

date: ~~~~~

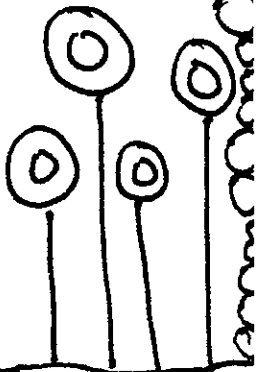
MY

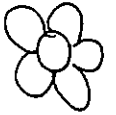
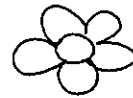
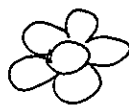
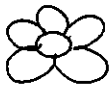
Staying

HEALTHY

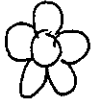
JOURNAL

Name: ~~~~~

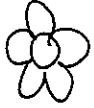




Positive Attitude



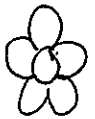
"Peace. It doesn't mean to be in a place where there is no noise, trouble or hard work. It means to be in the midst of those things and still be calm in your heart."- Unknown



Developing a positive attitude is going to take some time and patience. You are in control of your own happiness Time to get started!



- **Make your mind up to be happy.** Learn to find pleasure in the simple things. What daily things go on in your household that you take for granted? Are there things that if you pay attention, they can bring a smile to your face? If you chose to.....



- **Make the best of your circumstances.** Everyone has problems. Chose to make the laughter instead of the tears. Let your attitude set the vibes in your house.



- **Don't take yourself too seriously.** You are doing the best you can. Don't think that you can control things that happen to others. You only control things in your control.



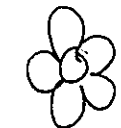
- **You cannot please everyone.** Social media may help connect you with your friends and family. Are your social media contacts being supportive? Do not let criticism make you worry that you are doing something wrong.



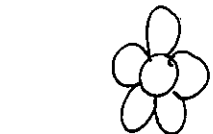
- **Always be yourself.** Do not try to keep with your neighbors. The game of life doesn't have a winner or a loser, it is not a competition. Do what makes you happy, not what you think others think make you happy.



- **Do things that you enjoy.** Think of some free or thrifty things that you enjoy doing, or your family enjoys doing, and do those. Chances are the things that you enjoy doing will include your family.

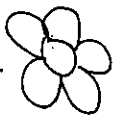


- **Do not carry grudges.** Hate can poison the soul and suck the positive vibes out of you. Avoid people who make you unhappy. This is your life to live and you do not need your positive energy taken from you.

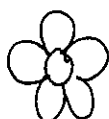
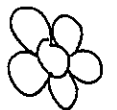


- **Have many interests.** You should not lose site of things that interest you. Spend time reading about new things or new places. Reestablish previous passions or hobbies that you had!

- **Do what you can to help those less fortunate.** Taking a moment to do something for someone that needs it will boost your positive vibes. It will make you realize that you are fortunate for the things that you have in your life.



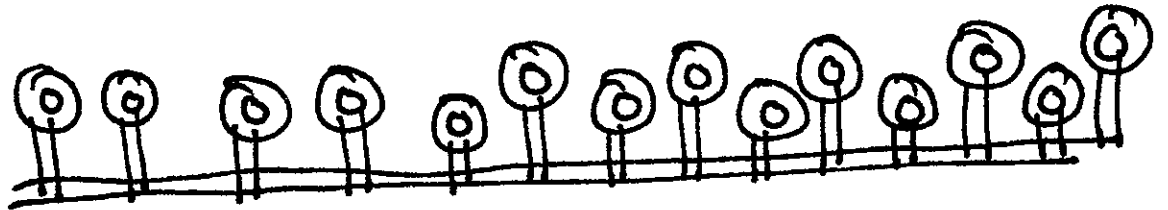
- **Keep busy!** A busy person does not have time to be unhappy. Stay busy, keep practicing towards a positive attitude. You can make your household filled with positive laughter and vibes.



COPY PATTERNS



You
↓



You
↓



You
↓

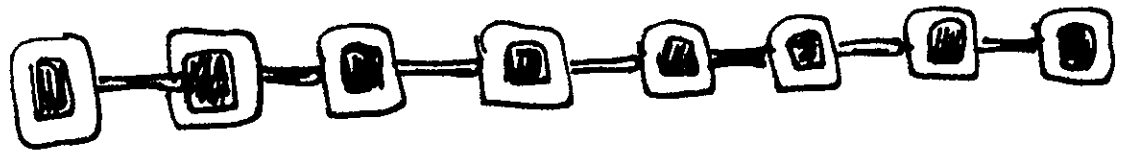


You
↓

MORE PATTERNS



You
↓



You
↓



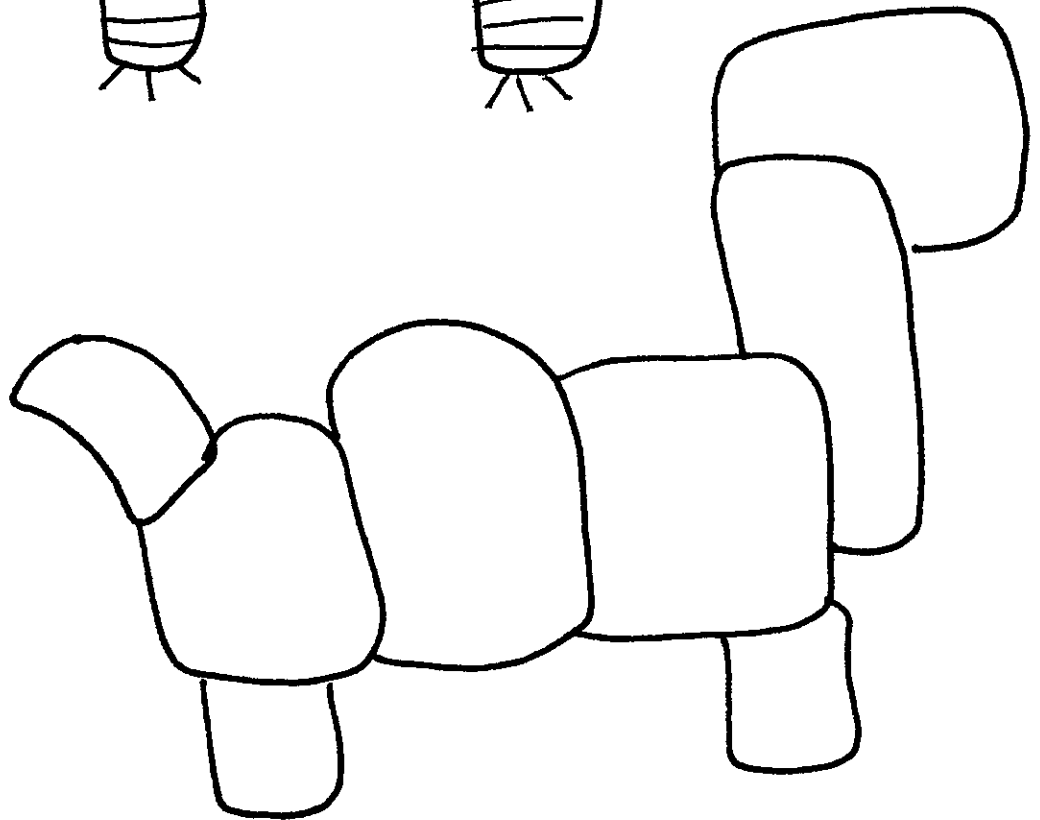
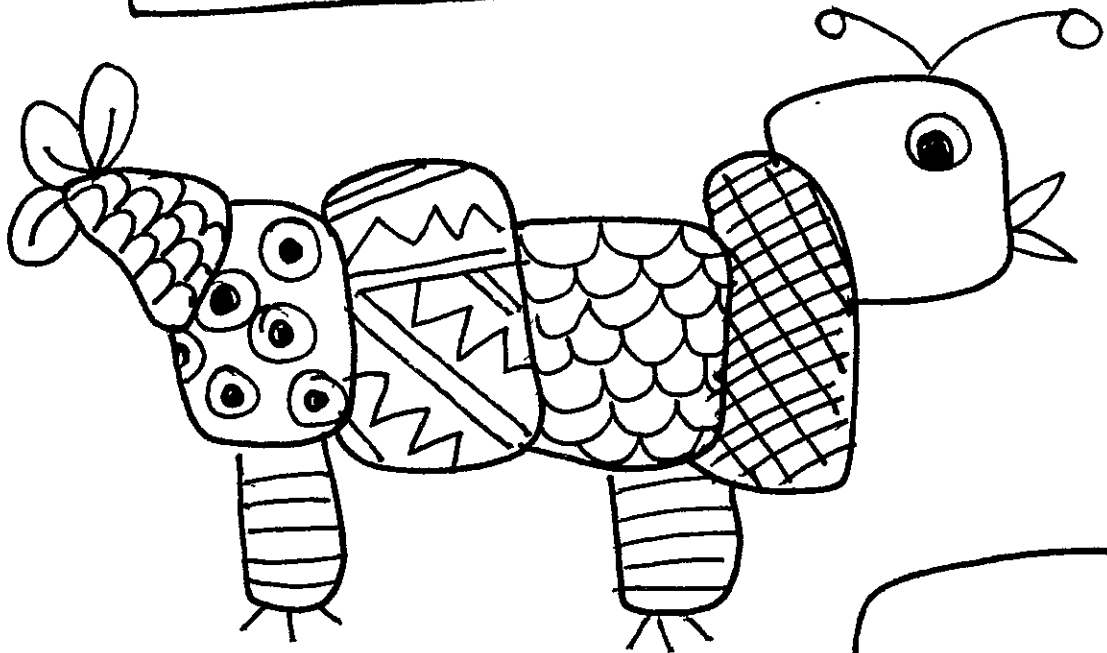
You
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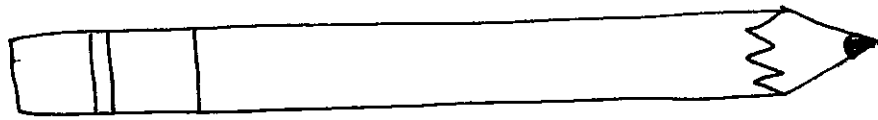
You
↓

SILLY CREATURE

TRY YOUR CREATIVITY



You 



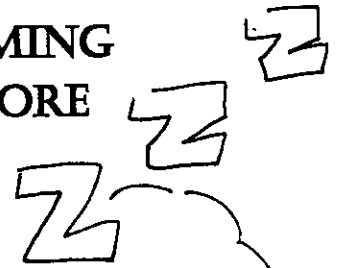
Writing without a purpose: Answer the following statements with as little or as much detail as you chose.

**FINISH THE SENTENCE THAT BEGINS WITH
"WHAT I'VE ALWAYS WANTED TO SAY IS....."**

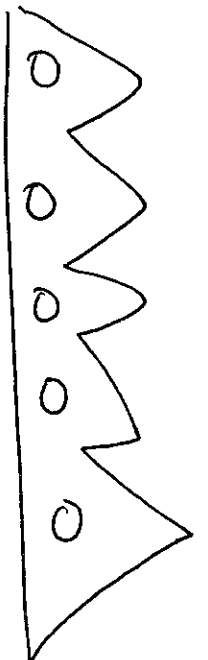
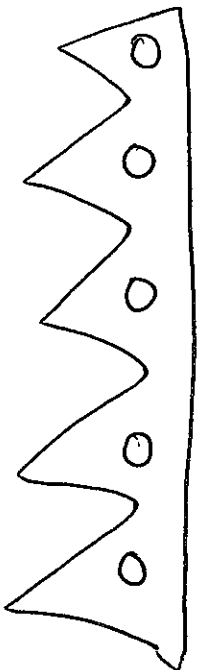
**TWO DOLLARS ISN'T A LOT OF MONEY
UNLESS.....**



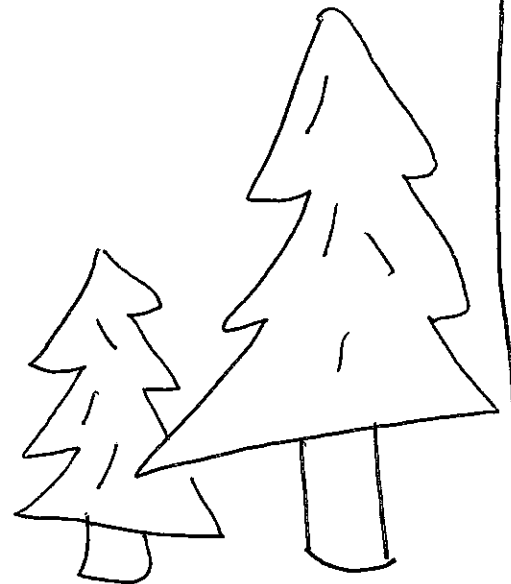
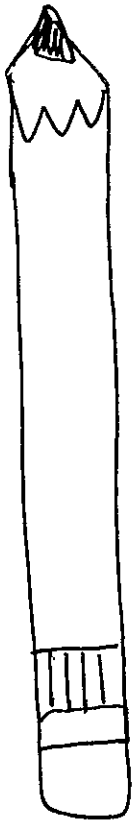
**WHAT DOES YOUR SLEEPING, DREAMING
MIND THINK IN THE MOMENTS BEFORE
YOU WAKE UP?**

A large, empty rectangular box with a scalloped, wavy border, intended for writing the answer to the question above.

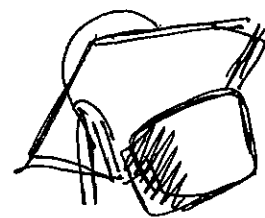
**DO YOU HAVE A SUPERSTITION?
WHAT IS IT, WHY DO YOU HAVE IT, AND
HOW DO YOU FOLLOW IT?**



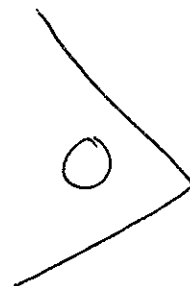
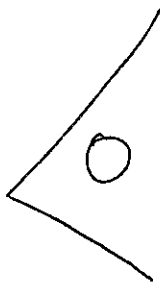
WRITE A CHILDREN'S STORY SET IN THE WOODS.



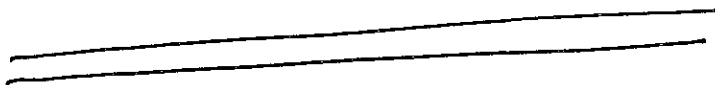
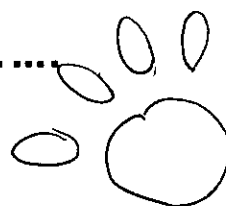
THIS IS THE BEST ADVICE FOR A TEEN JUST GRADUATING FROM HIGH SCHOOL.....



THAT SNAPPY REPLY YOU NEVER GET TO SAY.....



A DAY IN THE LIFE OF A DOG.....



GOALS I

HAVE:

1: _____

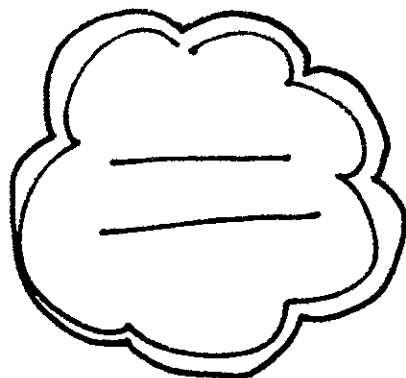
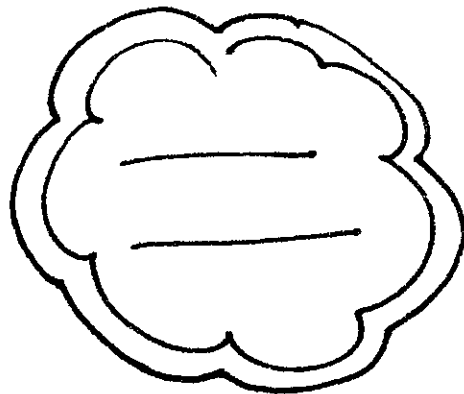
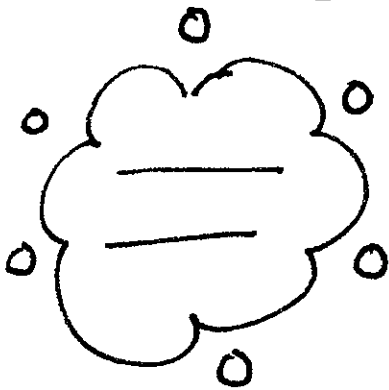
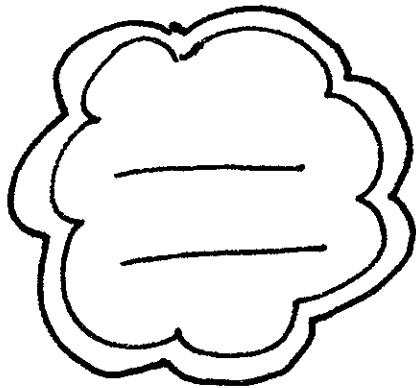
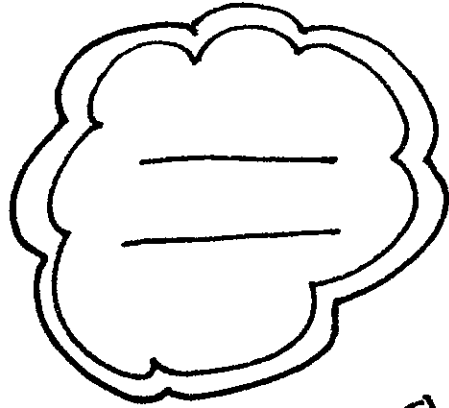
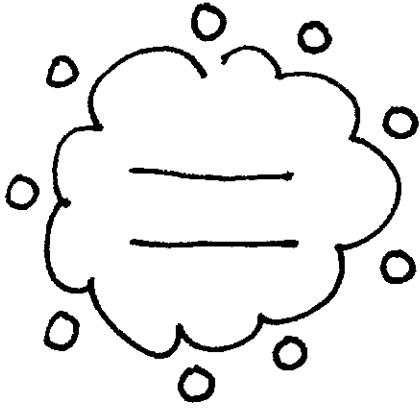
2: _____

3: _____

4: _____

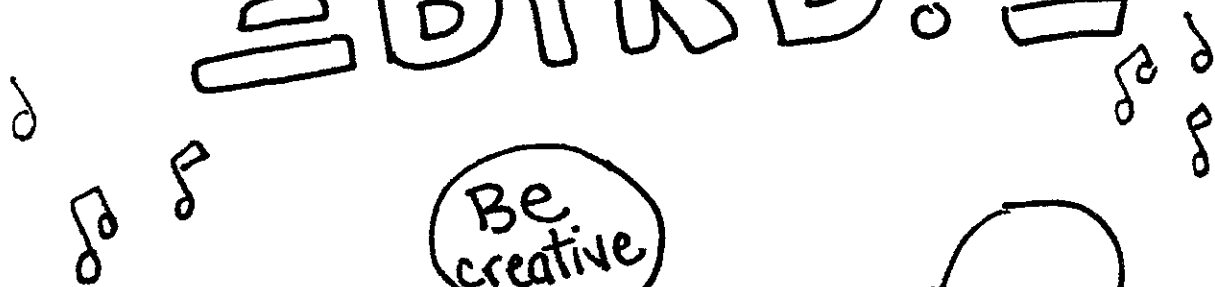
5: _____

I USE THESE
to calm down:

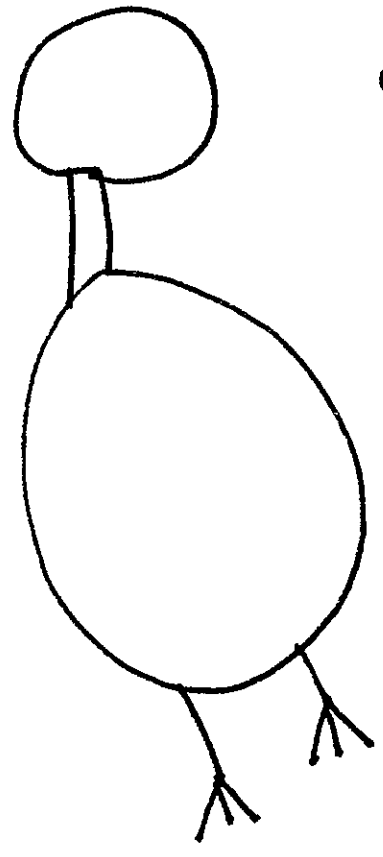
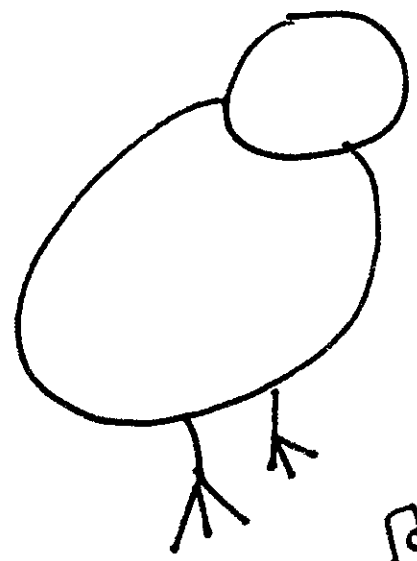
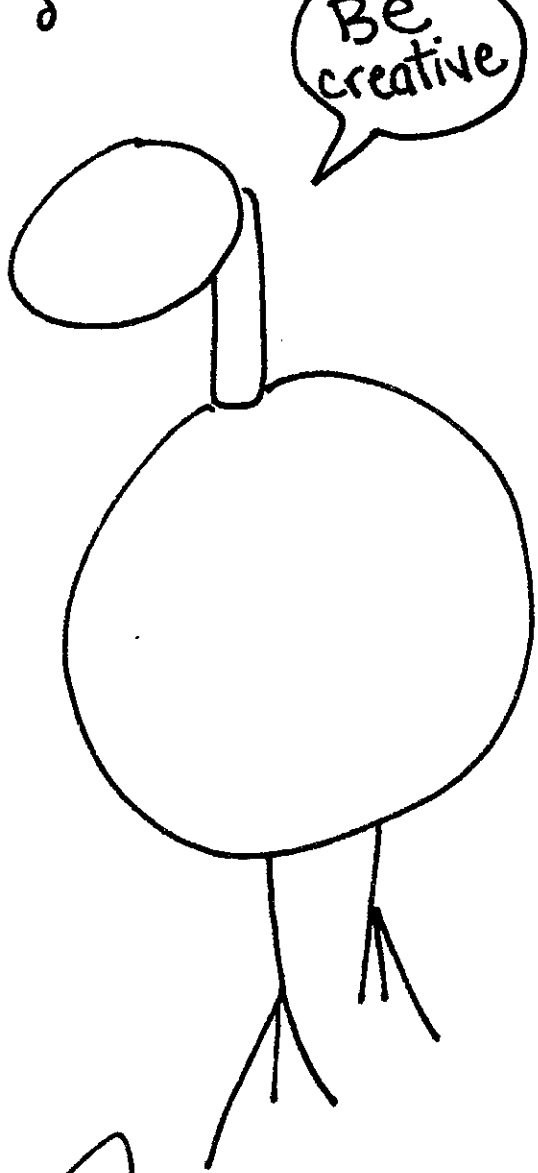


TRY TO
list 7 !!


It is a BIRD!



Be creative



Don't forget wings!

PICK A COLOR
FOR EACH
EMOTION 

loved

sad

scared

angry

worried

happy

calm

surprised

anxious


sorry

shocked

special

Choose
any color
you want!

WHAT COLOR R U TODAY

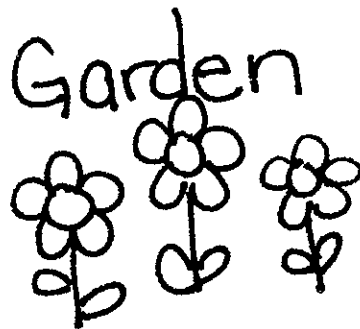
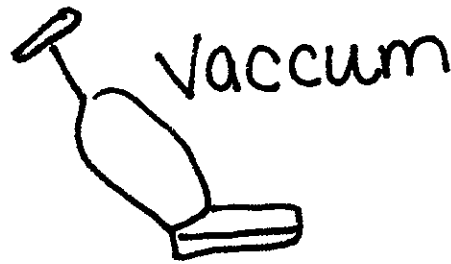
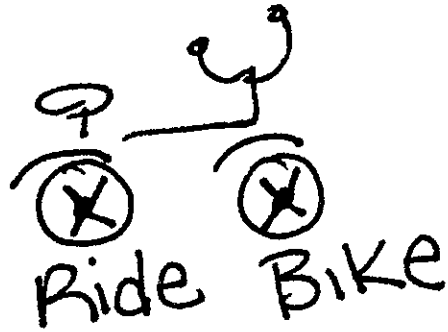
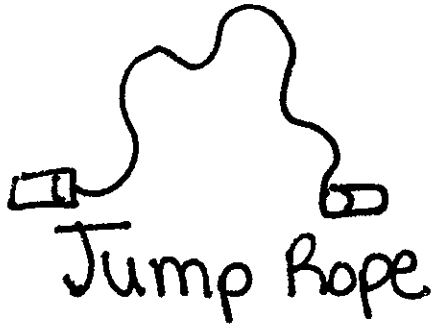


- Monday: ○ why? _____
- Tuesday: ○ why? _____
- Wednesday: ○ why? _____
- Thursday: ○ why? _____
- Friday: ○ why? _____
- Saturday: ○ why? _____
- Sunday: ○ why? _____

Do you see any
patterns???

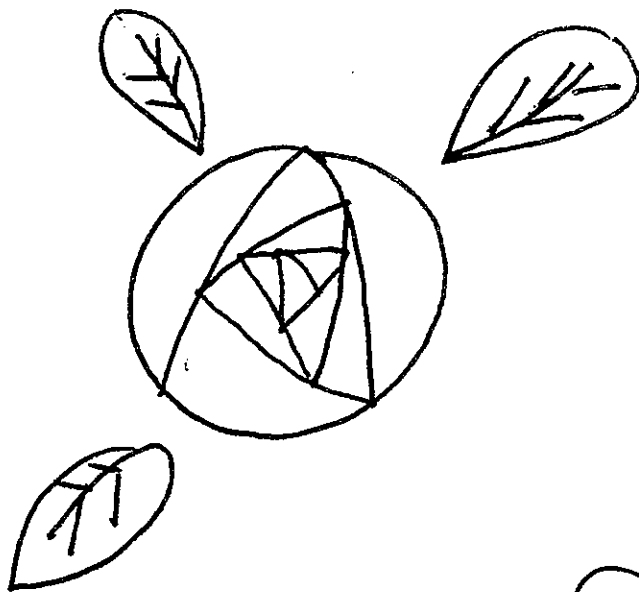
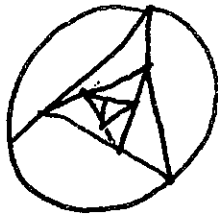
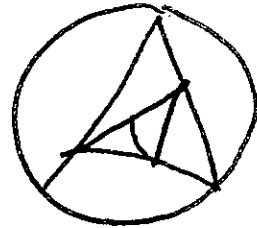
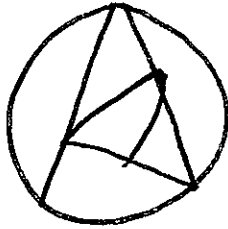
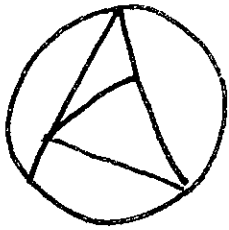
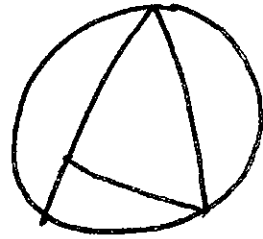
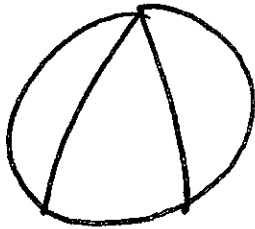
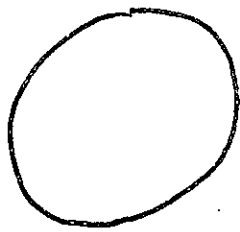
GET UP!

~ Circle what you do ~

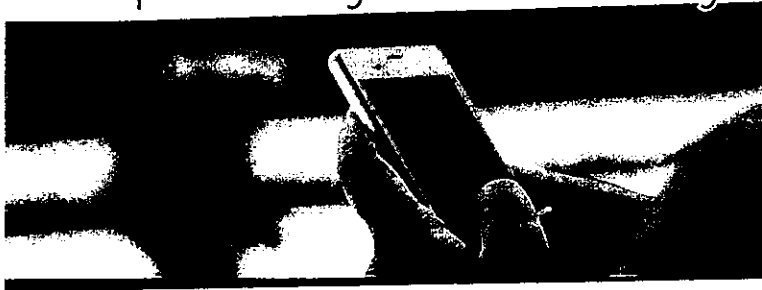


Anything else?

how to draw a rose



Help is only a text away.



text "HOPELINE™"
to 741741

Here's how it works:



Text "HOPELINE™" to 741741
anywhere, anytime, about any
type of challenge or struggle.



A live, trained specialist receives
the text and responds quickly.

HOPELINE™ Text Line serves anyone in any type
of situation, providing them access to free, 24/7
emotional support and information they need via
the medium they already use and trust: text.

Each person that texts in is important to us and
we care about what they are dealing with.

sometimes you
just need someone
to care.

