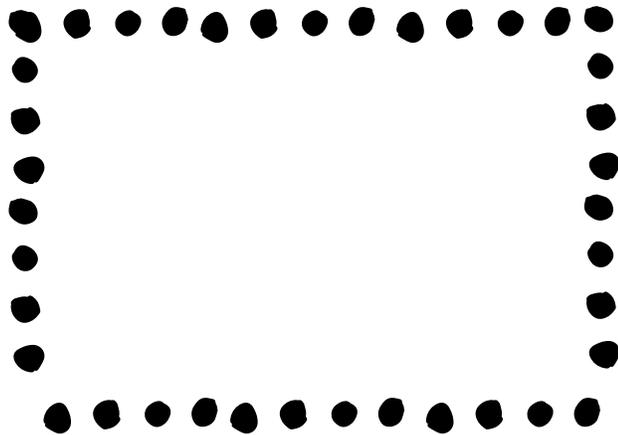
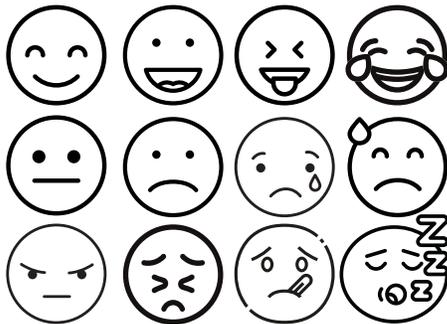
What do you hear?

What do you feel?

What do you taste?

What do you smell?

**This memory made me
feel (circle your choice):**



My memory is about:

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The emotion this memory made me feel was/because:

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Take a look at some examples or create one of your own. Once you choose one, draw your or write about your Happy Spot.



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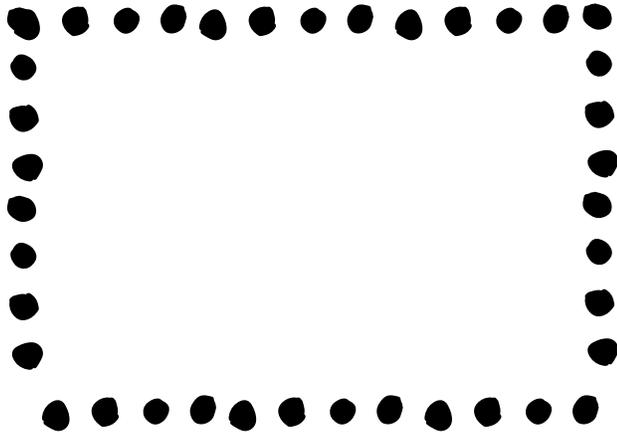
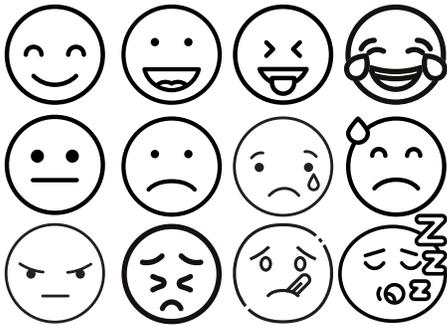
What do you hear?

What do you feel?

What do you taste?

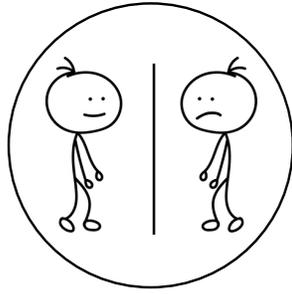
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This memory made me feel (circle your choice):



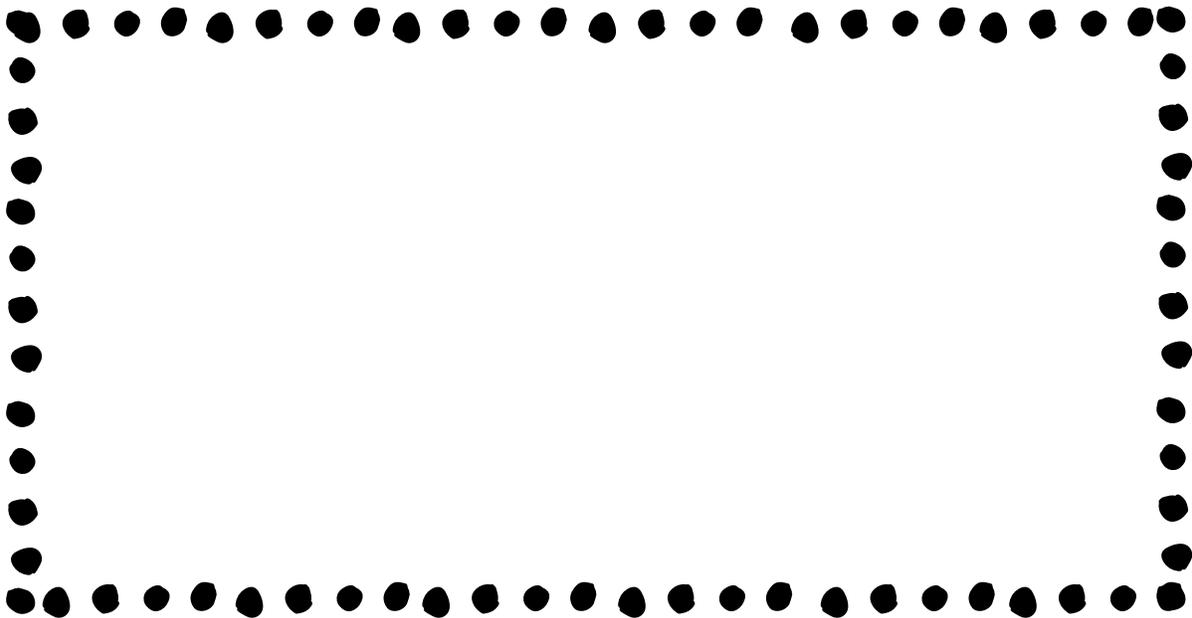
My Happy Spot is _____

Being in my Happy Spot makes me feel _____



REFLECT ON YOUR DAY

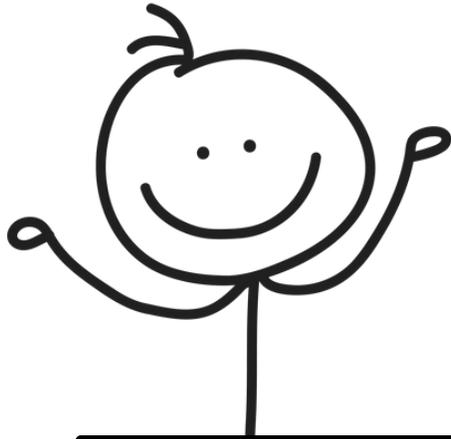
Draw or write about something great that happened today OR something that didn't go well today. Whether you had a good day or a bad day, it is important to remember the great things that define us. Write your affirmation as a reminder at the bottom of the page.



Today's events _____

My Affirmation

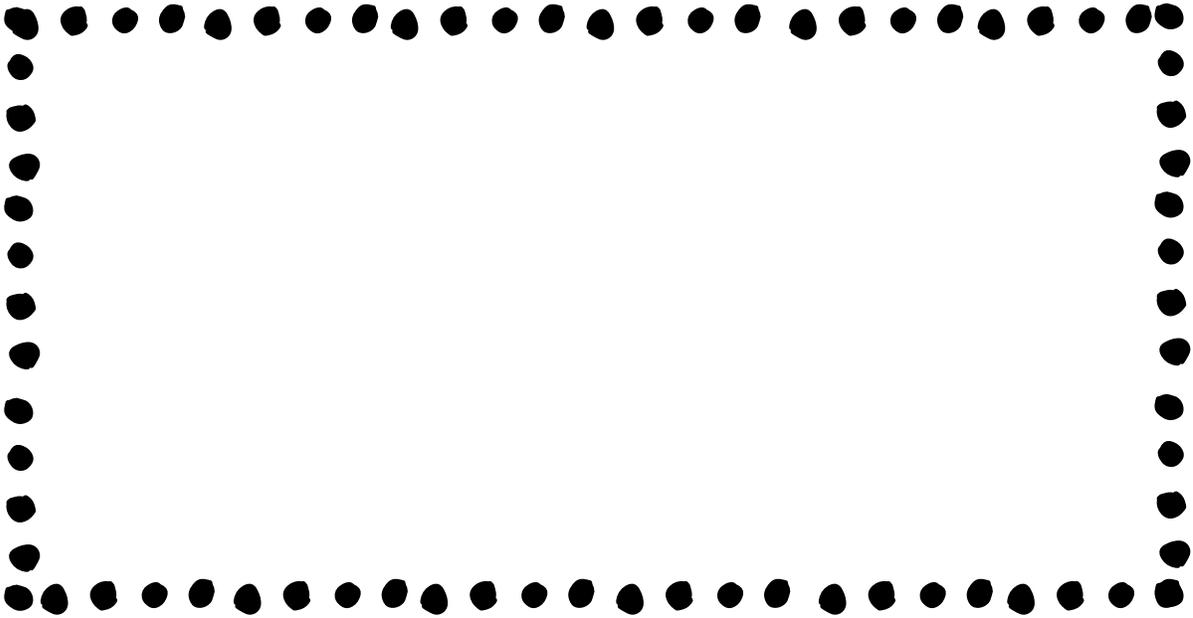




HOW I SHOW LOVE FOR MYSELF!

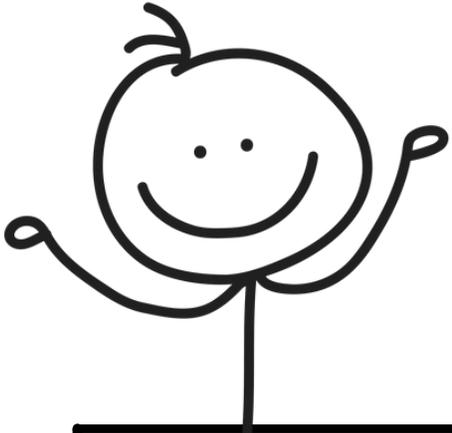
Draw or write about things you love about yourself.

Examples you can use:				
My heart	My smile	My friendly attitude	My caring ways	My body
My gentle voice	My eyes	My brain	My willingness to learn	



My List of Characteristics I Love:





I AM PROUD OF MYSELF!

Draw or write about something that happened today that made you feel proud.

A large empty rectangular box with a thick black border, intended for drawing or writing about a proud moment.

I felt proud when _____



ACHIEVING GOALS

Take some time to reflect on a goal you would like to achieve. It can range from improving at your favorite sport or learning how to play an instrument to making a new friend or getting good grades.

What is a goal I would like to achieve?

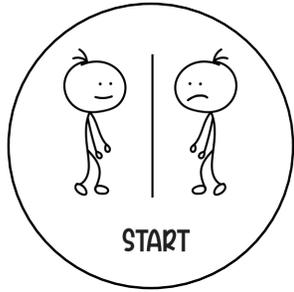
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What challenges might I face?

A large rectangular area defined by a dotted border, intended for writing about challenges.

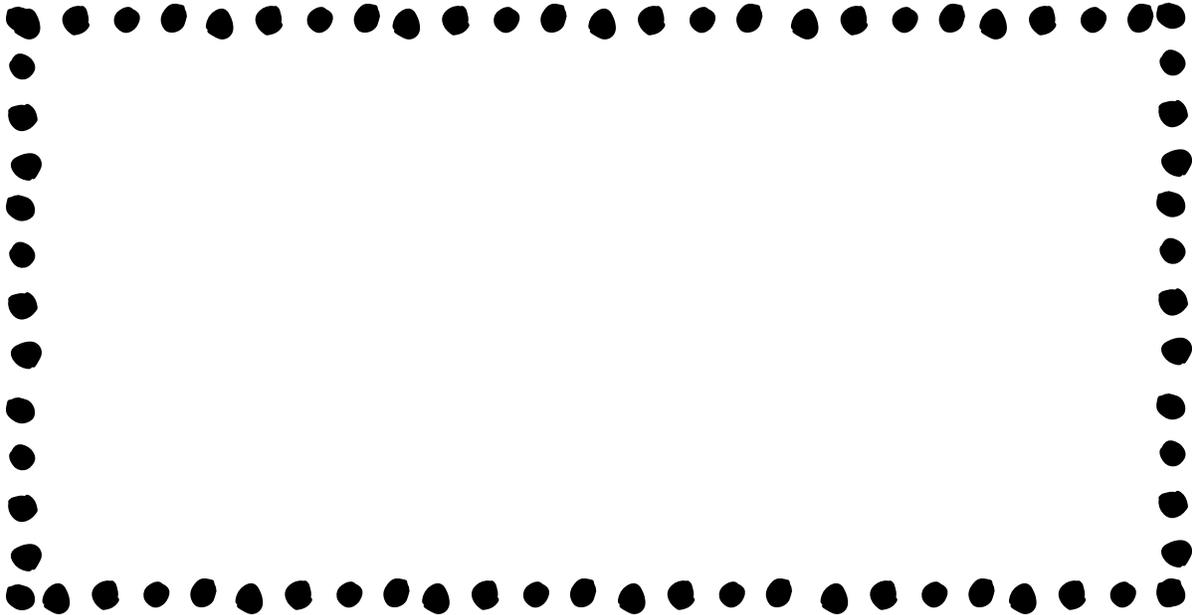
What will I do to overcome these challenges?

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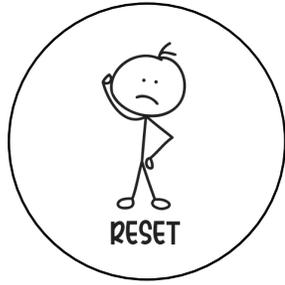


MY FEELINGS ARE VALID!

Draw a picture or write about the feelings you are experiencing.



I'm Feeling: _____

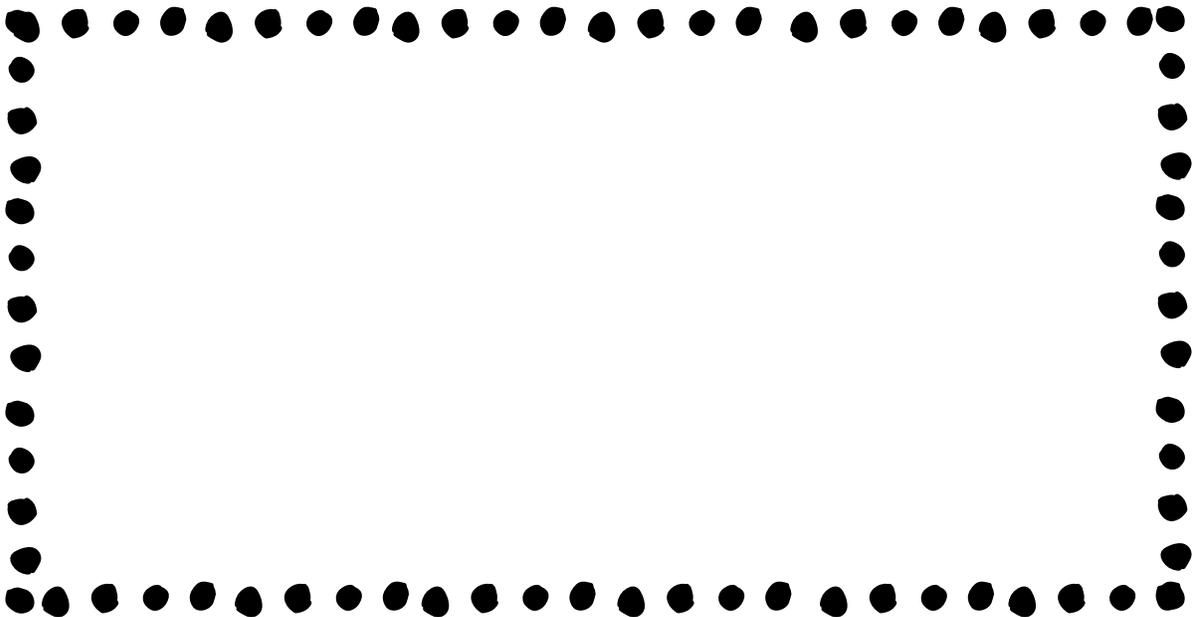


TODAY I AM
FEELING...

Draw a picture or write about an emotion you are feeling today:

Emotions you might be feeling:

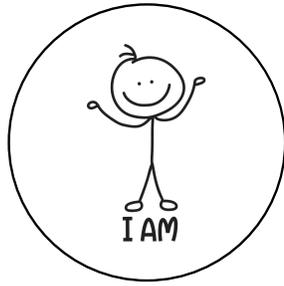
Nervous Fearful Worried Anxious Lonely Sad Mad
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I'm feeling _____ and my brain needs a reset!

OR

I'm feeling _____ and I'm choosing to hold on to these feelings.

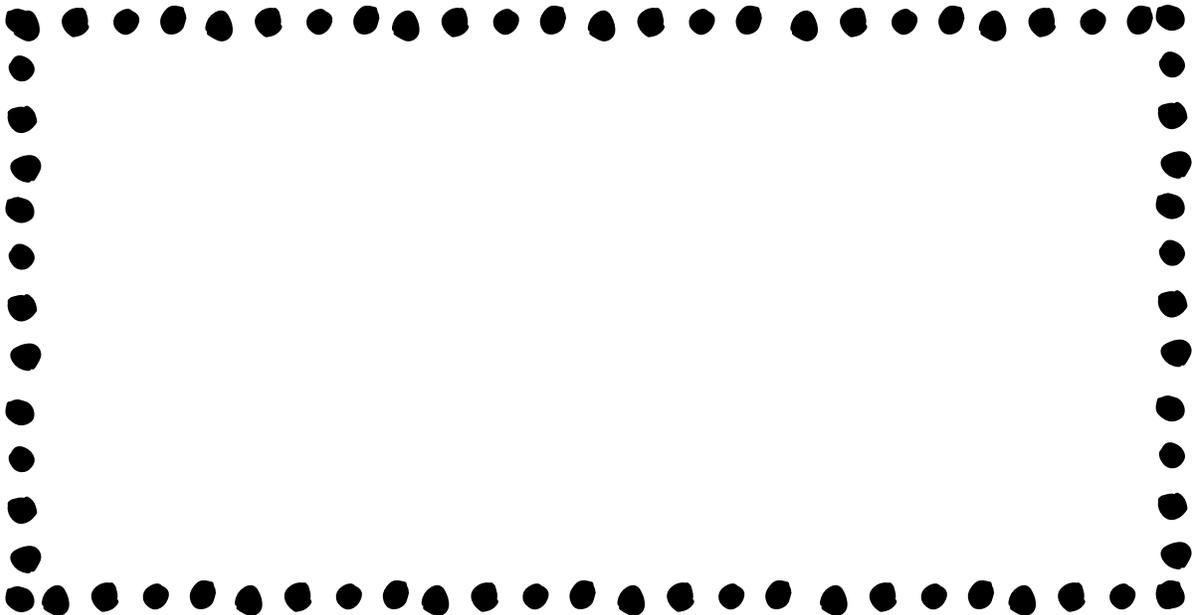


I AM CHOOSING POSITIVE AFFIRMATIONS!

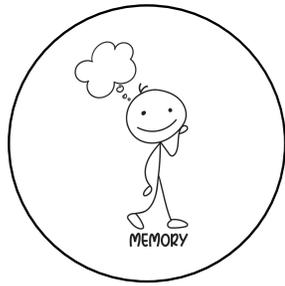
Choose a positive affirmation or create your own. Then, draw it or write it down.

Affirmations you can use:

I Am Brave I Am Fierce I Am Determined I Am Healthy I Am Worthy
I Am Positive I Am Confident I Am Courageous I Am Grateful I Am Happy



My Affirmation: _____



LET'S RECALL A MEMORY!

Give yourself a gentle hug. It's time to go fishing for a memory. Once you choose a memory, draw a picture or write it. The more details you recall, the better!

Questions to ask

What do you see?

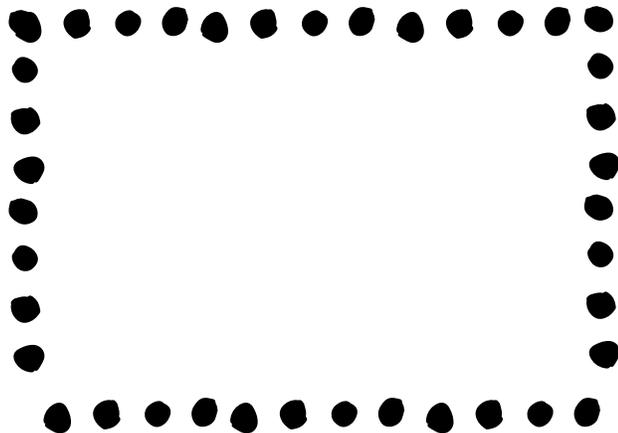
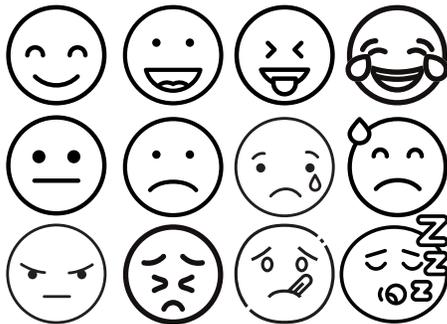
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**This memory made me
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Take a look at some examples or create one of your own. Once you choose one, draw your or write about your Happy Spot.



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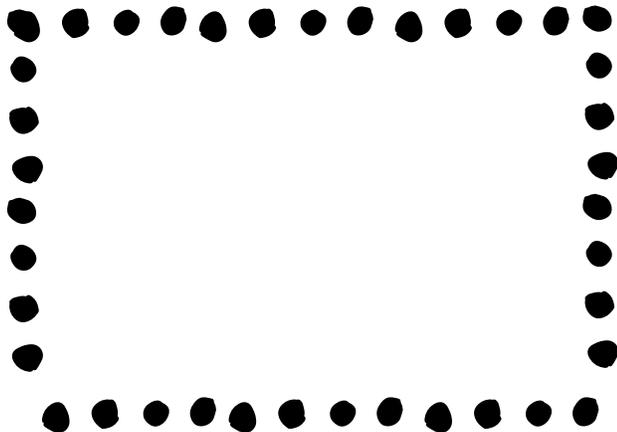
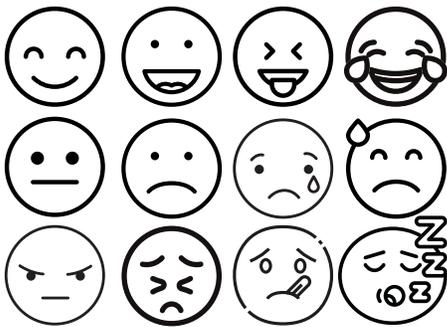
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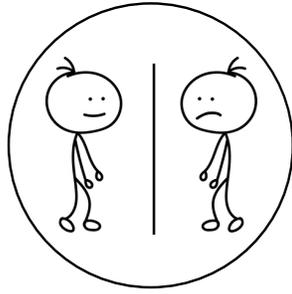
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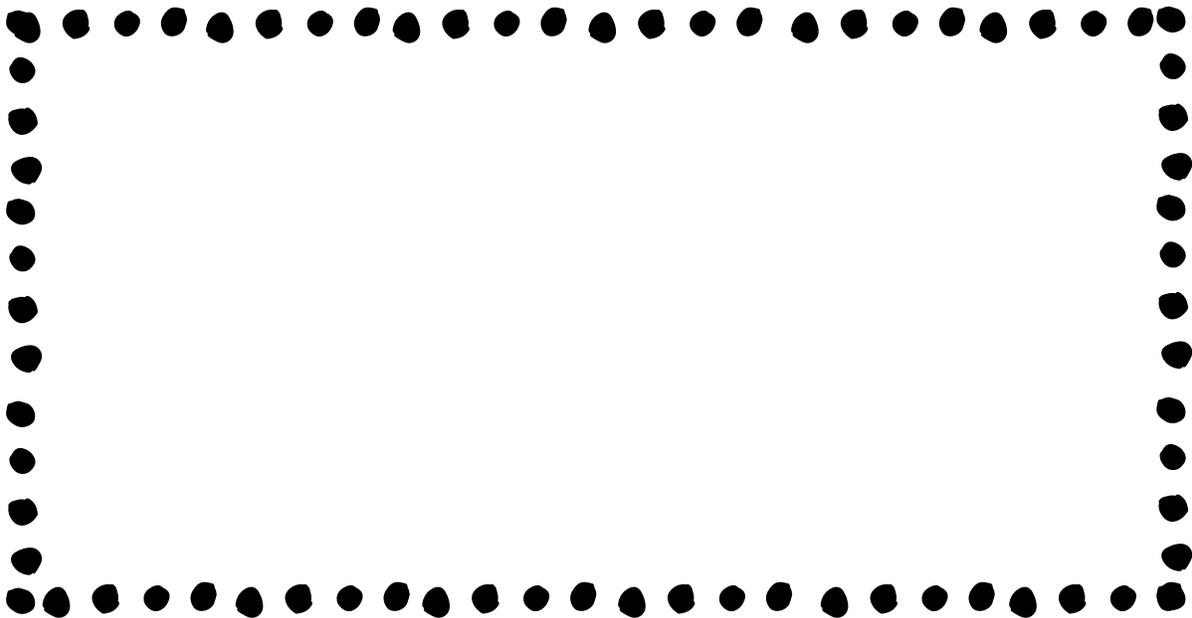
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REFLECT ON YOUR DAY

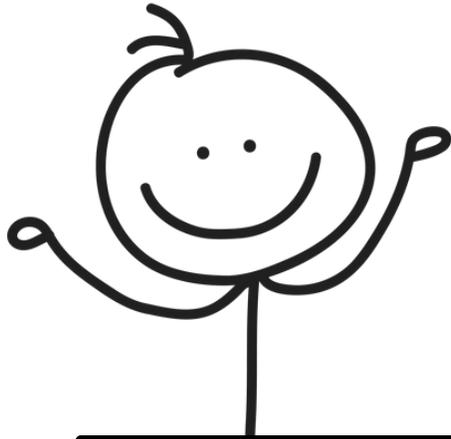
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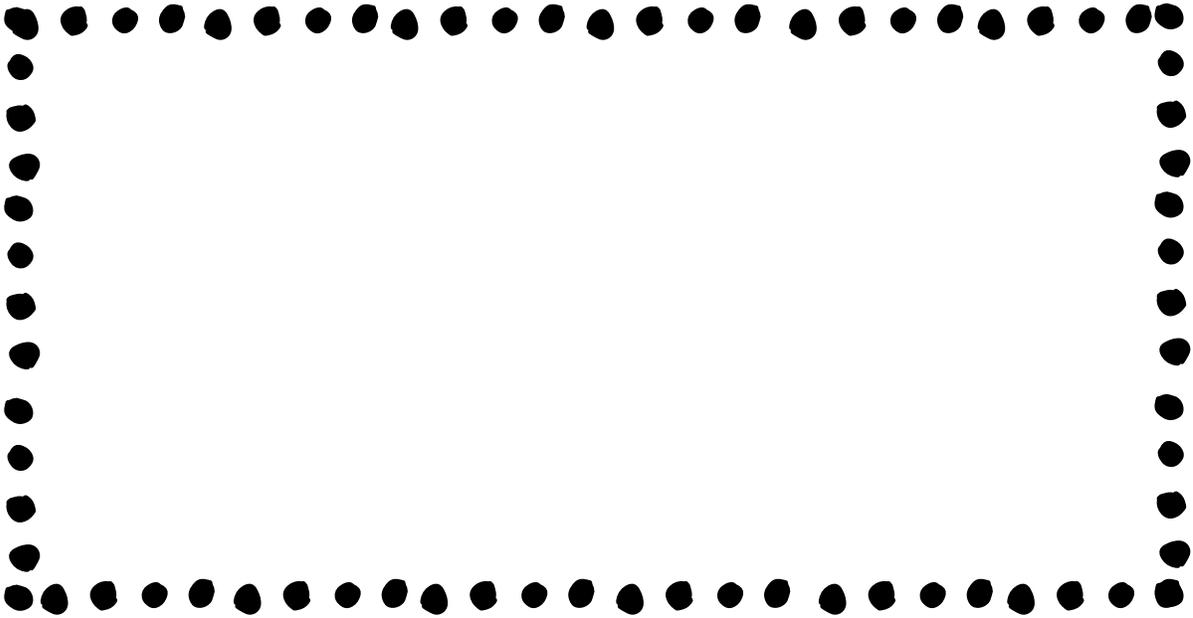




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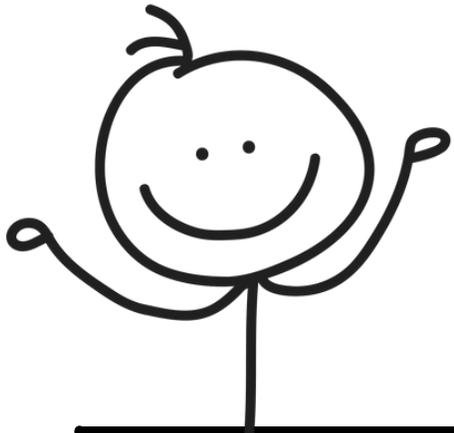
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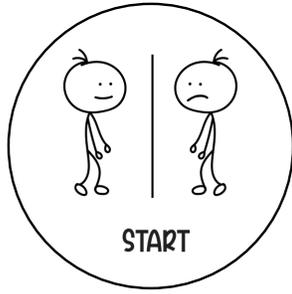
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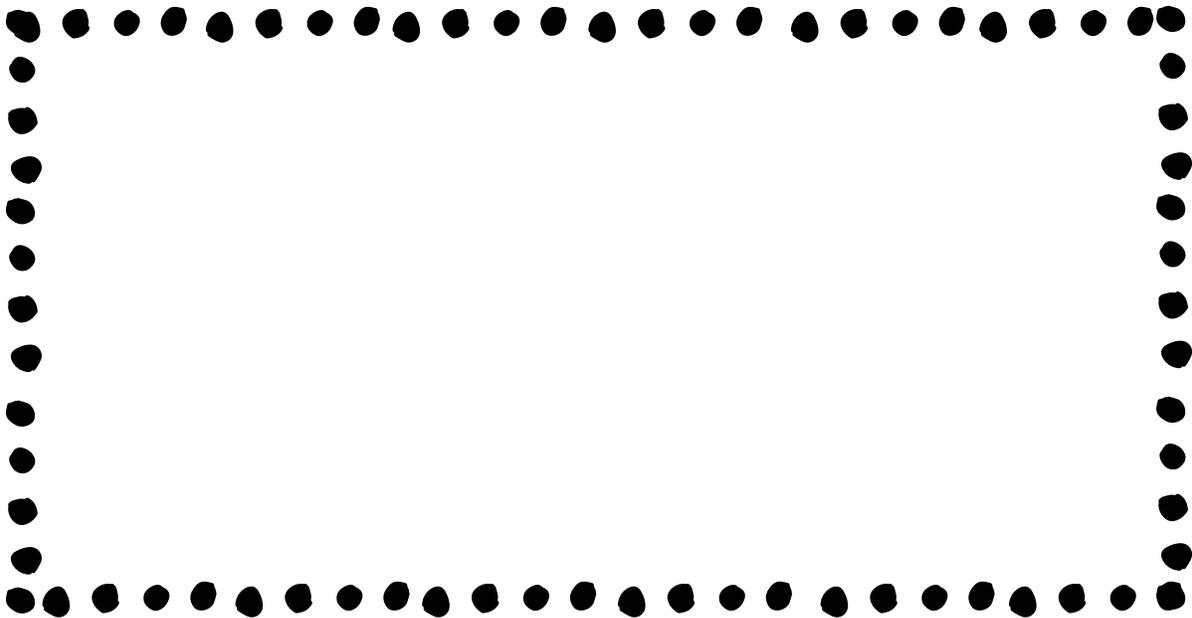
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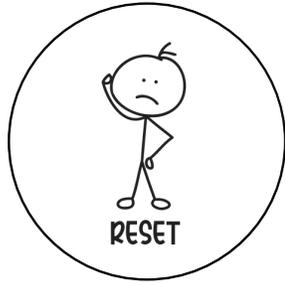


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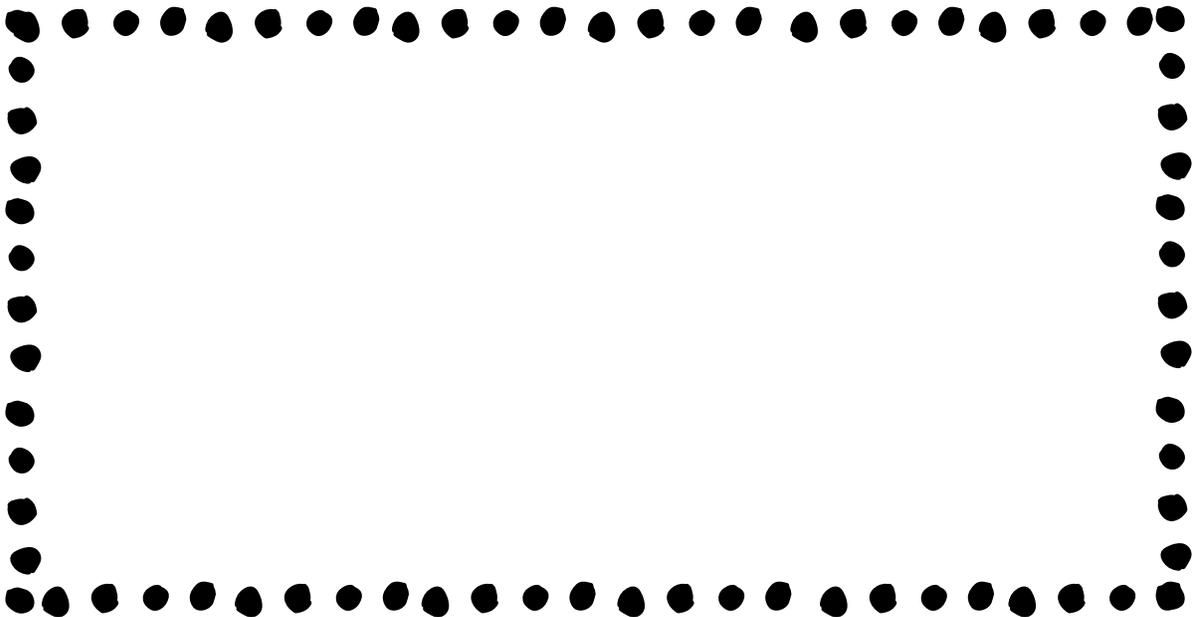


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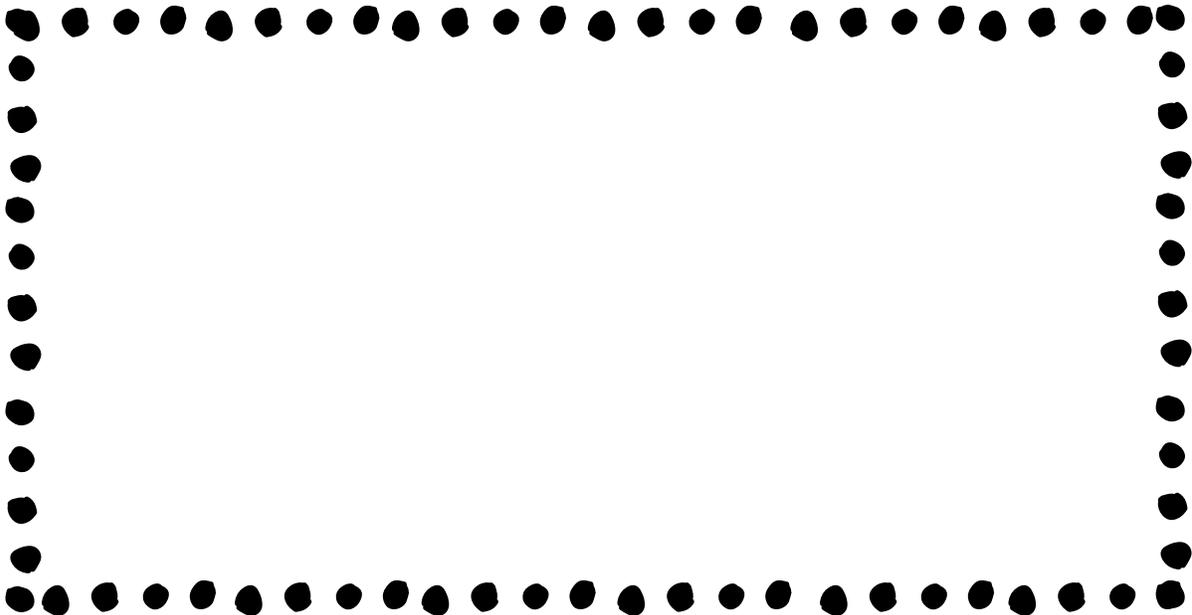


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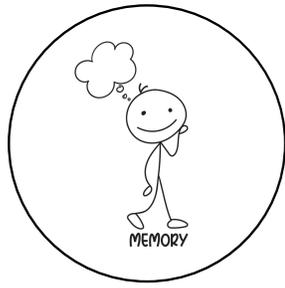
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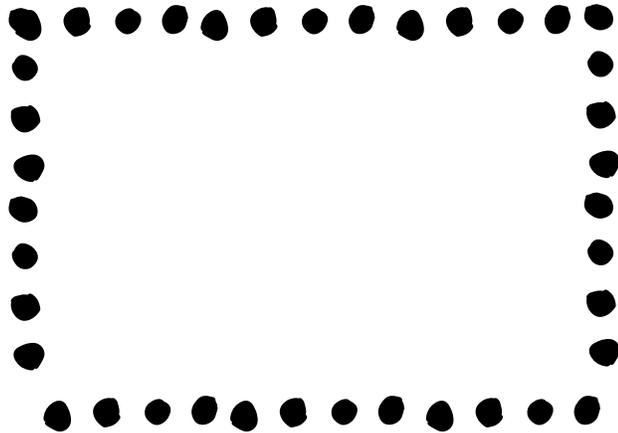
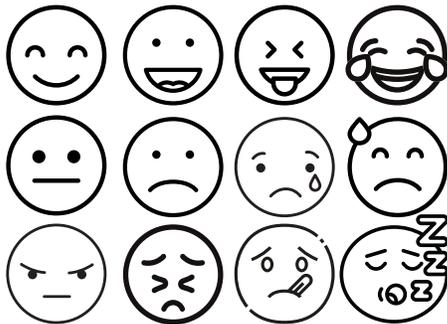
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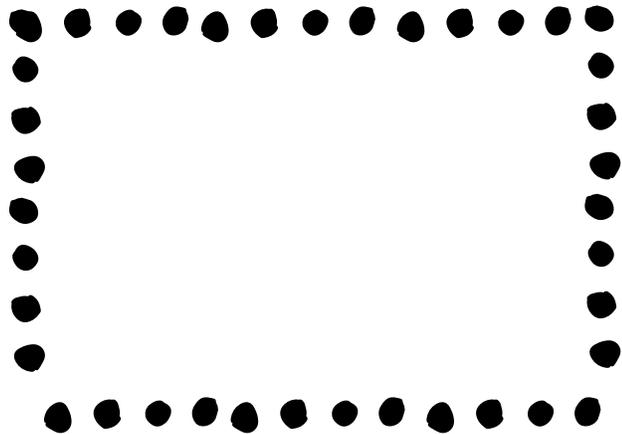
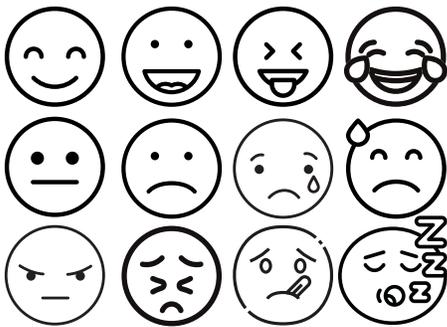
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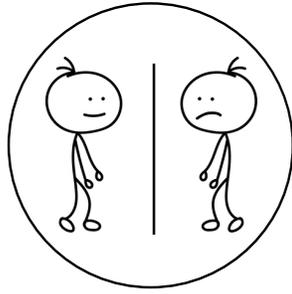
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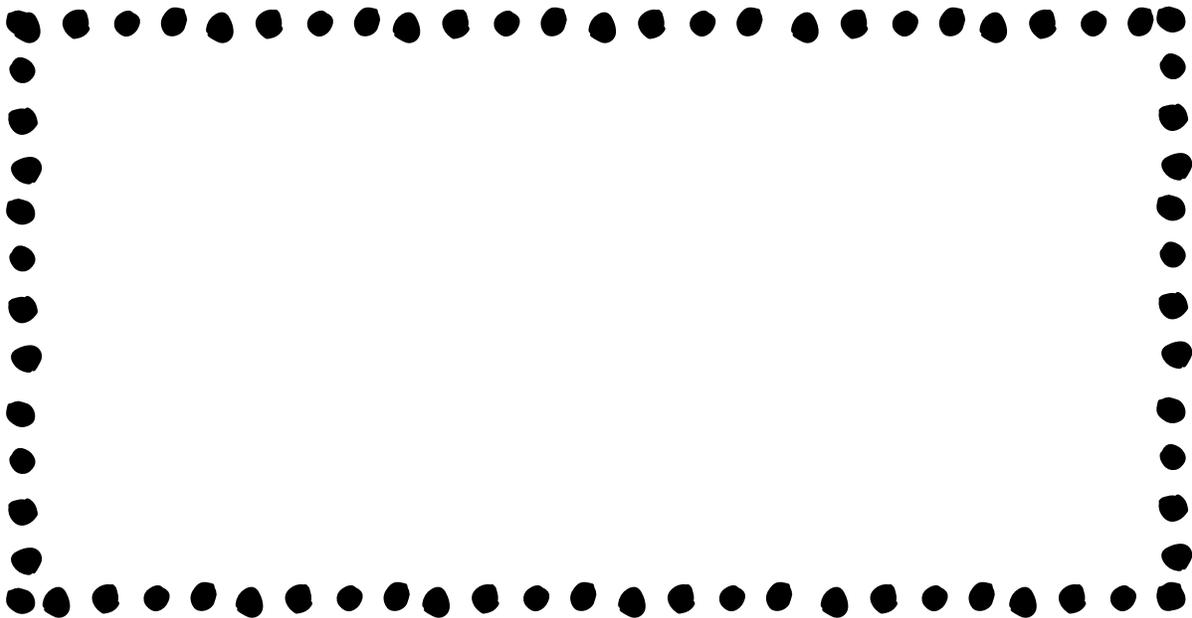
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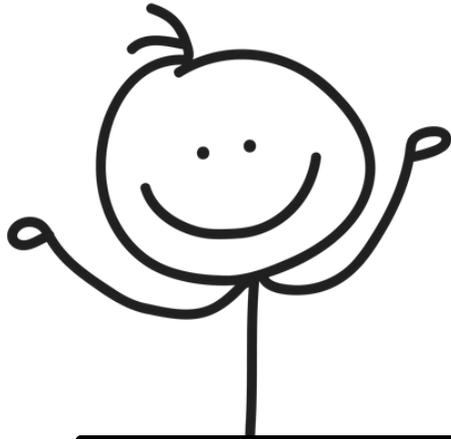
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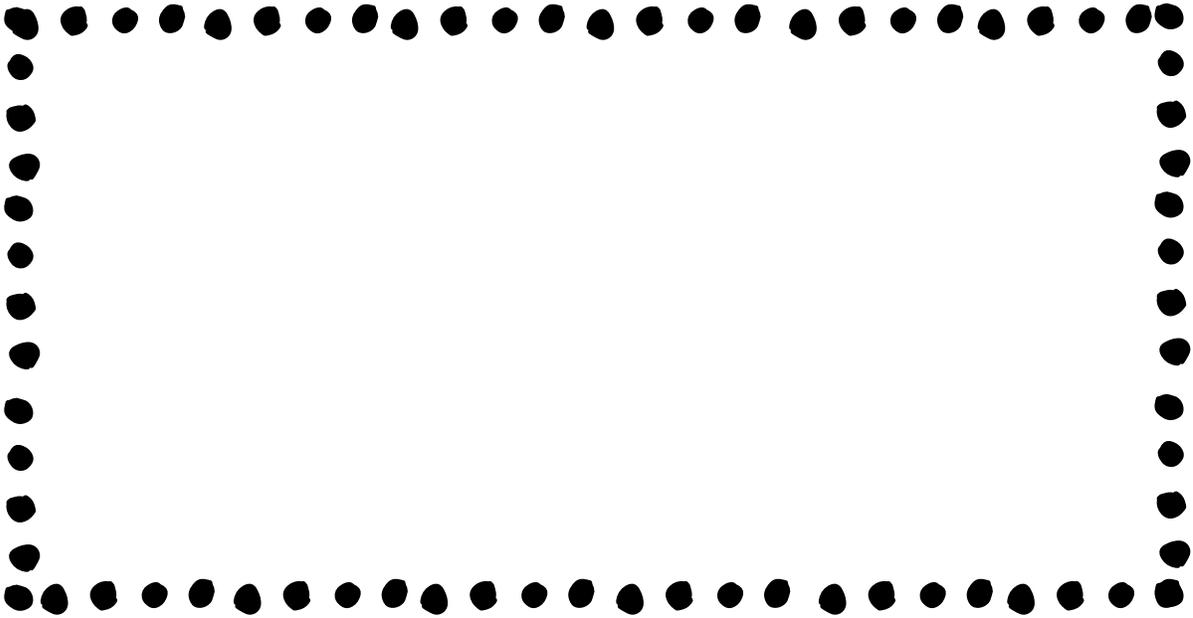




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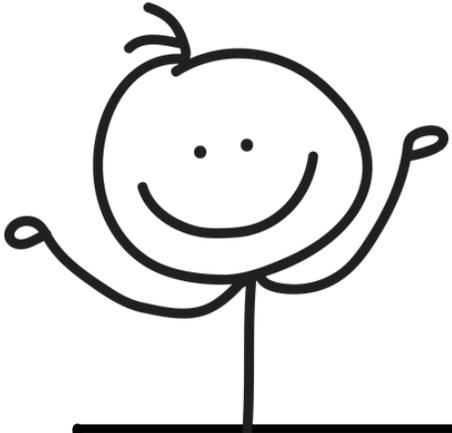
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