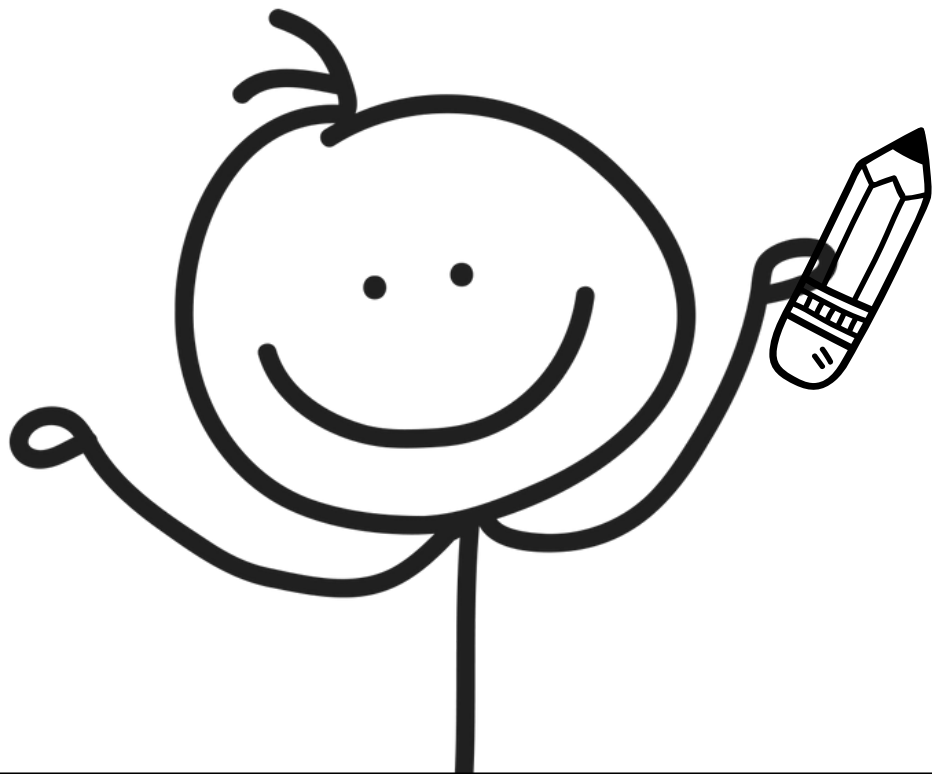
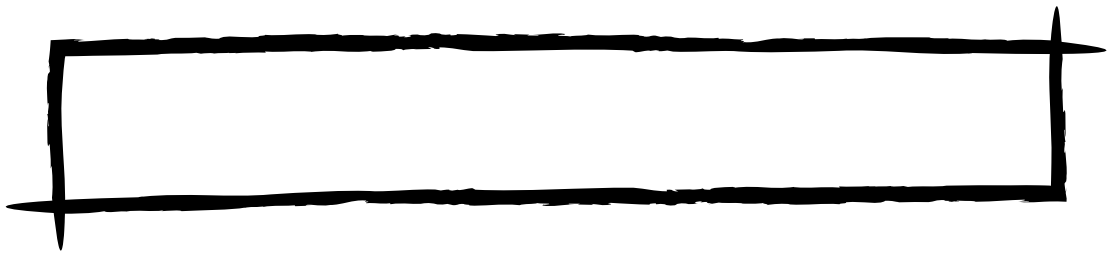




# STUDENT WORKBOOK

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:**

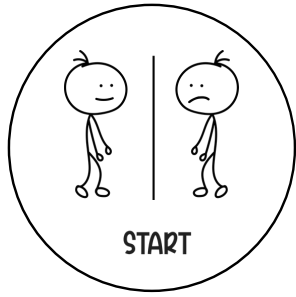
.....

**When I Feel Upset, I:**

.....

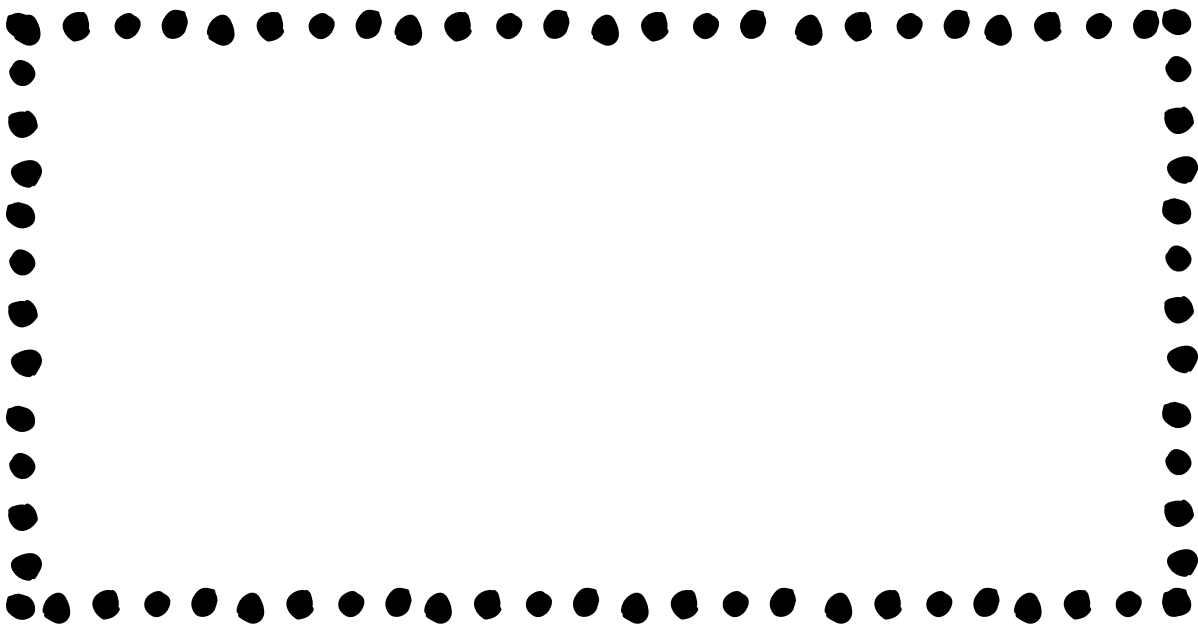
**Some Things That Help Me to Feel Calm Are:**

.....



# MY FEELINGS ARE VALID!

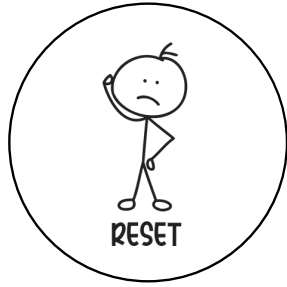
Draw a picture or write about the feelings you are experiencing.



**I'm Feeling:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

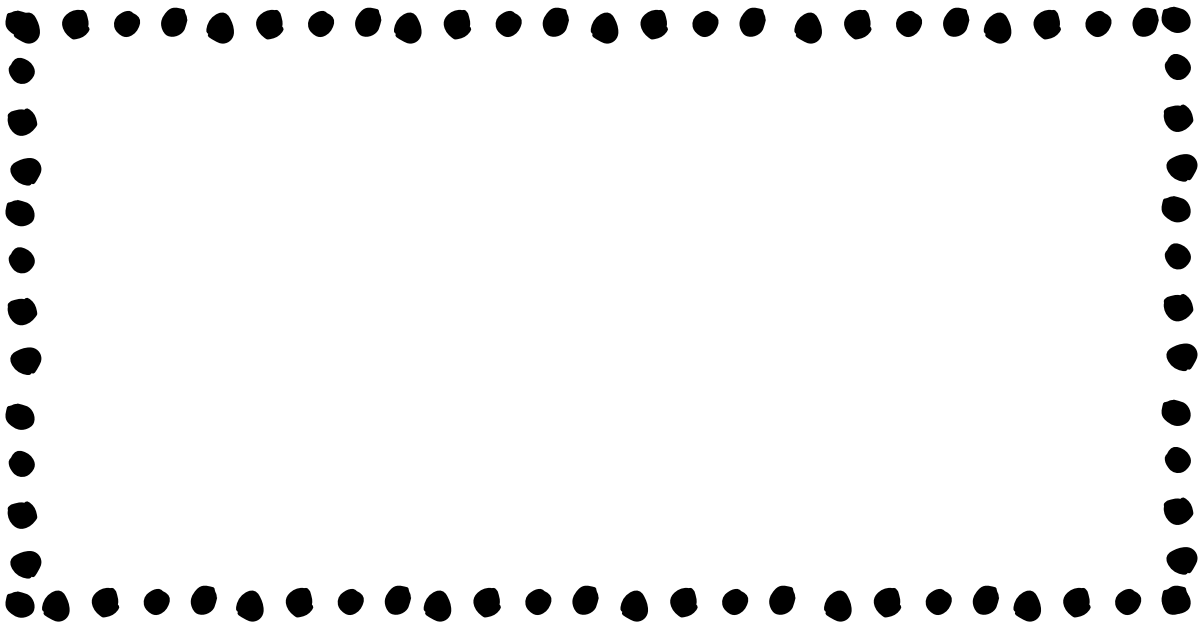


TODAY I AM  
FEELING...

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

**Emotions you might be feeling:**

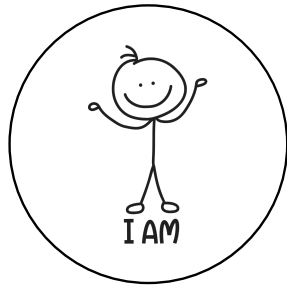
**Nervous   Fearful   Worried   Anxious   Lonely   Sad   Mad**  
**Confused   Stressed   Frustrated   Angry   Annoyed   Uncomfortable**



**I'm feeling \_\_\_\_\_ and my brain needs a reset!**

OR

**I'm feeling \_\_\_\_\_ and I'm choosing to hold on to these feelings.**

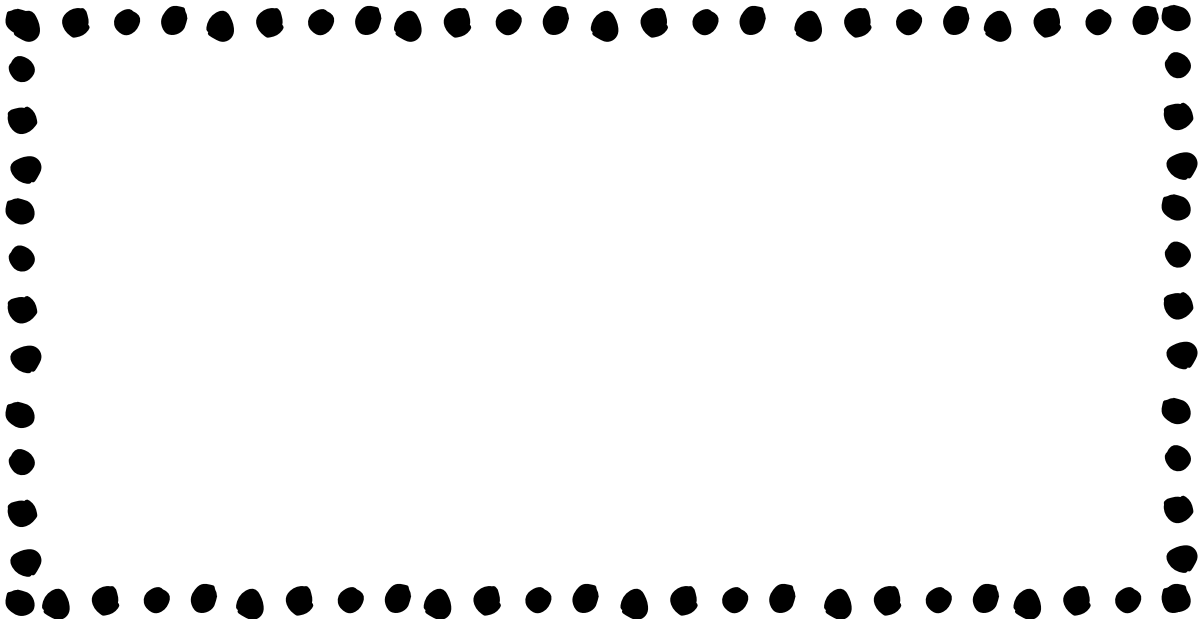


# I AM CHOOSING POSITIVE AFFIRMATIONS!

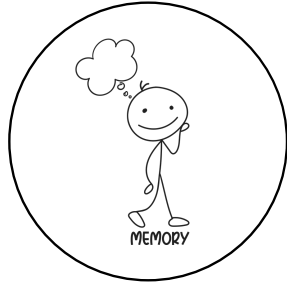
Choose a positive affirmation or create your own. Then, draw it or write it down.

## **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:** \_\_\_\_\_

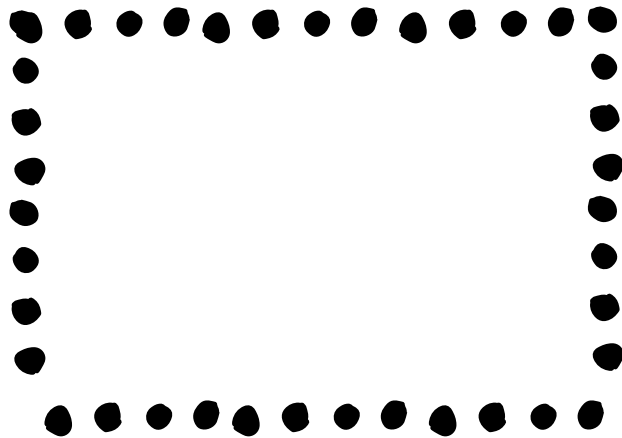
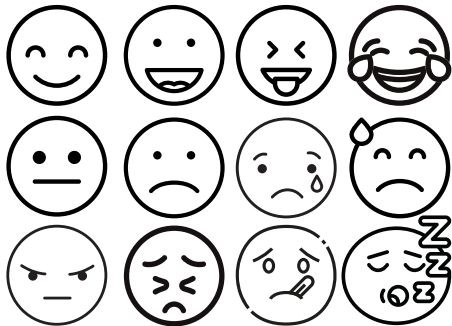


# LET'S RECALL A MEMORY!

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?   | What do you hear?  | What do you feel? |
| What do you taste? | What do you smell? |                   |

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



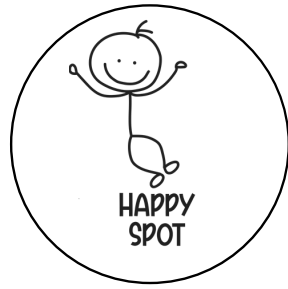
**My memory is about:**

.....

**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?

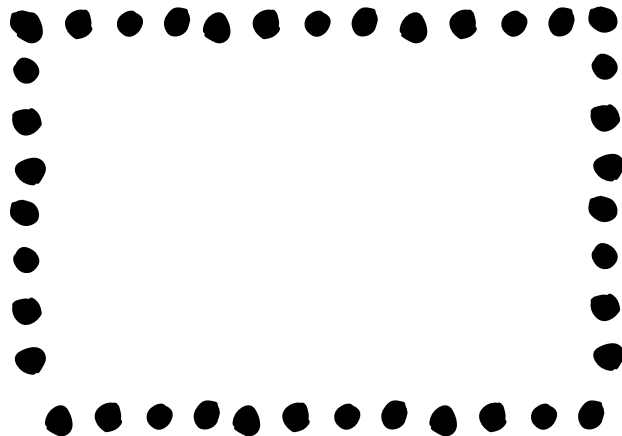
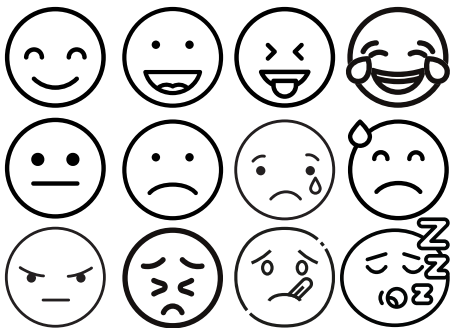
What do you hear?

What do you feel?

What do you taste?

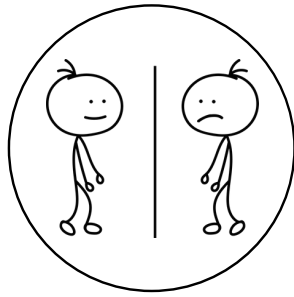
What do you smell?

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



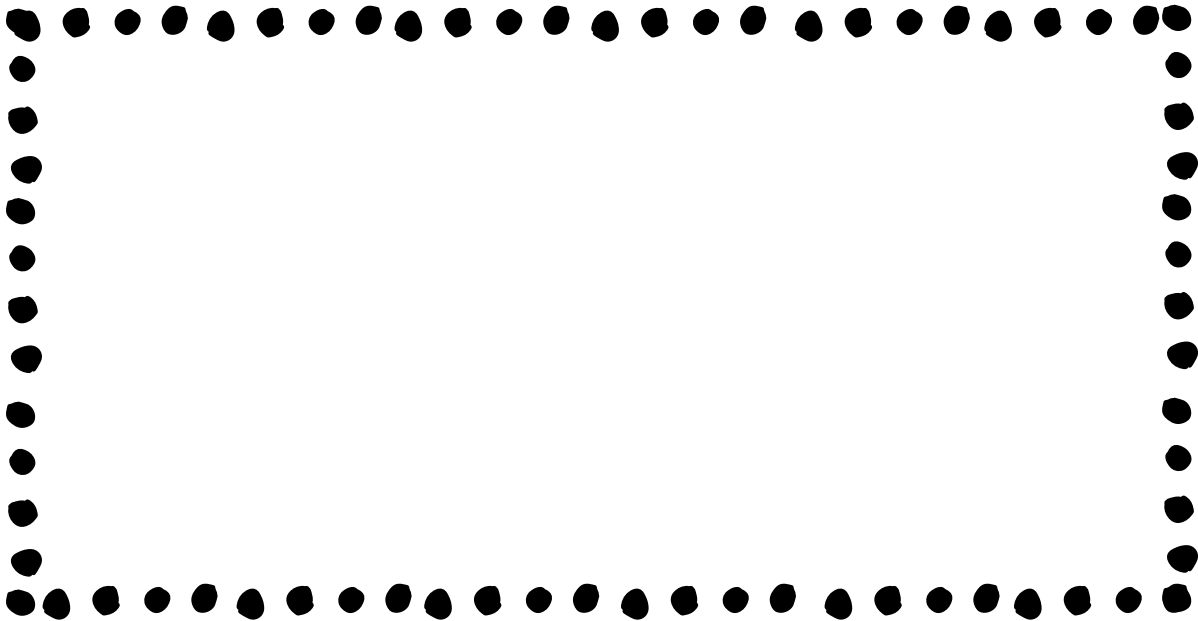
**My Happy Spot is** \_\_\_\_\_

**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.



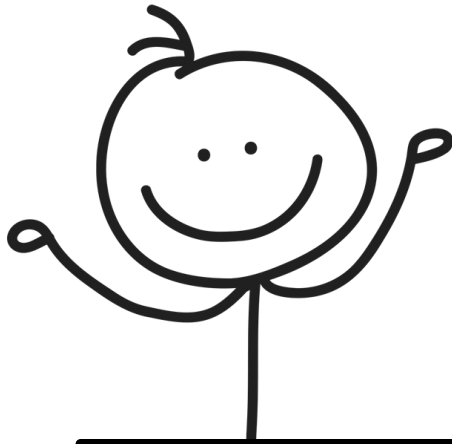
**Today's events** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**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**

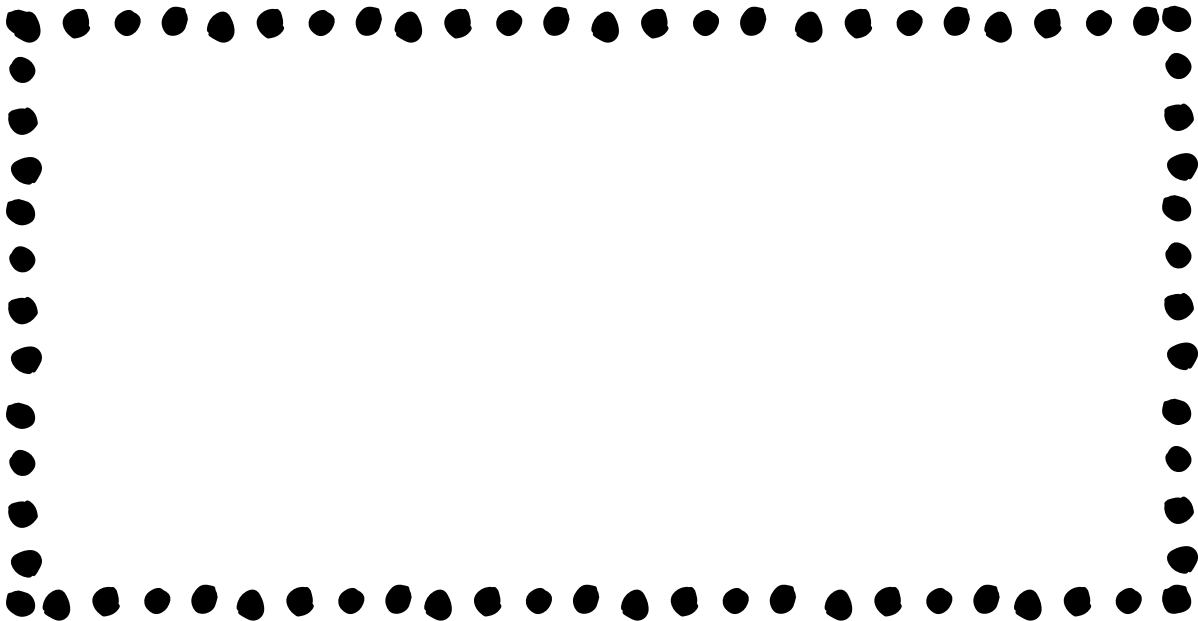
**My body**

**My gentle voice**

**My eyes**

**My brain**

**My willingness to learn**

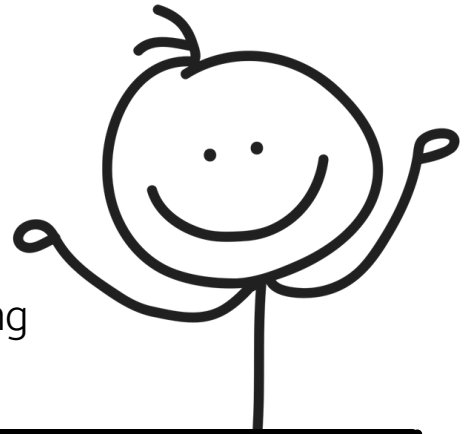


## My List of Characteristics I Love:



# SHOWING GRATITUDE

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



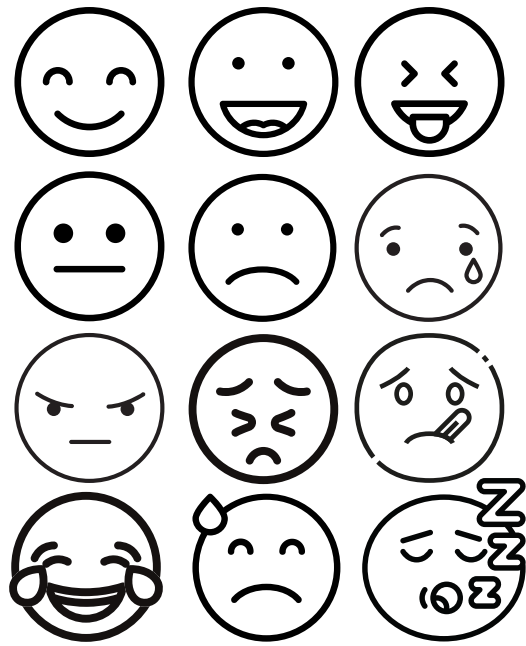
## Examples of things you may be grateful for:

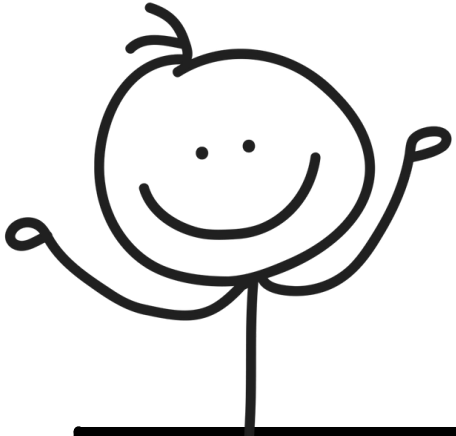
|                    |                     |               |           |          |
|--------------------|---------------------|---------------|-----------|----------|
| I can use my voice | My teacher(s)       | My classmates | My family | My brain |
| My best friend     | My athletic talents | My energy     | 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?**

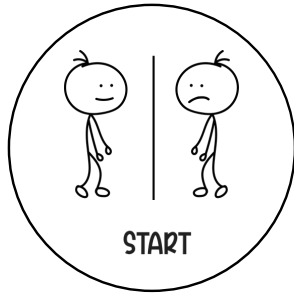
A large rectangular area defined by a dotted border, intended for writing a goal.

**What challenges might I face?**

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

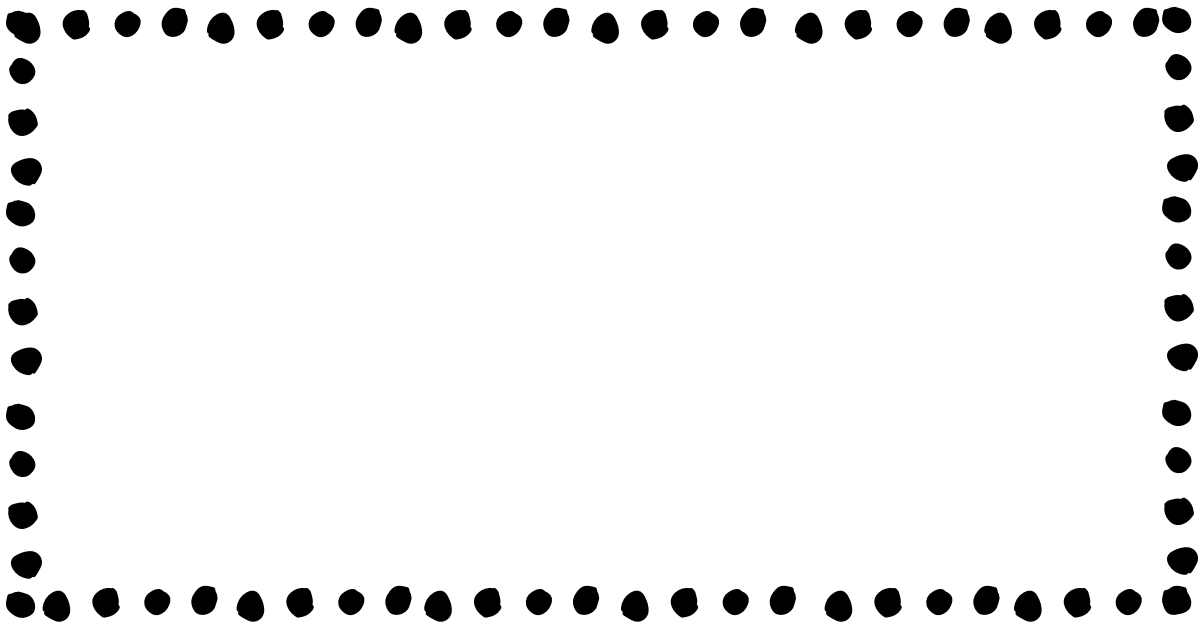
**What will I do to overcome these challenges?**

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



# MY FEELINGS ARE VALID!

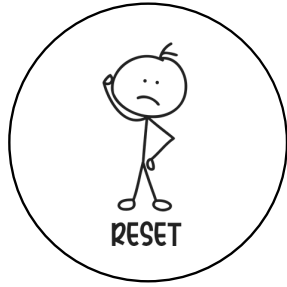
Draw a picture or write about the feelings you are experiencing.



**I'm Feeling:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

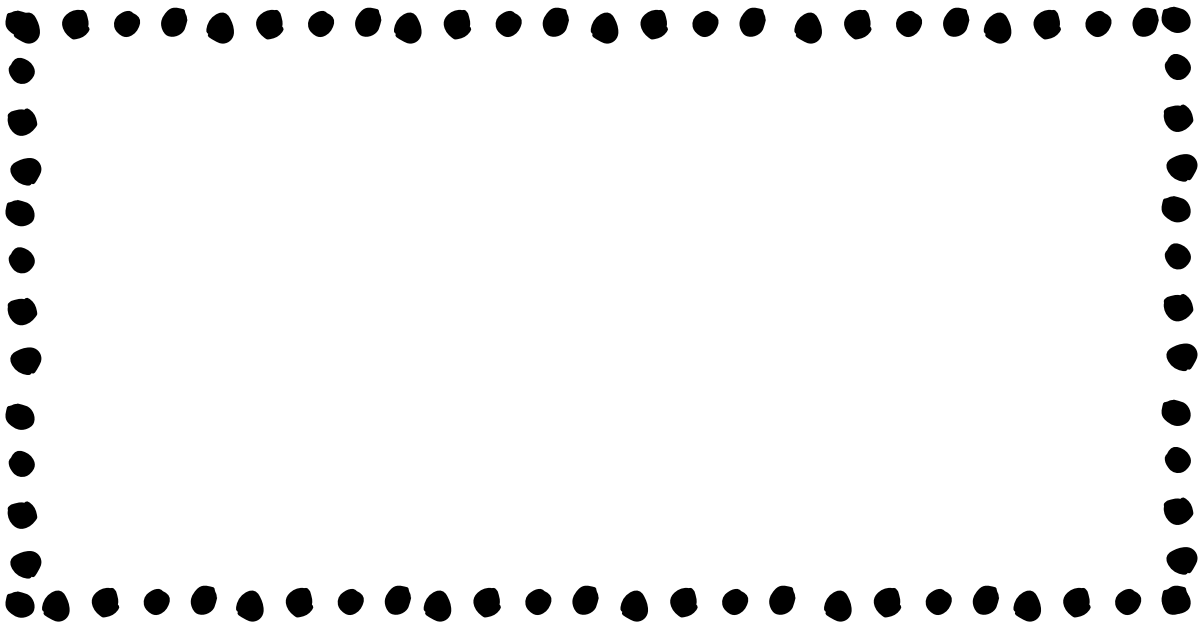


TODAY I AM  
FEELING...

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**

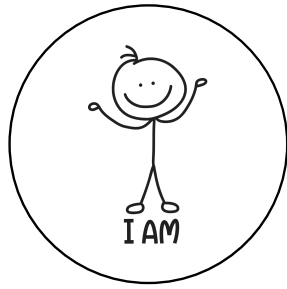


**I'm feeling \_\_\_\_\_ and my brain needs a reset!**

OR

**I'm feeling \_\_\_\_\_ and I'm choosing to hold on to these feelings.**



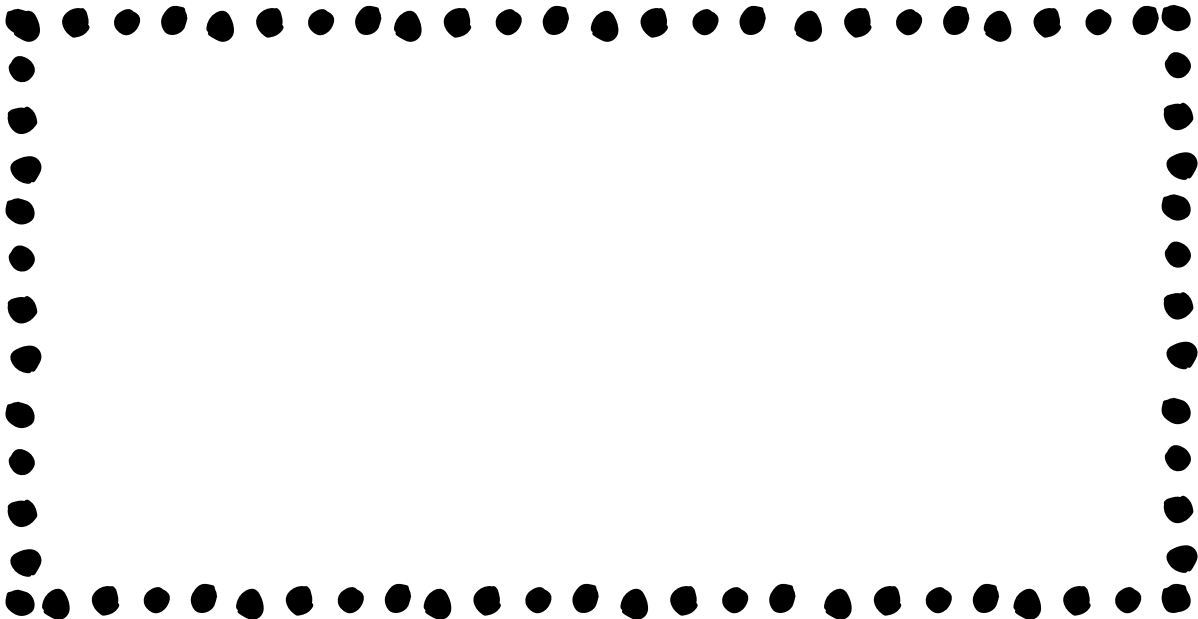


# I AM CHOOSING POSITIVE AFFIRMATIONS!

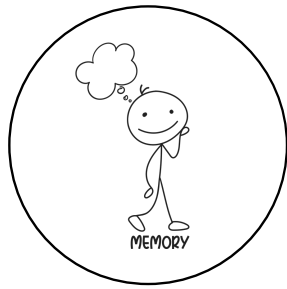
Choose a positive affirmation or create your own. Then, draw it or write it down.

## **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?

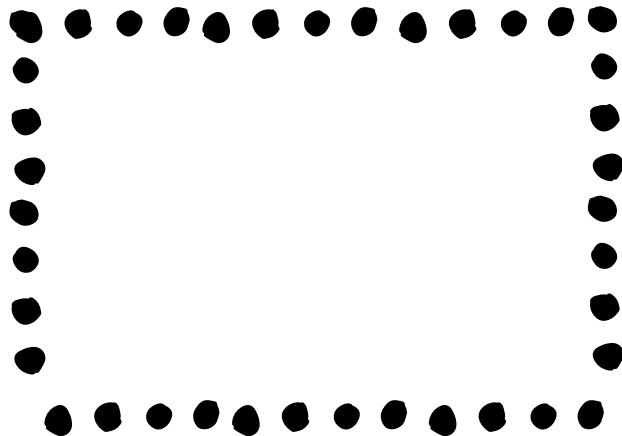
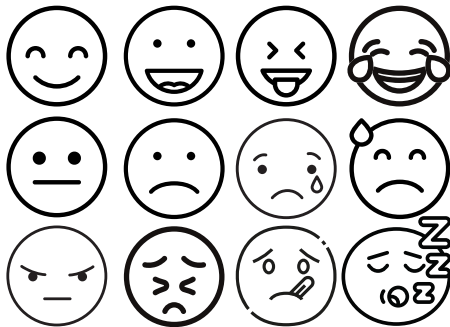
What do you hear?

What do you feel?

What do you taste?

What do you smell?

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

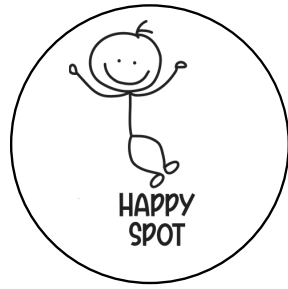


**My memory is about:**

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

**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?

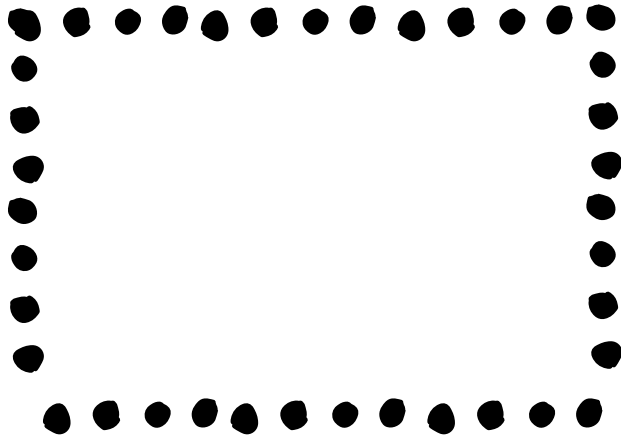
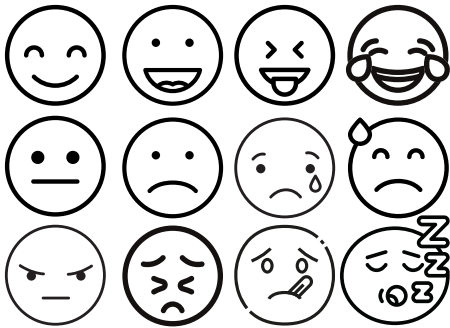
What do you hear?

What do you feel?

What do you taste?

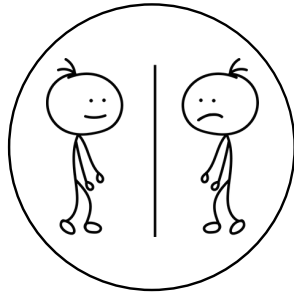
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**This memory made me feel (circle your choice):**



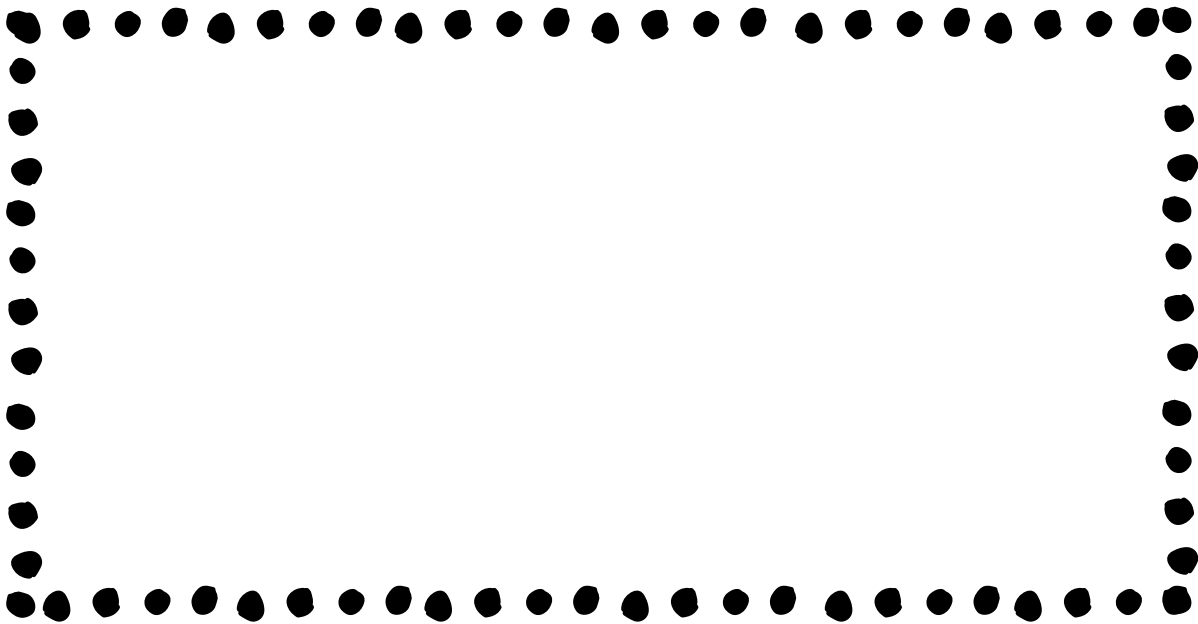
**My Happy Spot is** \_\_\_\_\_

**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.



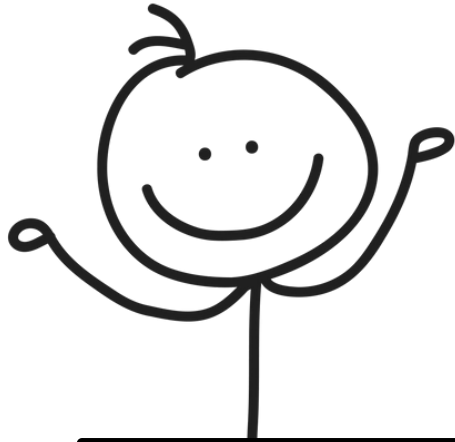
**Today's events** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**My Affirmation**

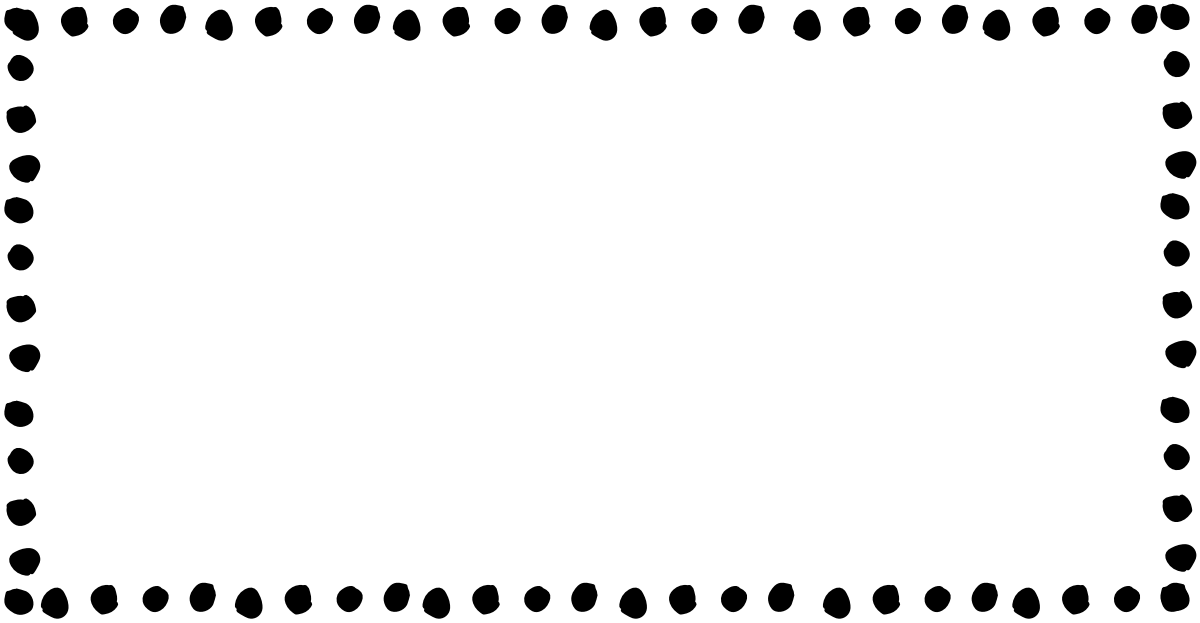




# HOW I SHOW LOVE FOR MYSELF!

Draw or write about things you love about yourself.

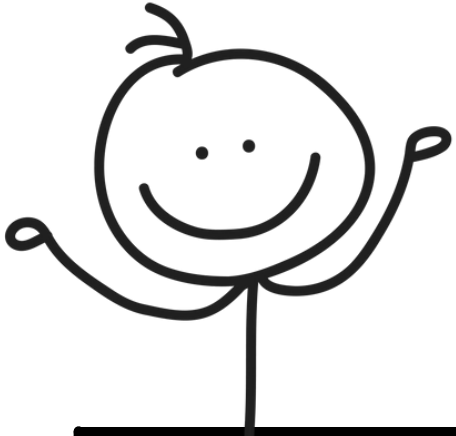
|                              |                 |                             |                                |                |
|------------------------------|-----------------|-----------------------------|--------------------------------|----------------|
| <b>Examples you can use:</b> |                 |                             |                                |                |
| <b>My heart</b>              | <b>My smile</b> | <b>My friendly attitude</b> | <b>My caring ways</b>          | <b>My body</b> |
| <b>My gentle voice</b>       | <b>My eyes</b>  | <b>My brain</b>             | <b>My willingness to learn</b> |                |



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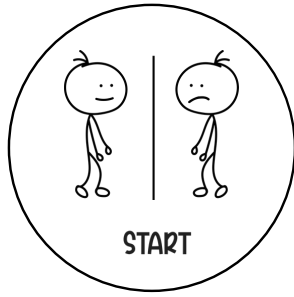
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A large rectangular area defined by a dotted border, intended for writing about challenges.

**What will I do to overcome these challenges?**

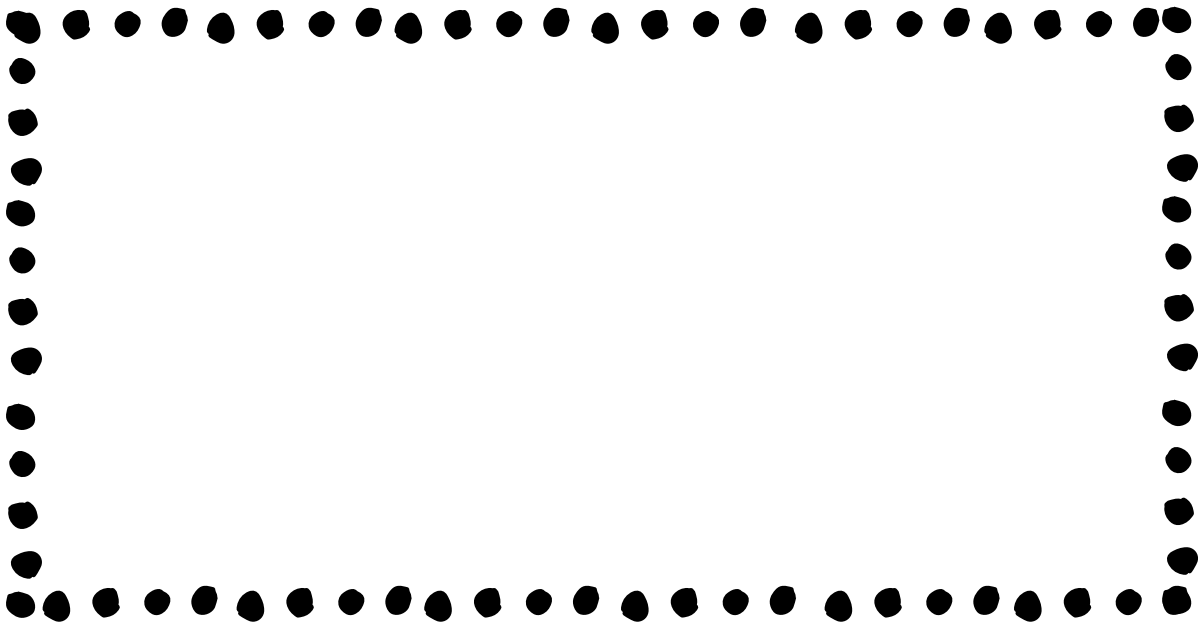
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# MY FEELINGS ARE VALID!

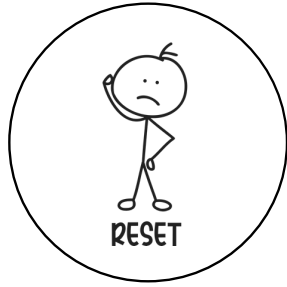
Draw a picture or write about the feelings you are experiencing.



**I'm Feeling:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

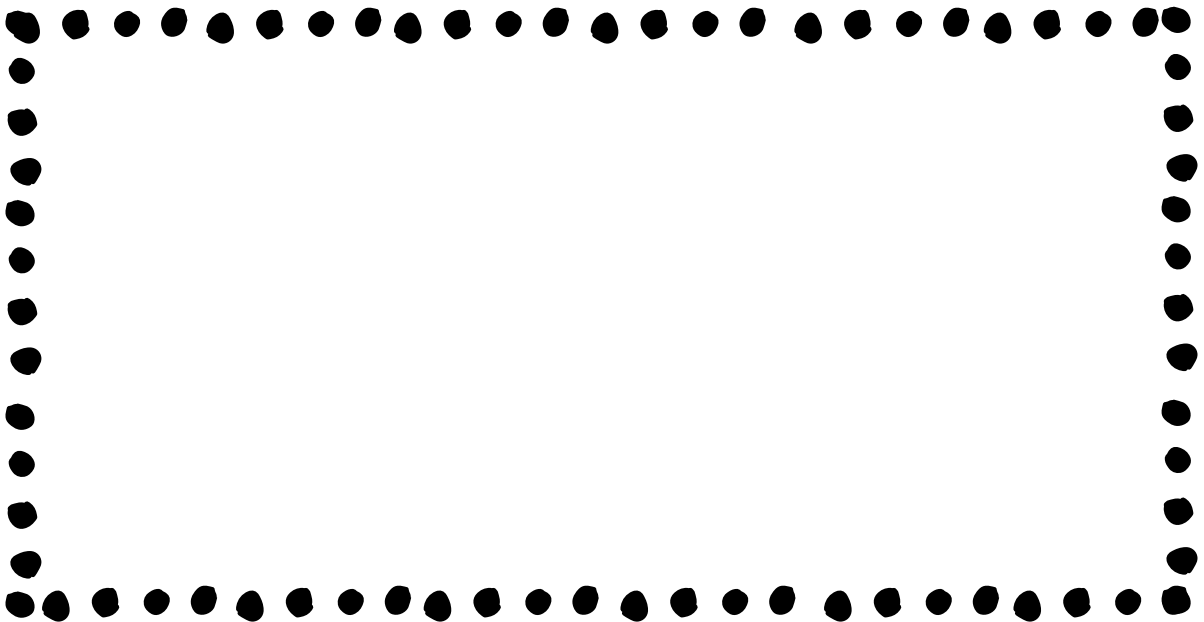


TODAY I AM  
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Draw a picture or write about an emotion you are feeling today:

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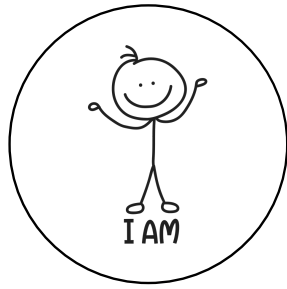
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OR

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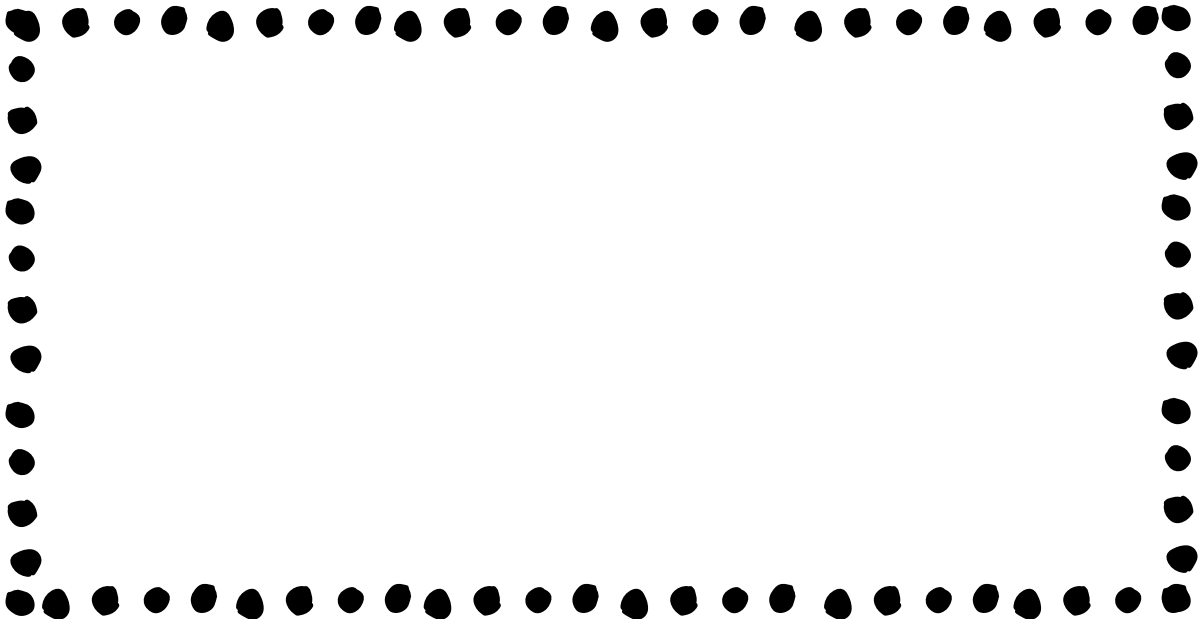


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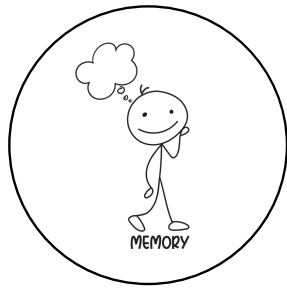
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**My Affirmation:** \_\_\_\_\_

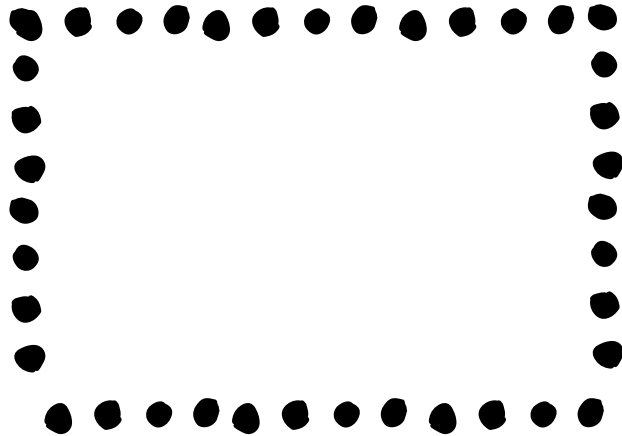
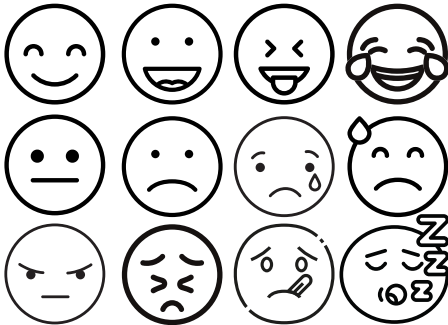


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|--------------------|--------------------|-------------------|
| What do you see?   | What do you hear?  | What do you feel? |
| What do you taste? | What do you smell? |                   |

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

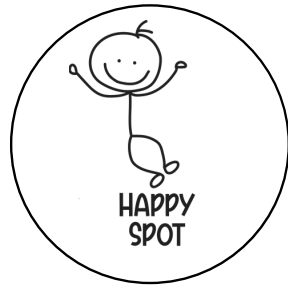


**My memory is about:**

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

**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.



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What do you see?

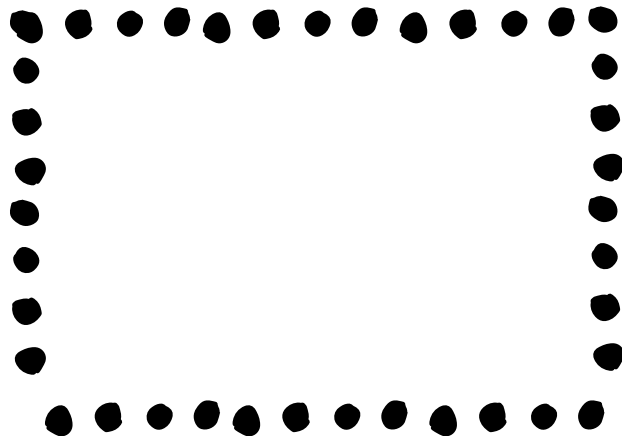
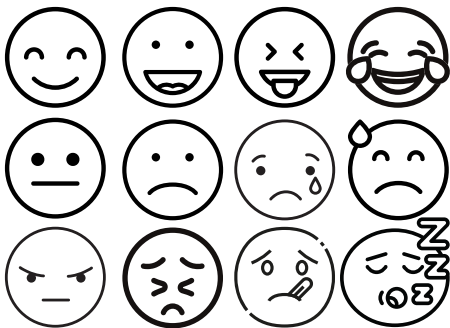
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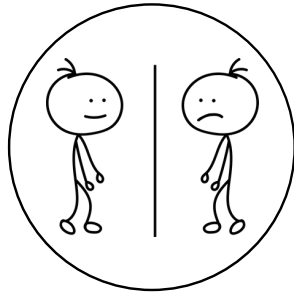
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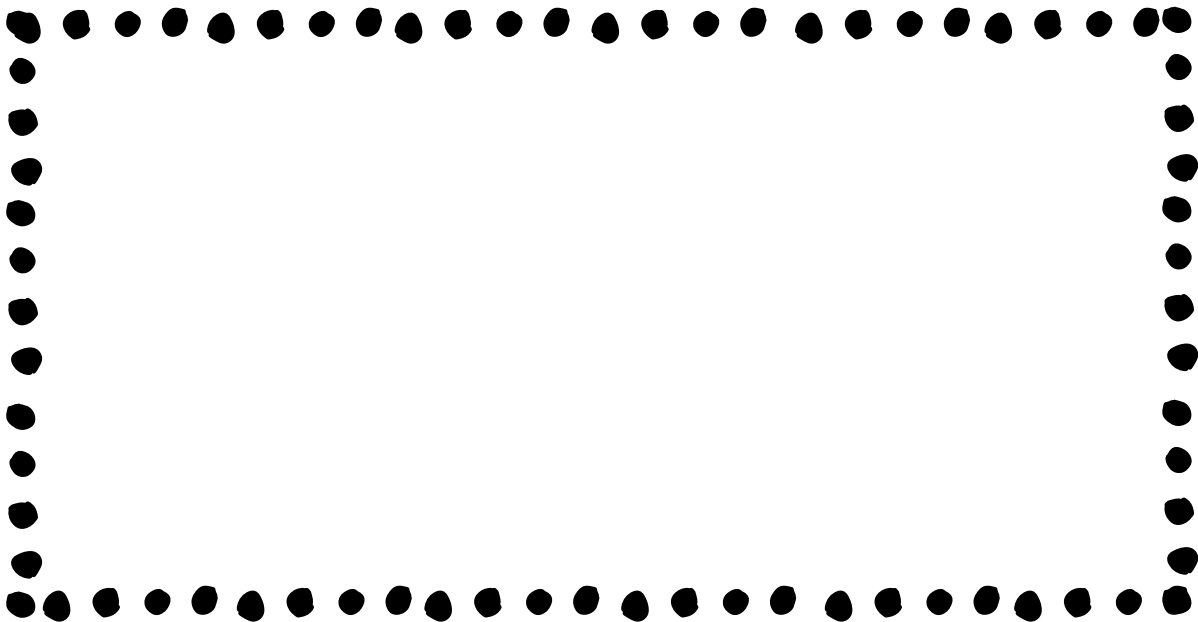
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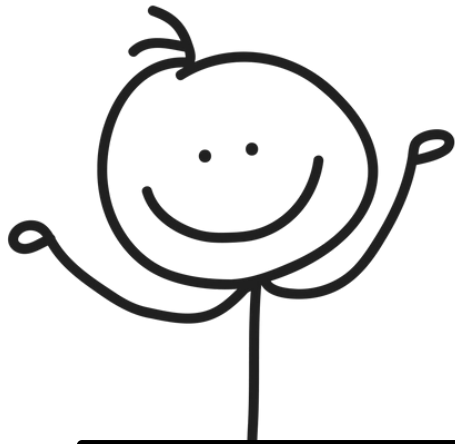
**Today's events** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**My Affirmation**

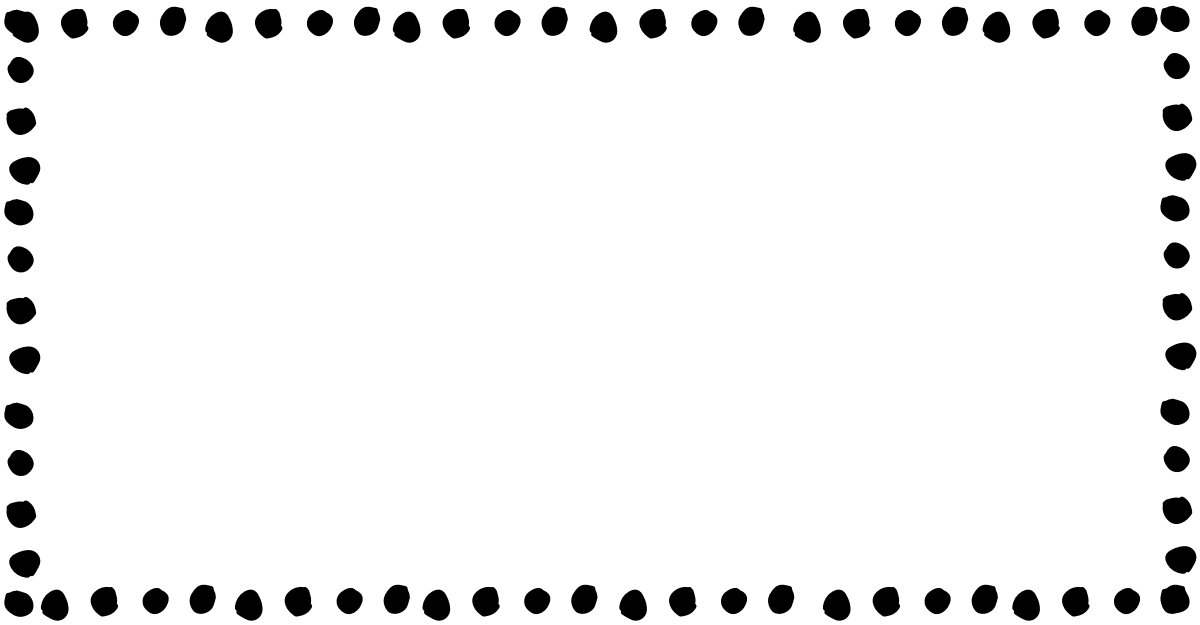




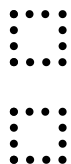
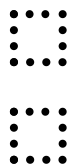
# HOW I SHOW LOVE FOR MYSELF!

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|                              |                 |                             |                                |                |
|------------------------------|-----------------|-----------------------------|--------------------------------|----------------|
| <b>Examples you can use:</b> |                 |                             |                                |                |
| <b>My heart</b>              | <b>My smile</b> | <b>My friendly attitude</b> | <b>My caring ways</b>          | <b>My body</b> |
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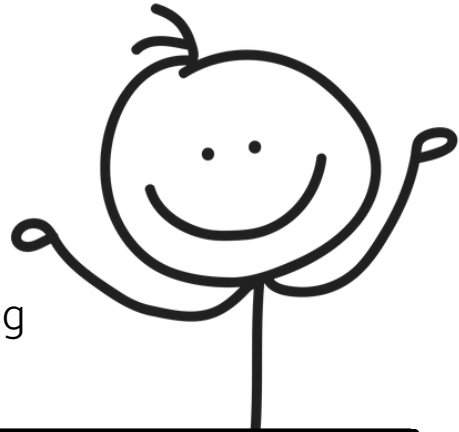


## My List of Characteristics I Love:



# SHOWING GRATITUDE

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



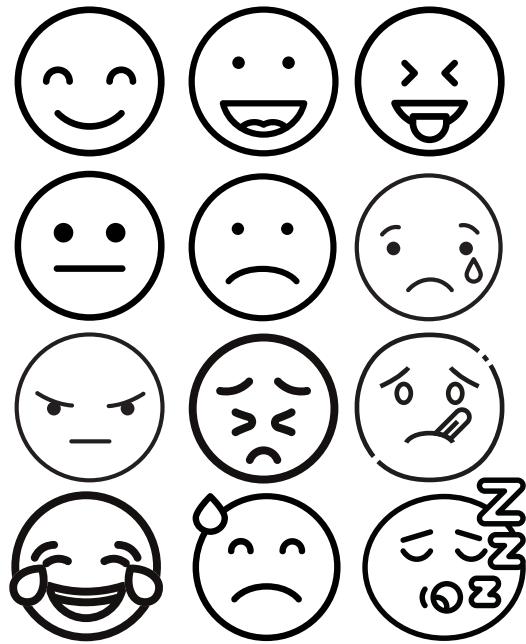
## Examples of things you may be grateful for:

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

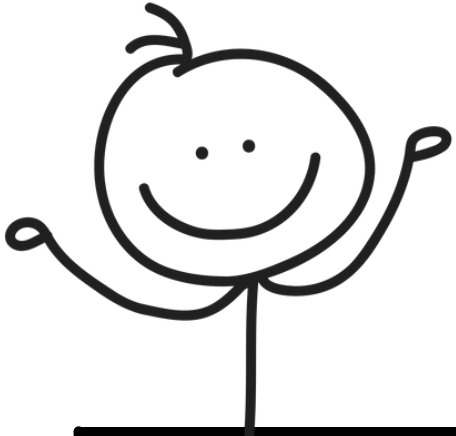
### My Gratitude List:

|  |
|--|
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |

### 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?**

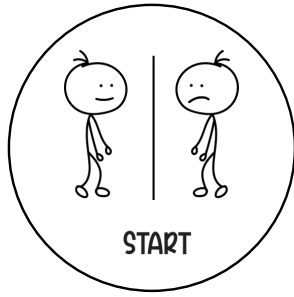
A large rectangular area defined by a dotted border, intended for writing a goal.

**What challenges might I face?**

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

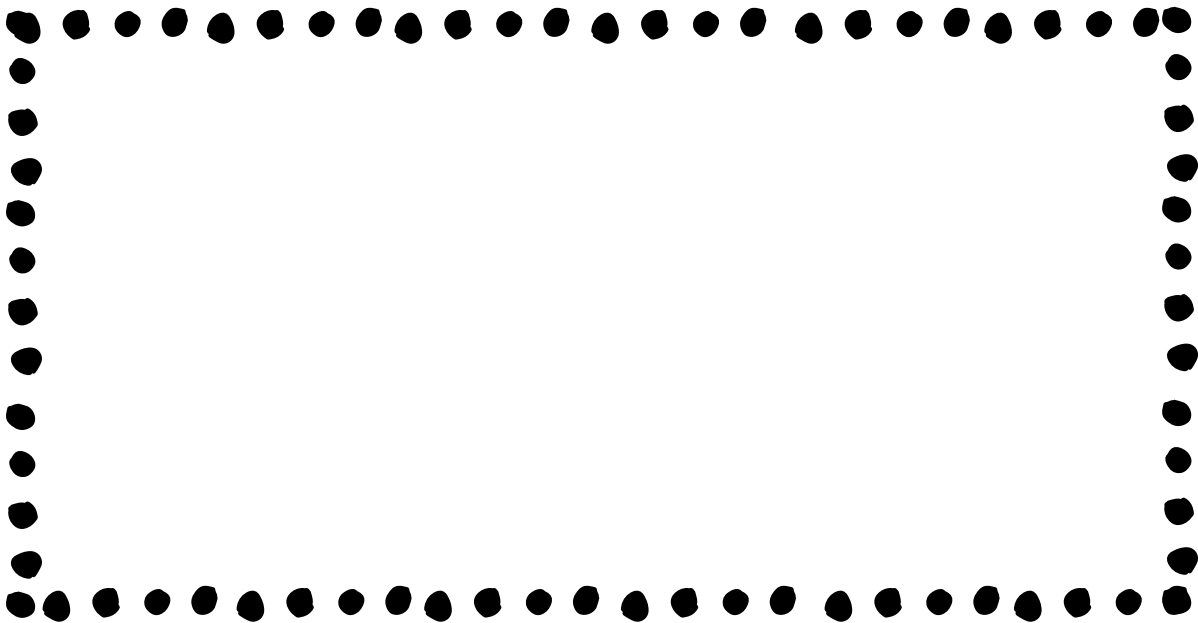
**What will I do to overcome these challenges?**

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# MY FEELINGS ARE VALID!

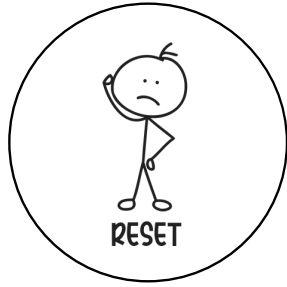
Draw a picture or write about the feelings you are experiencing.



**I'm Feeling:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

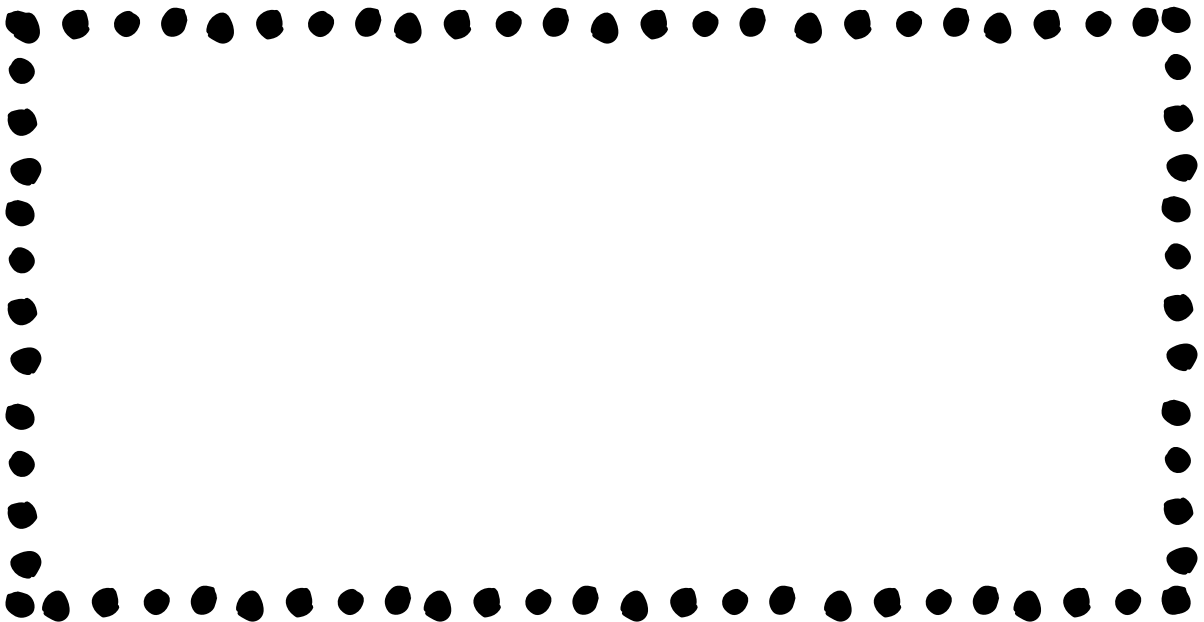


TODAY I AM  
FEELING...

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

**Emotions you might be feeling:**

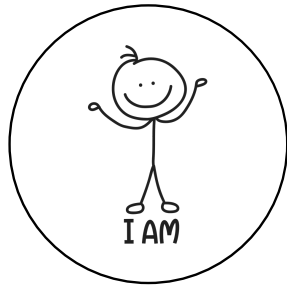
**Nervous   Fearful   Worried   Anxious   Lonely   Sad   Mad**  
**Confused   Stressed   Frustrated   Angry   Annoyed   Uncomfortable**



**I'm feeling \_\_\_\_\_ and my brain needs a reset!**

OR

**I'm feeling \_\_\_\_\_ and I'm choosing to hold on to these feelings.**

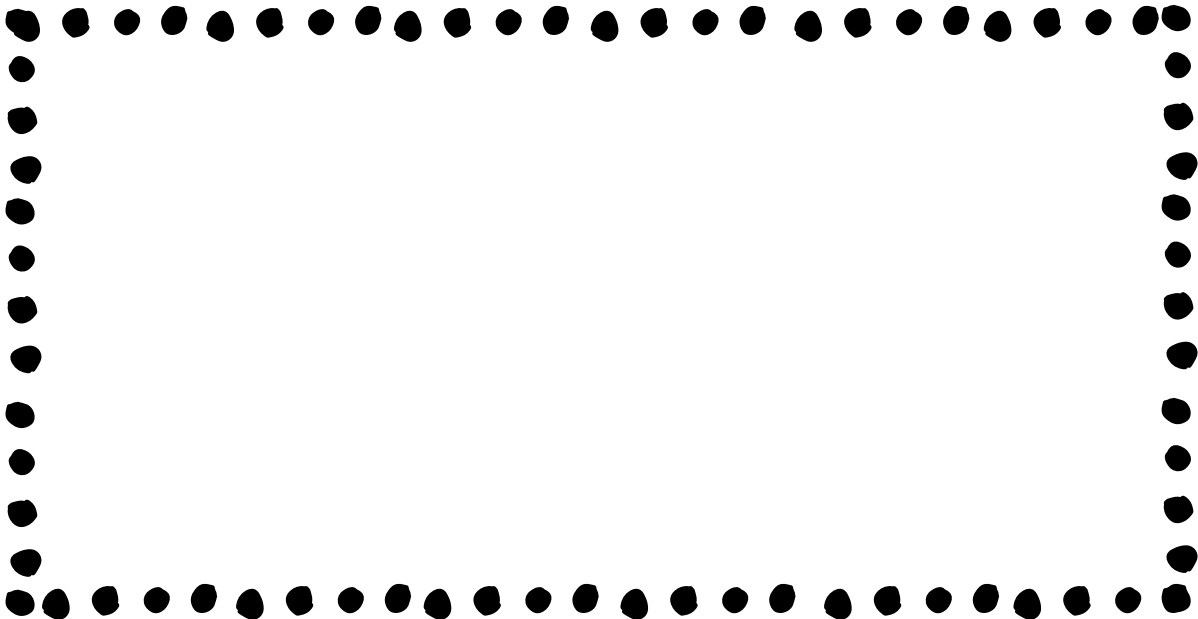


# I AM CHOOSING POSITIVE AFFIRMATIONS!

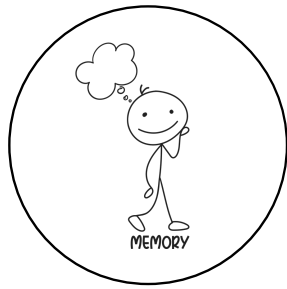
Choose a positive affirmation or create your own. Then, draw it or write it down.

## **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?

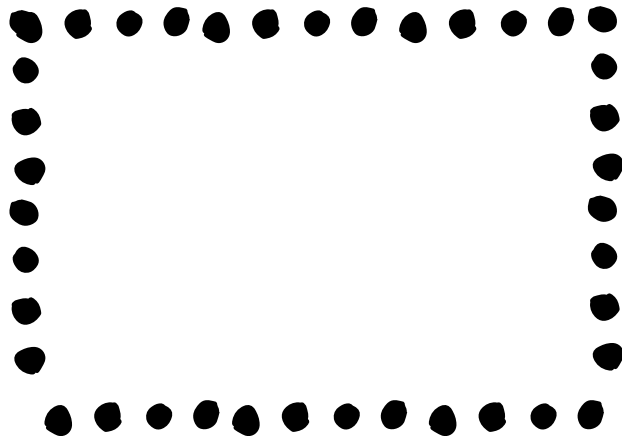
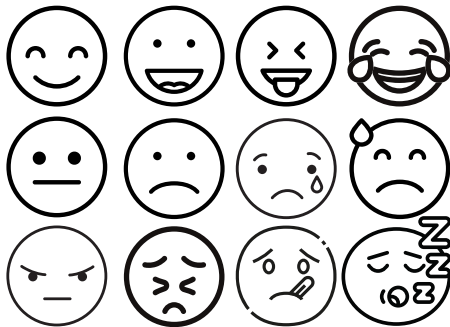
What do you hear?

What do you feel?

What do you taste?

What do you smell?

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

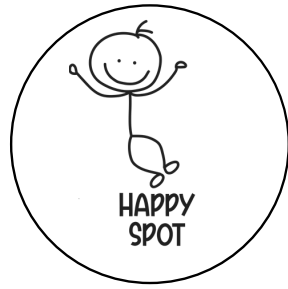


**My memory is about:**

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

**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?

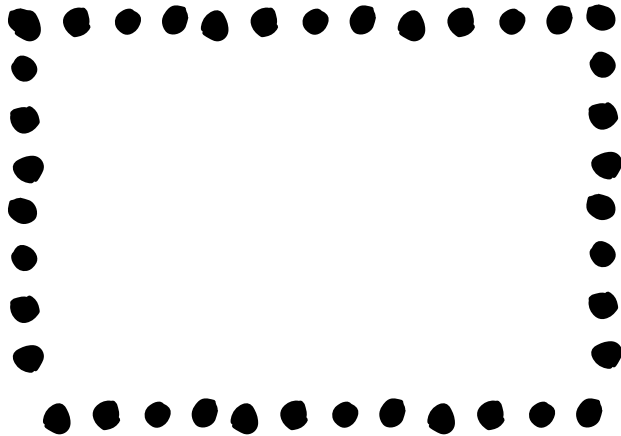
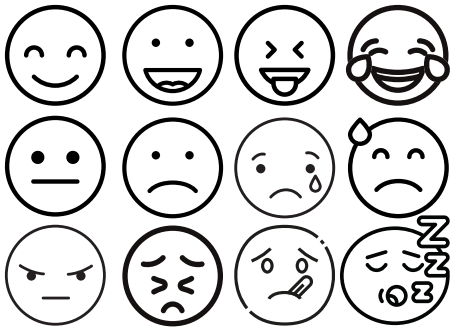
What do you hear?

What do you feel?

What do you taste?

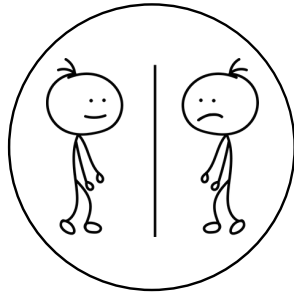
What do you smell?

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



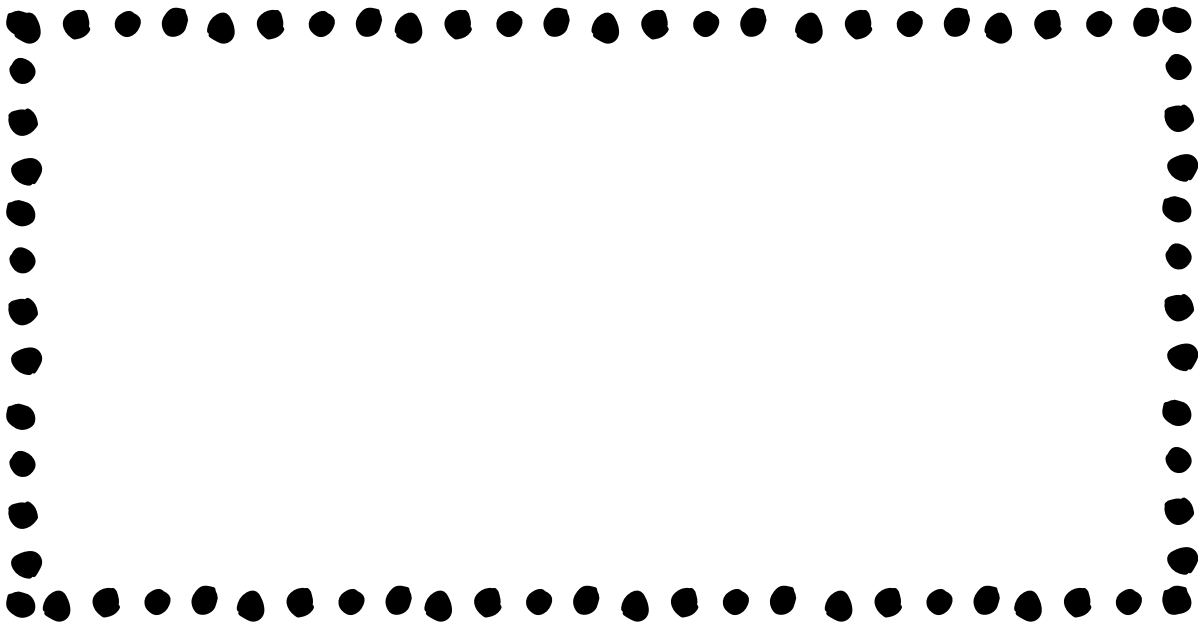
**My Happy Spot is** \_\_\_\_\_

**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** \_\_\_\_\_

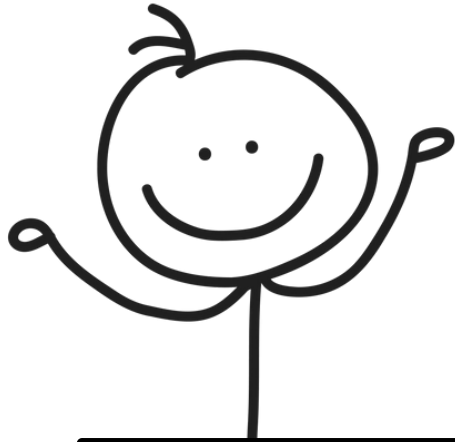
\_\_\_\_\_

\_\_\_\_\_

**My Affirmation**



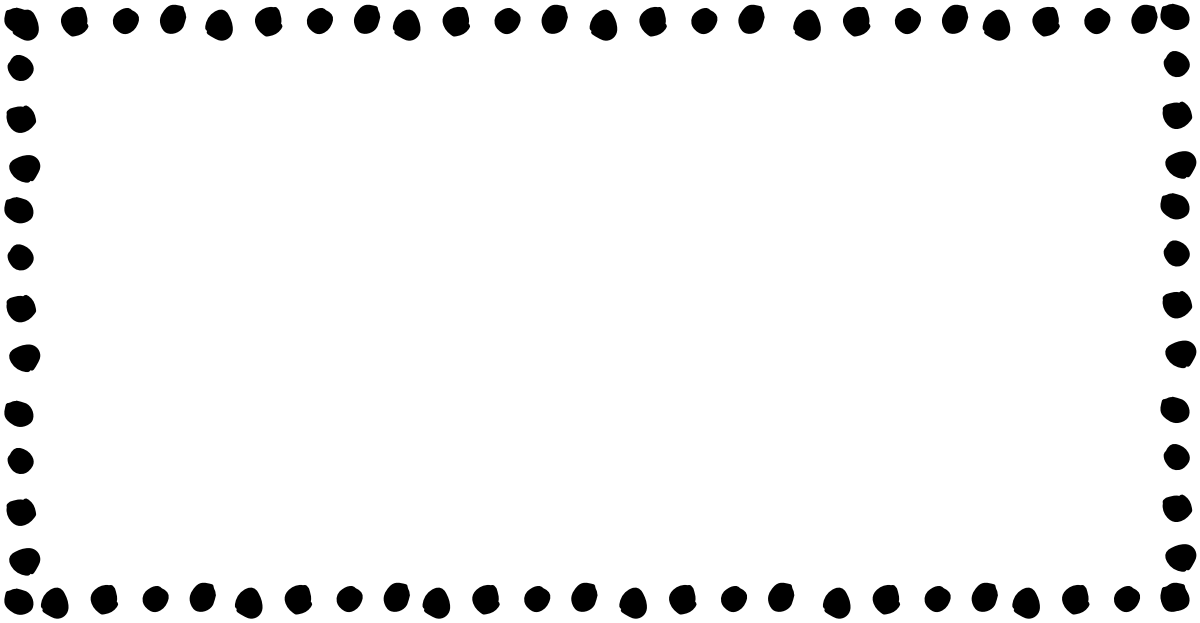




# HOW I SHOW LOVE FOR MYSELF!

Draw or write about things you love about yourself.

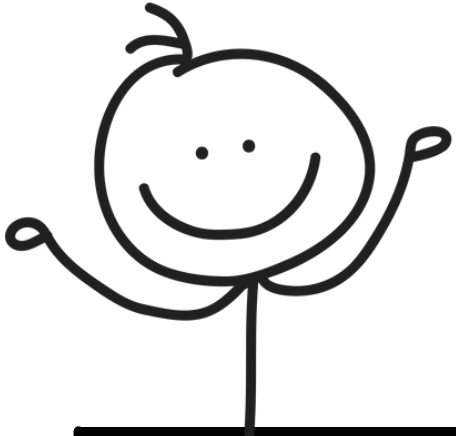
|                              |                 |                             |                                |                |
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| <b>Examples you can use:</b> |                 |                             |                                |                |
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**I felt proud when** \_\_\_\_\_

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\_\_\_\_\_

\_\_\_\_\_



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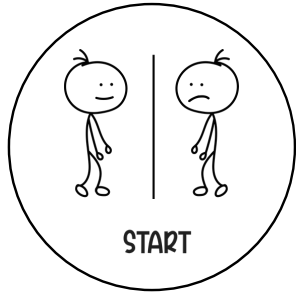
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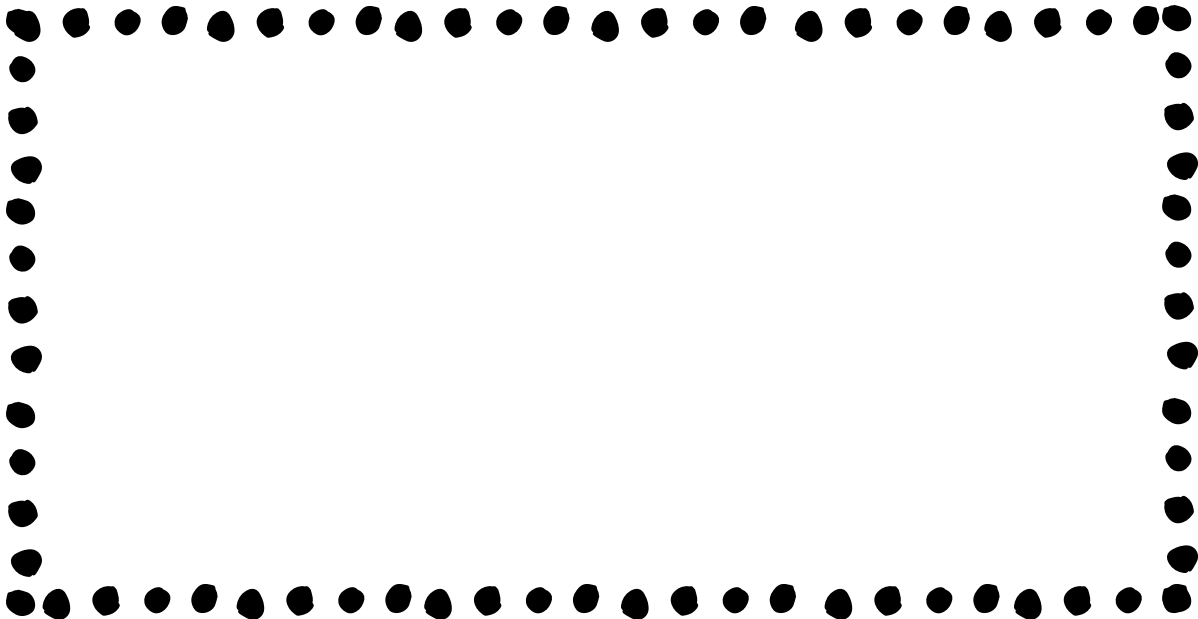
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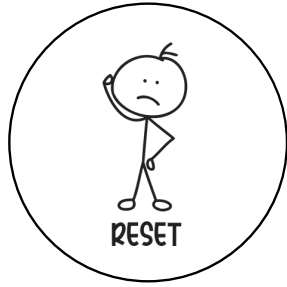
Draw a picture or write about the feelings you are experiencing.



**I'm Feeling:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

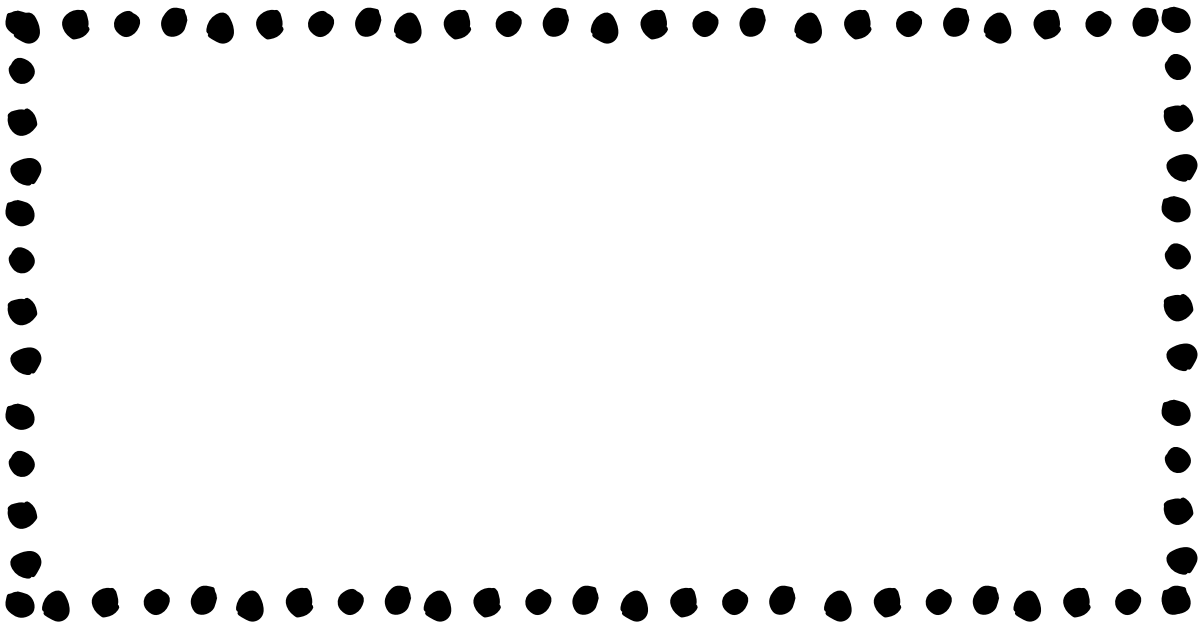


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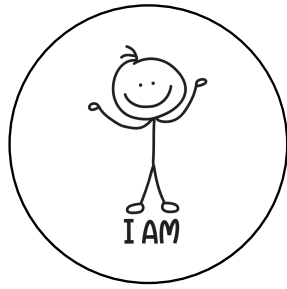
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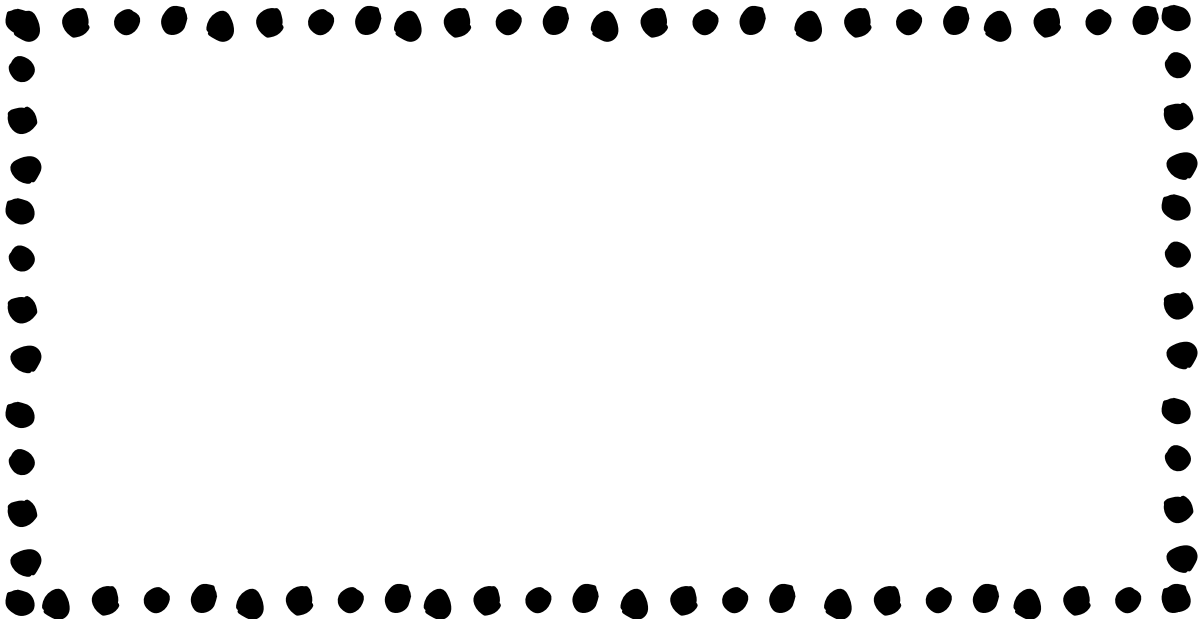


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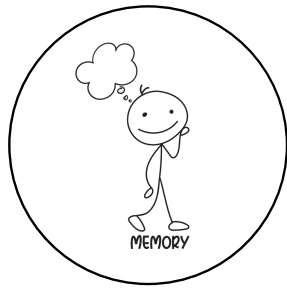
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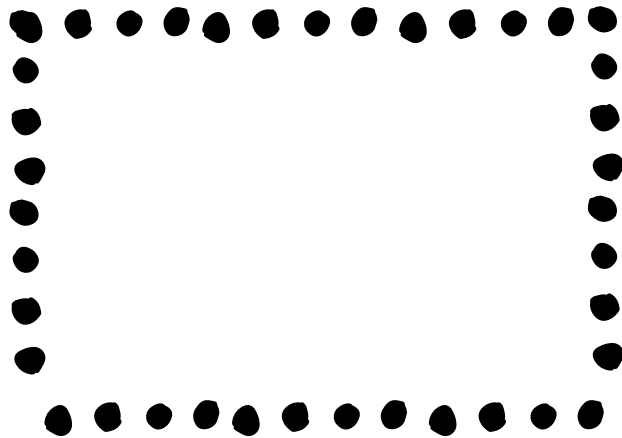
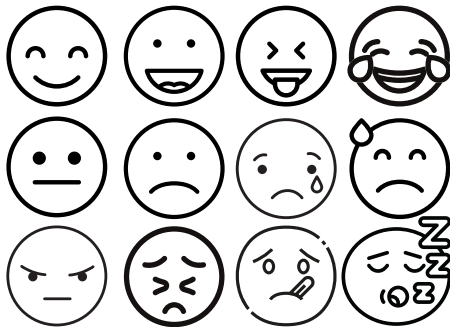
What do you hear?

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What do you taste?

What do you smell?

**This memory made me  
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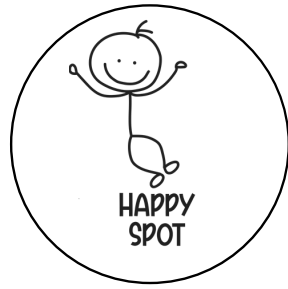
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.....  
.....





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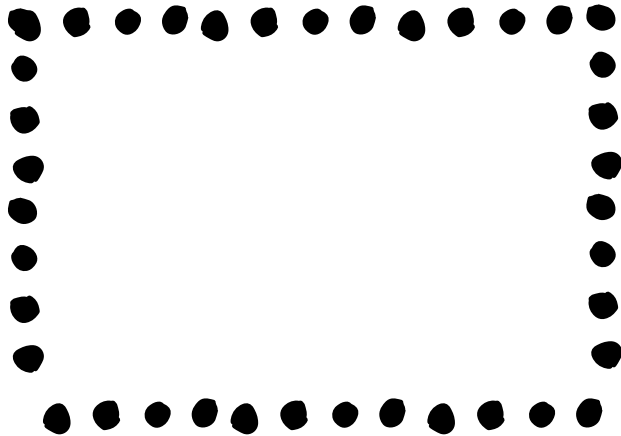
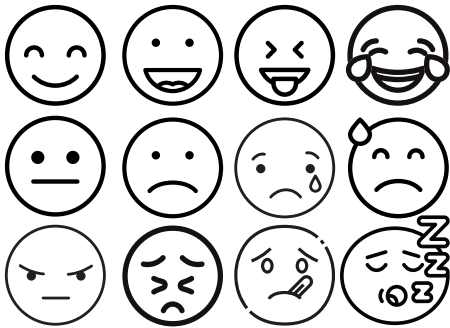
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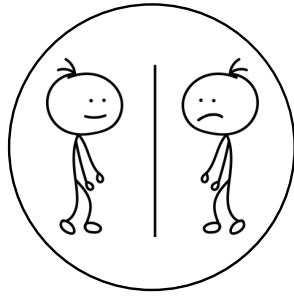
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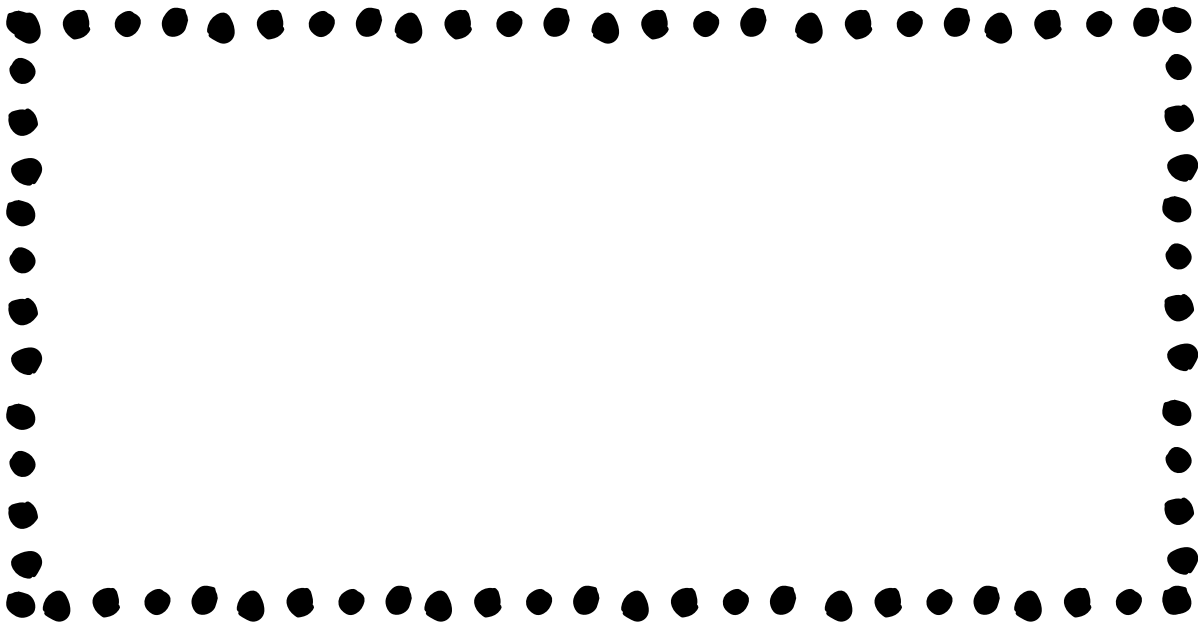
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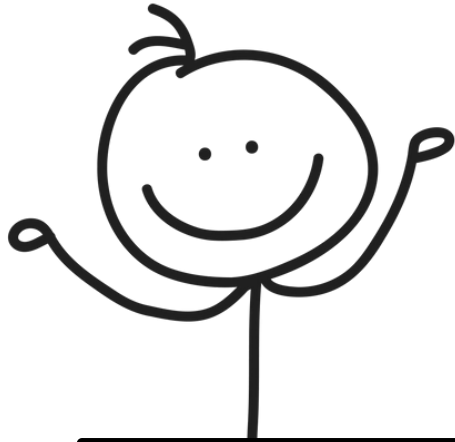
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\_\_\_\_\_

\_\_\_\_\_

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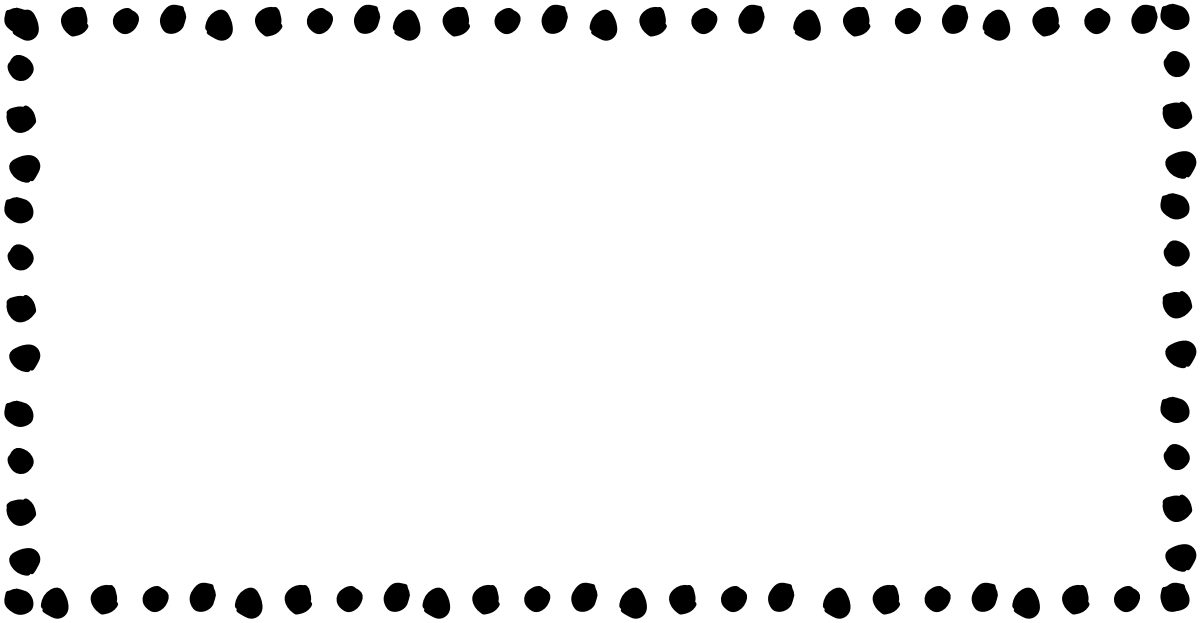




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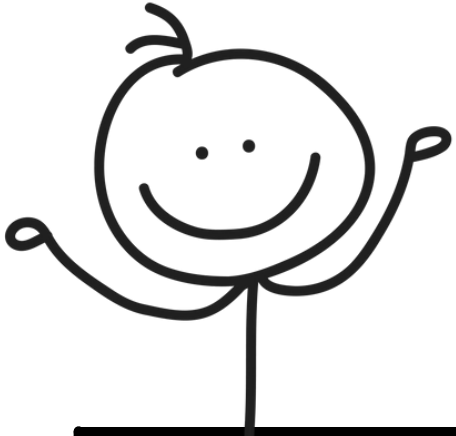
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**I felt proud when** \_\_\_\_\_

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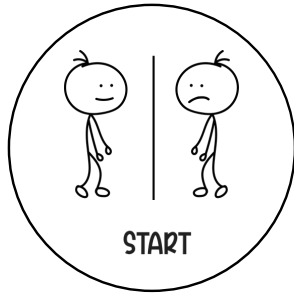
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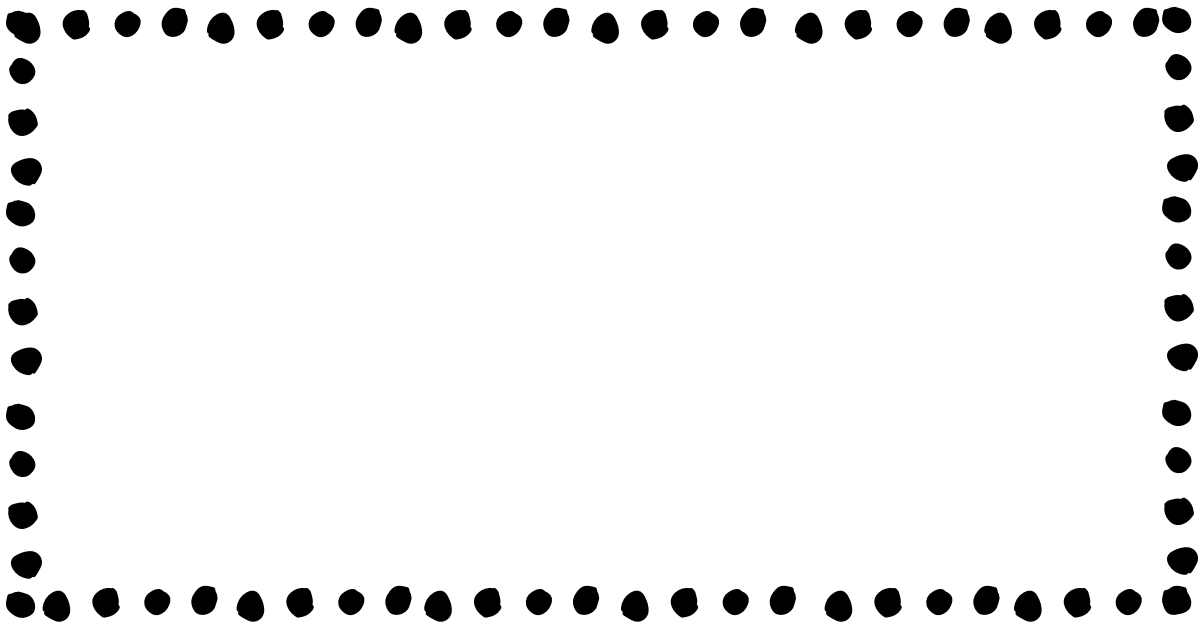
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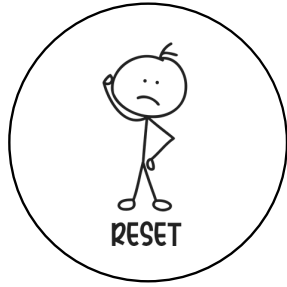
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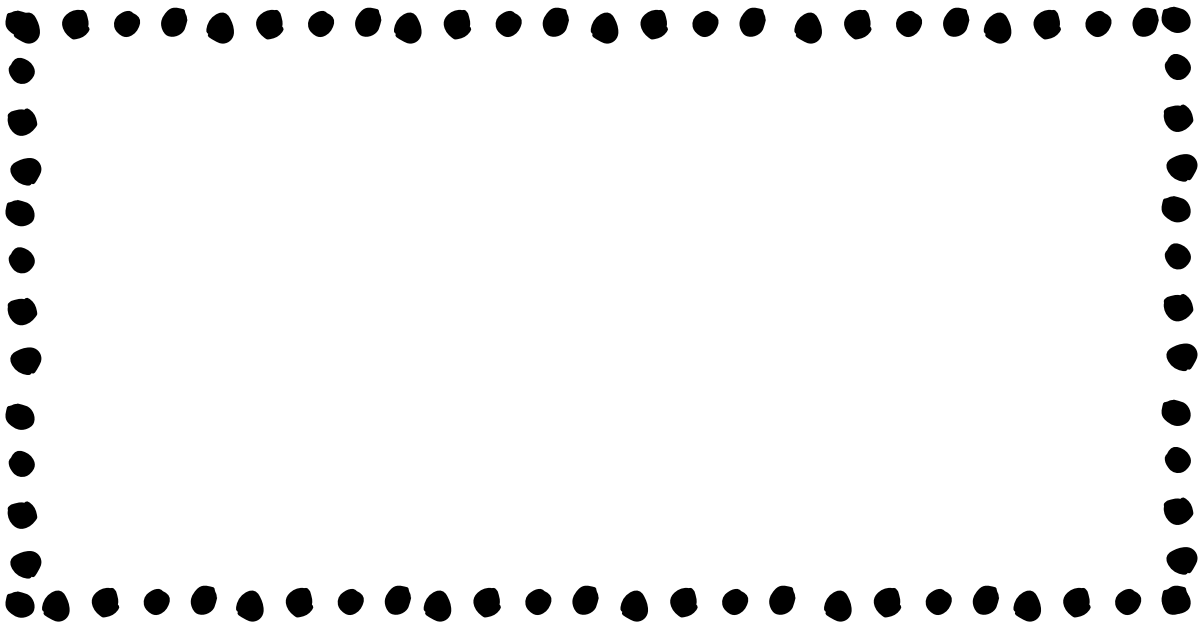


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Draw a picture or write about an emotion you are feeling today:

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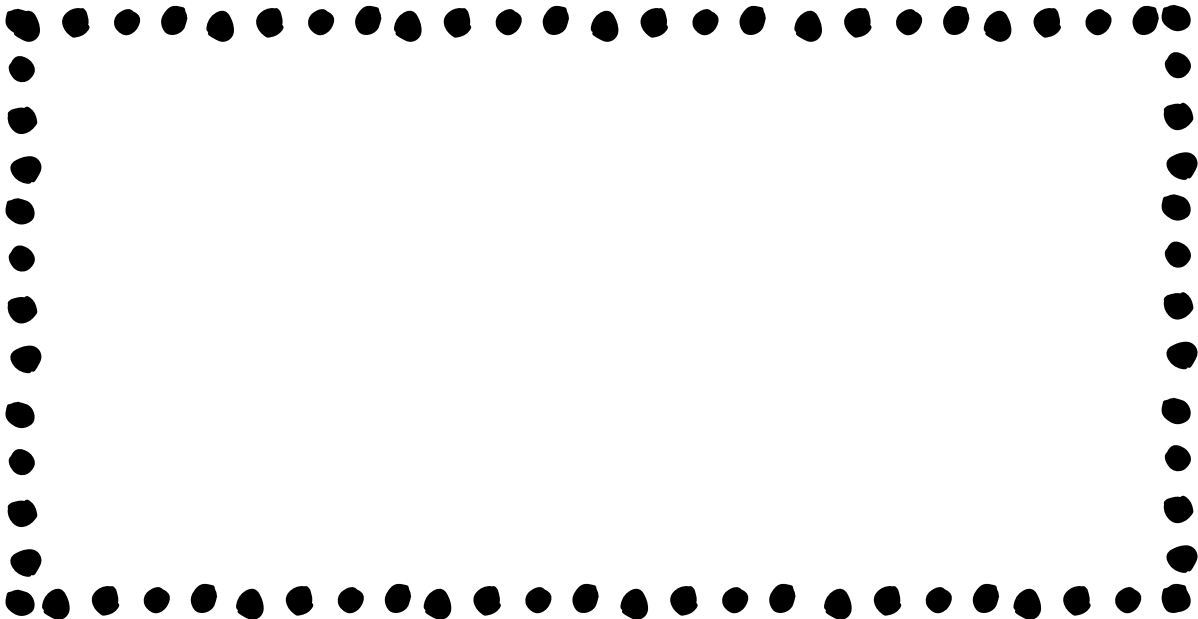


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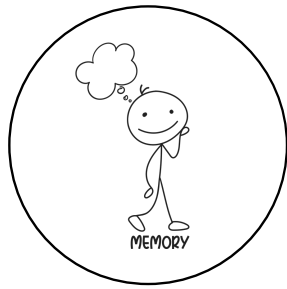
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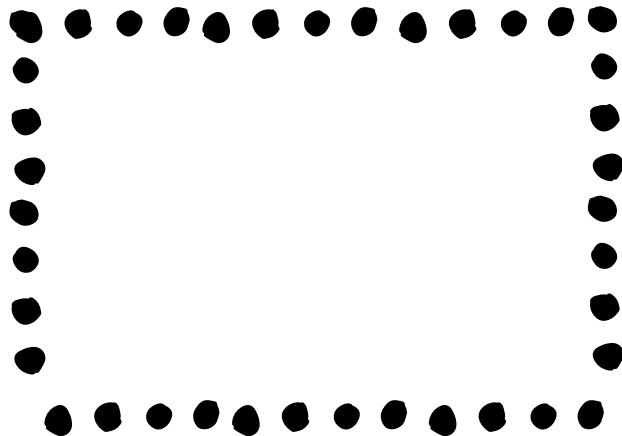
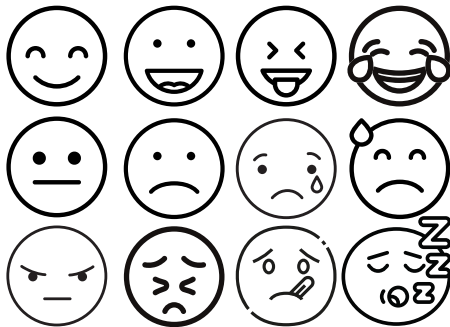
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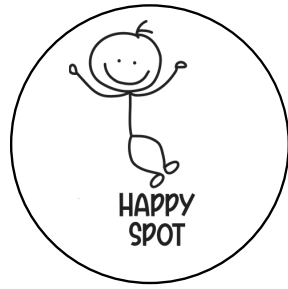


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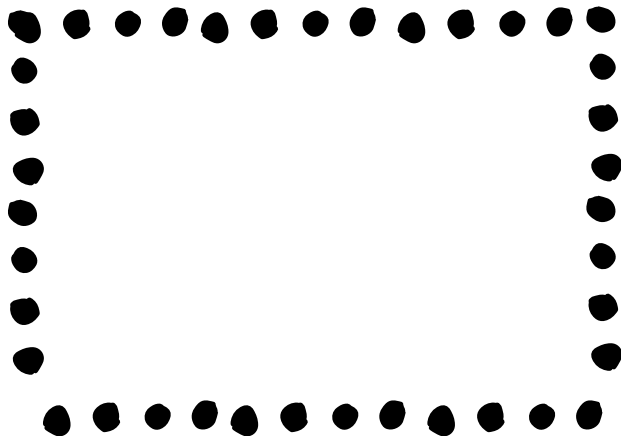
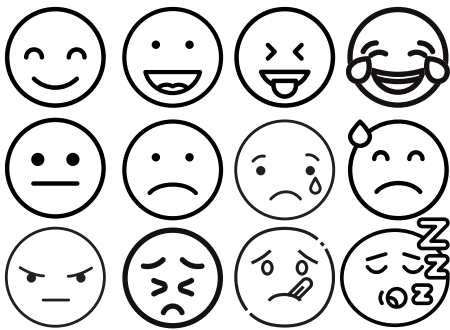
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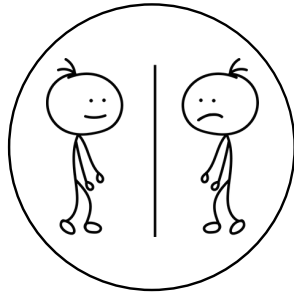
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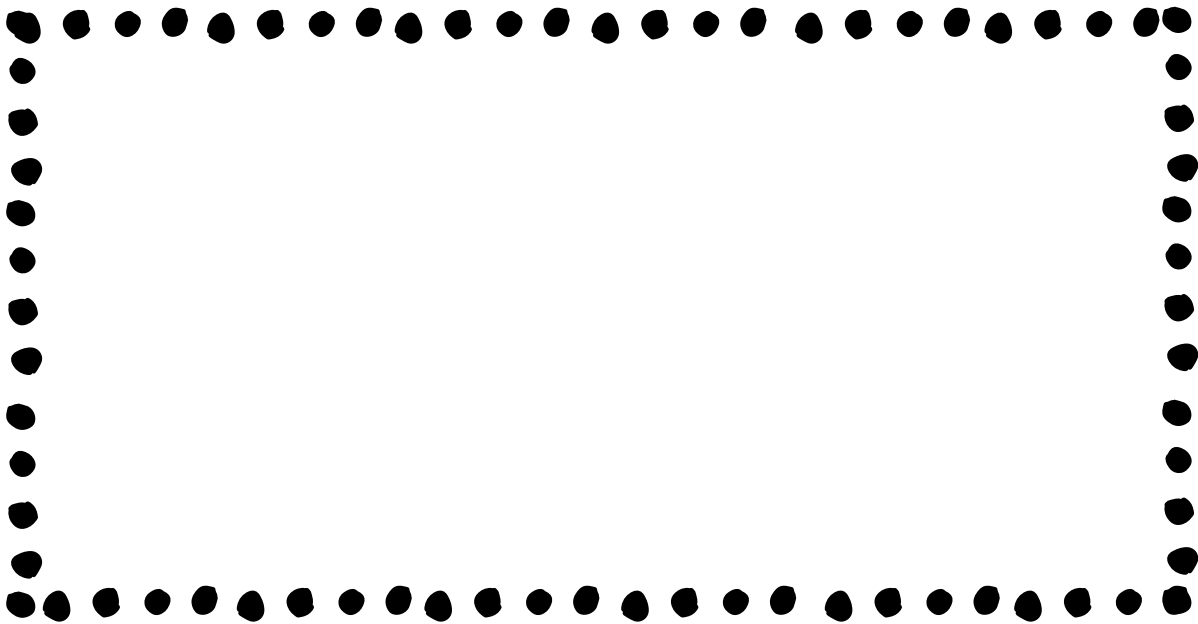
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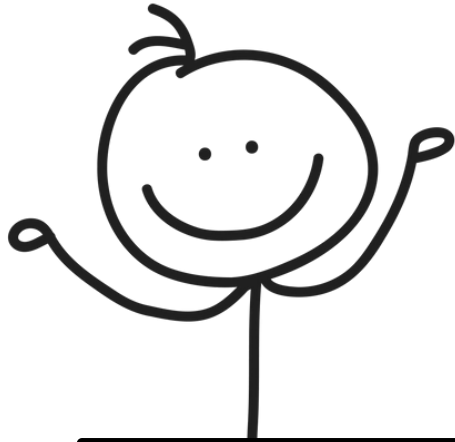
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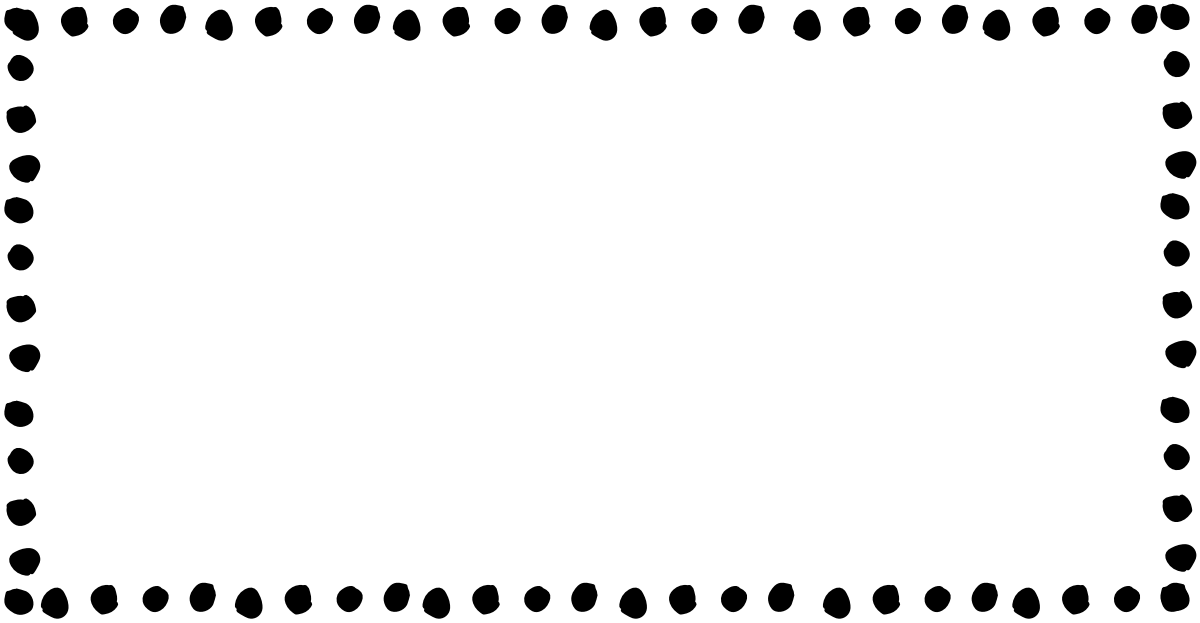




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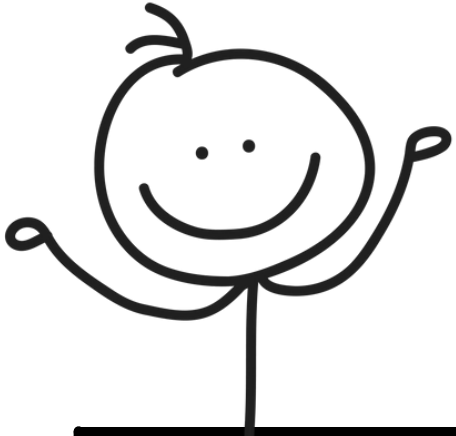
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\_\_\_\_\_

\_\_\_\_\_



# 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?**

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

**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?**

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