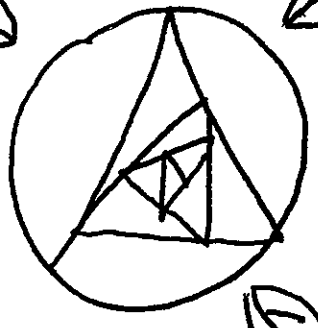


date: ~~~~~

MY

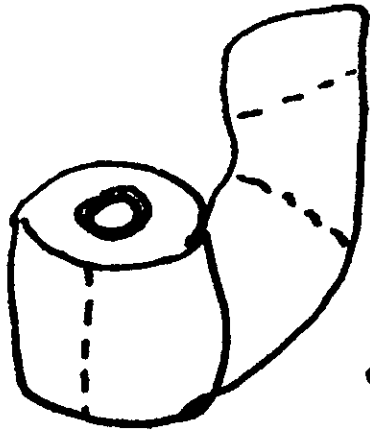
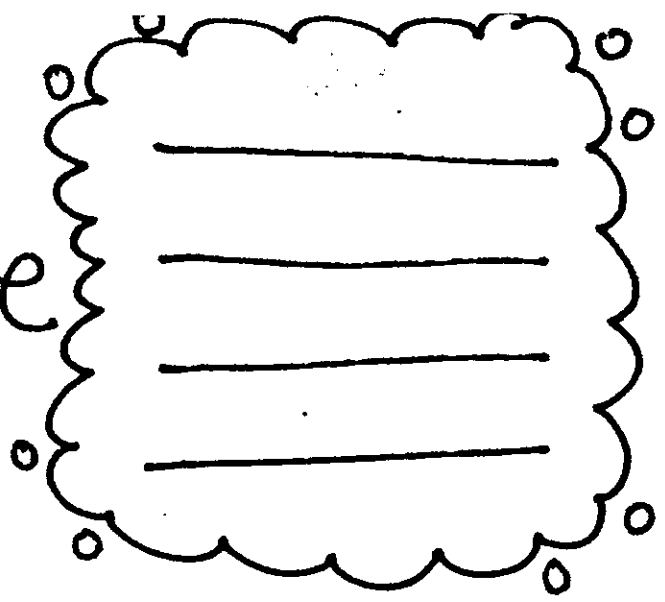


PANDEMIC

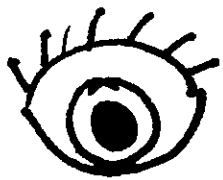
JOURNAL

name: ~~~~~

I Spent  
Quarentine  
With:



the item i  
stocked up on  
was ~~~~~.



watched  
Tiger



Circle
Yes no
One

My Favorite  
Shows were: \_\_\_\_\_  
\_\_\_\_\_

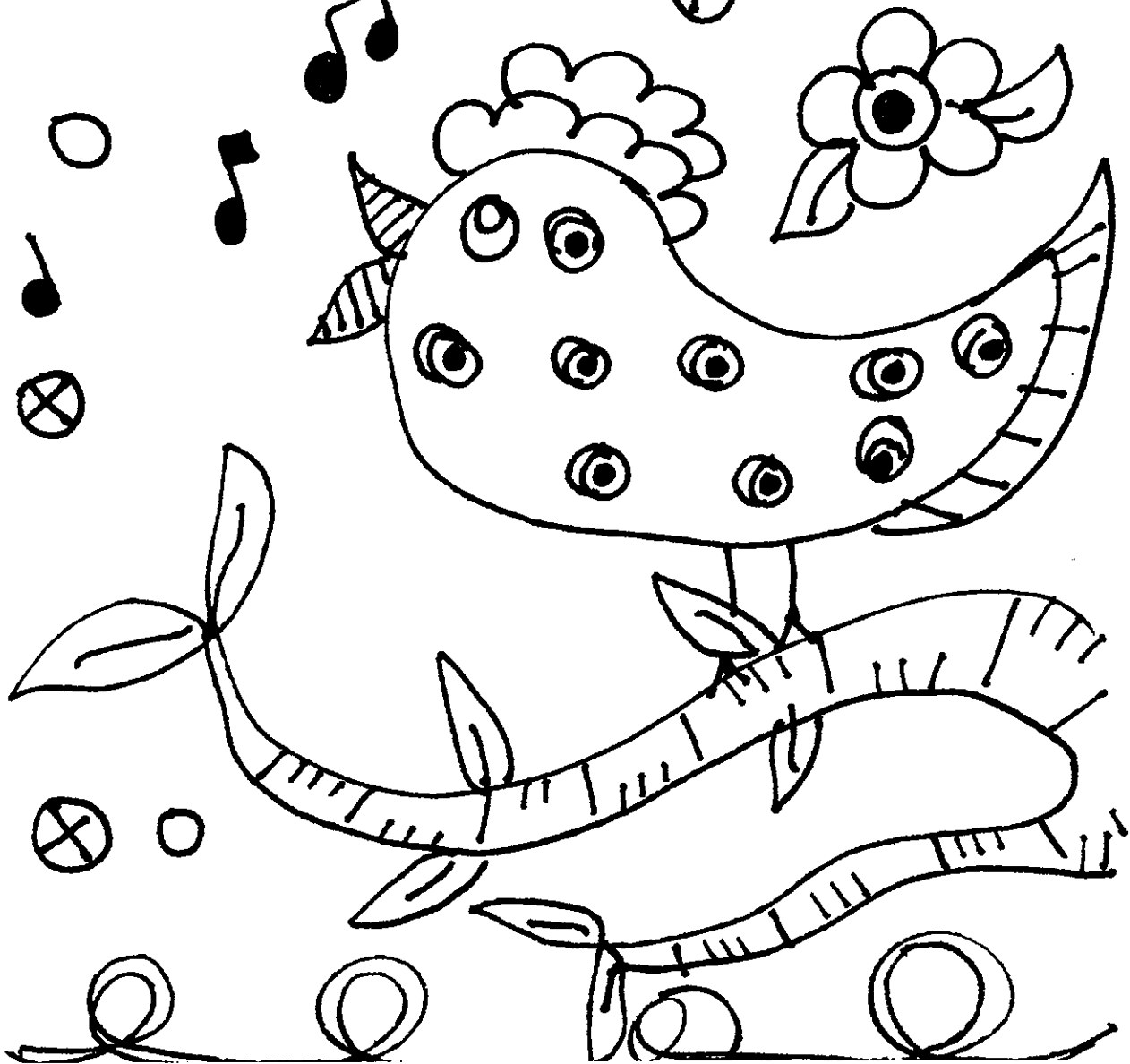


Finish the rest of  
the story:

This year started off  
with a global pandemic. At  
first I didn't think it was  
scary, but then I.....



Today I woke  
up grateful  
For:



Write down all  
the things you are  
thinking:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

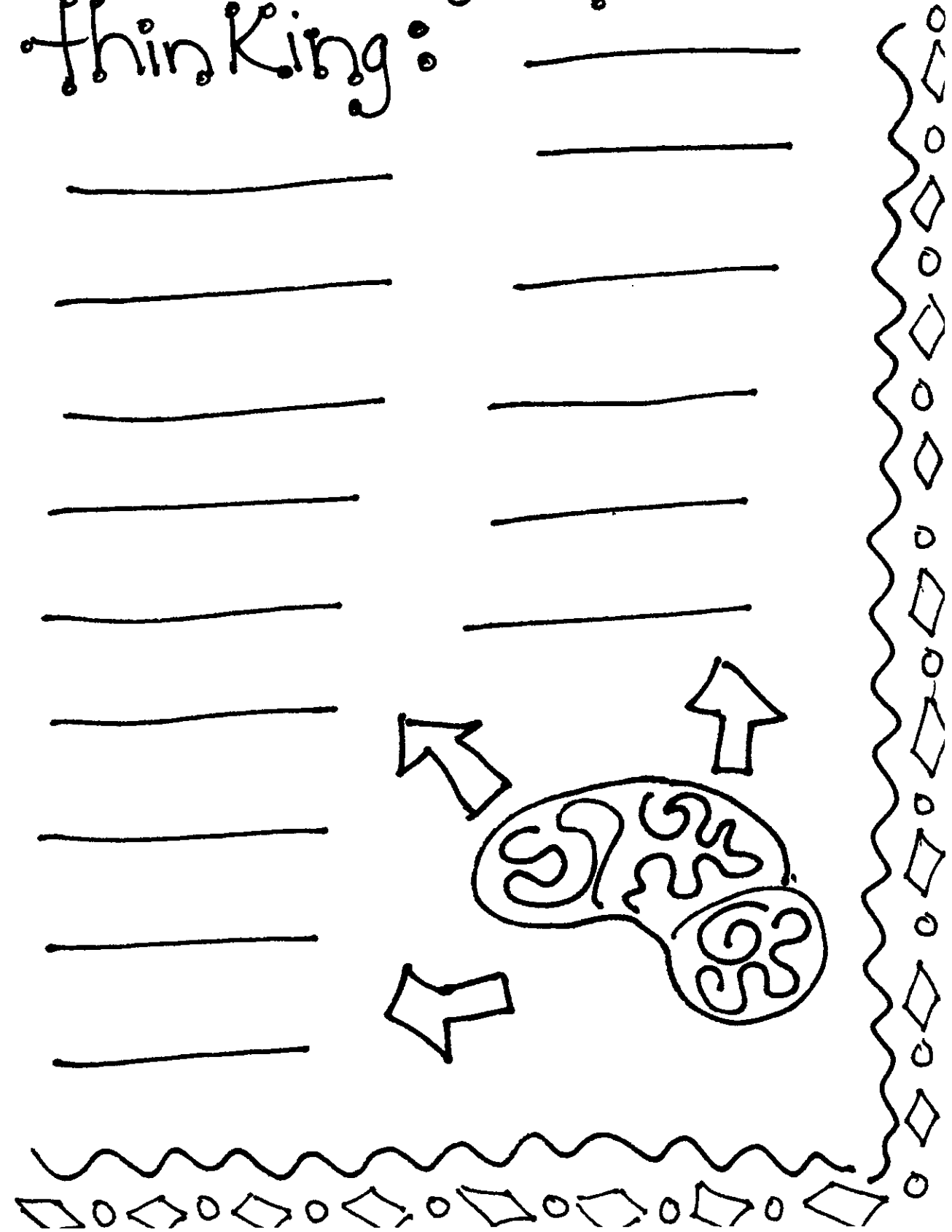
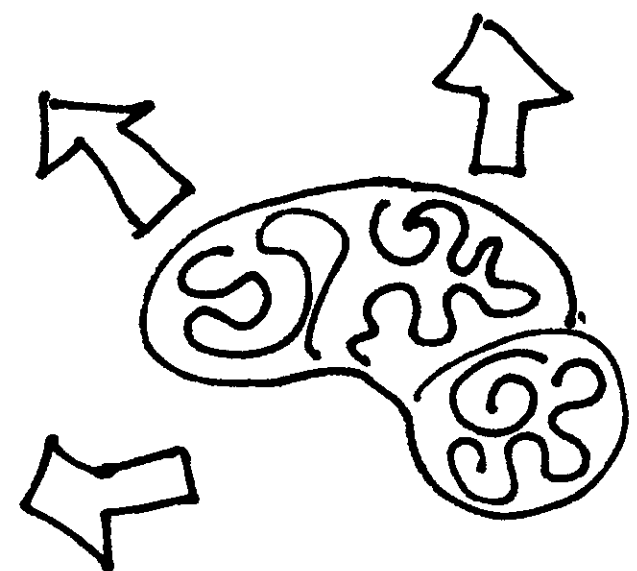
\_\_\_\_\_

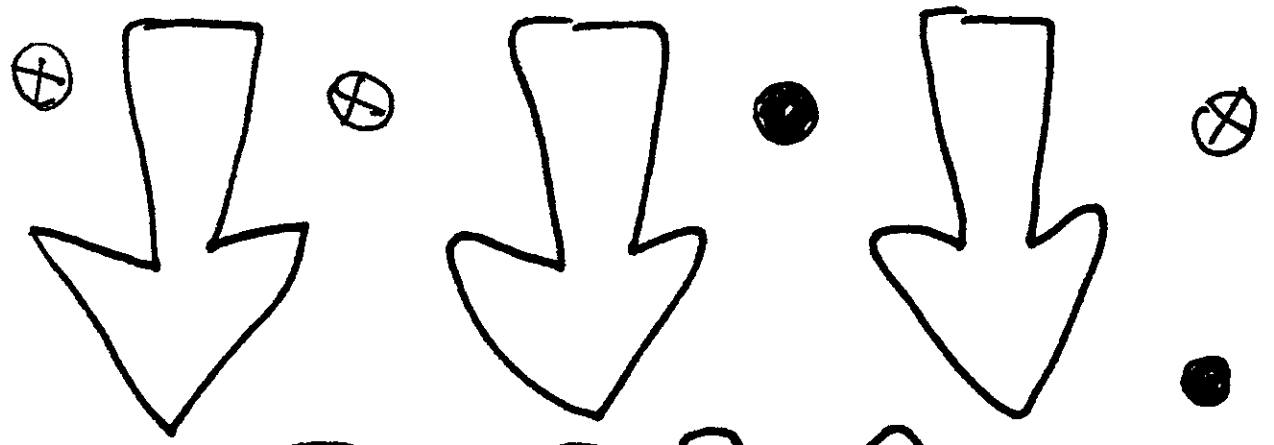
\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_





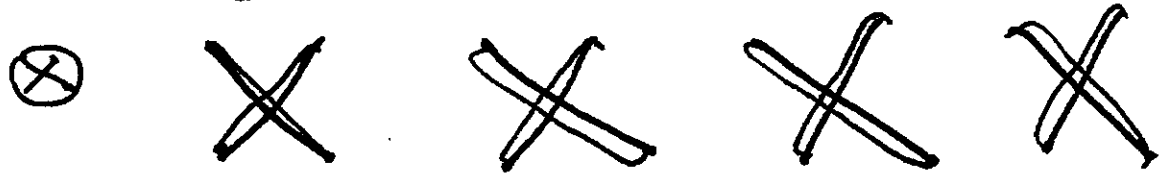
NOW

CROSS OUT

WHAT U.

CAN'T

CONTROL





GROW

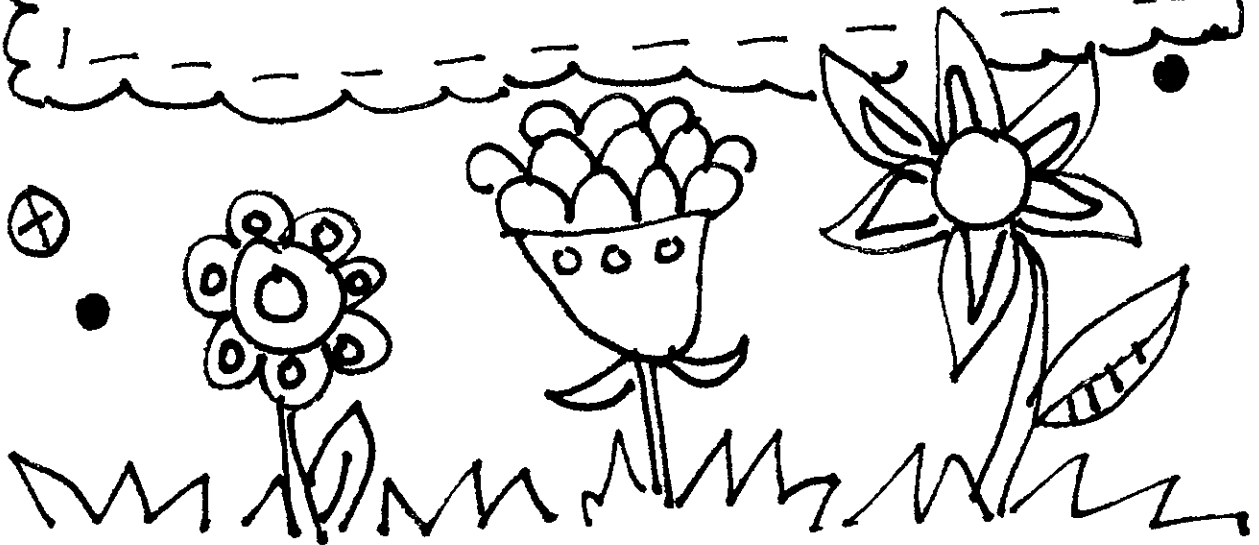
FROM

IT



THESE THINGS MAKE

ME SMILE:





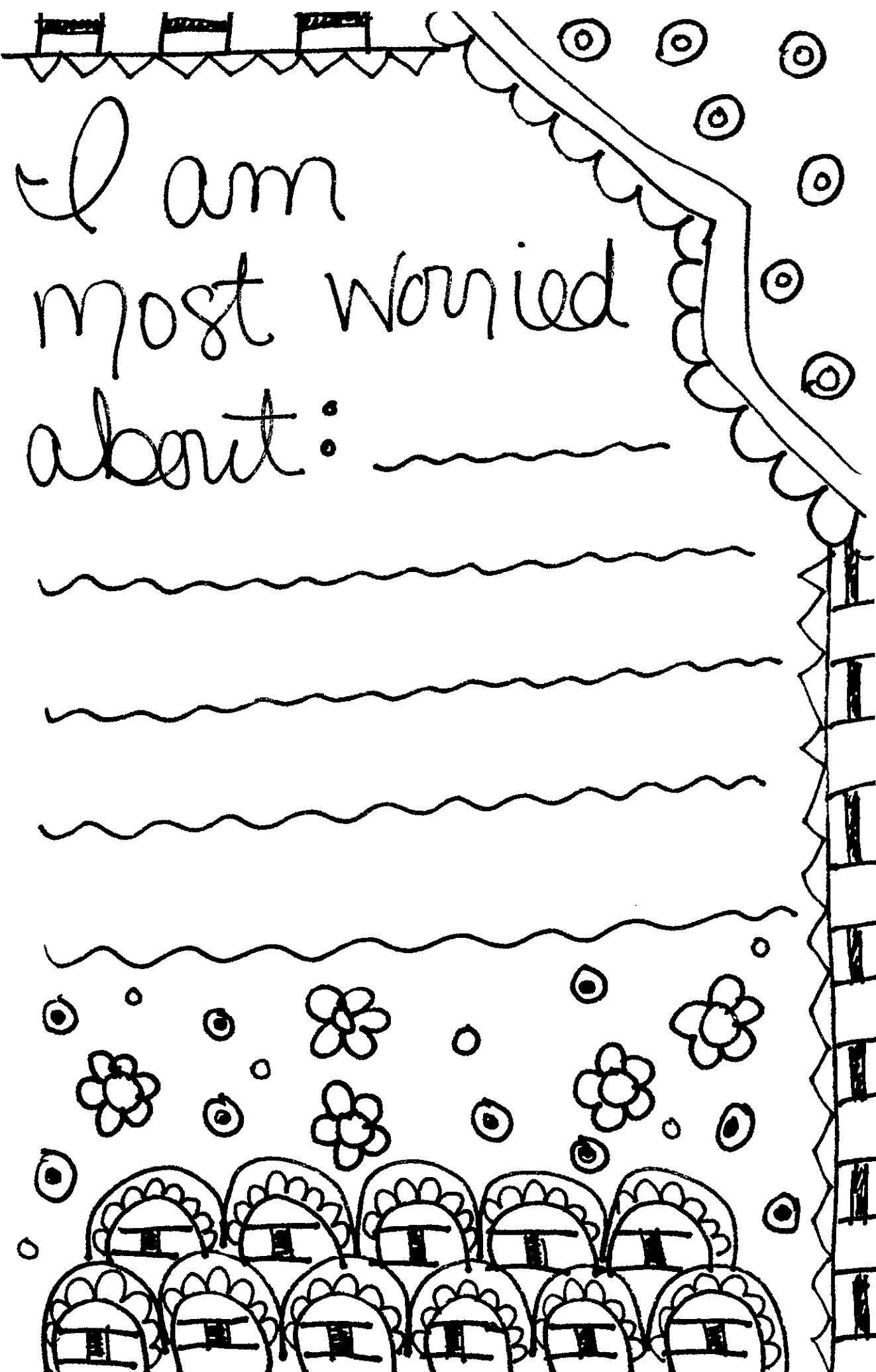
Finish the sentences:

When I am stressed out I \_\_\_\_\_  
\_\_\_\_\_.

I feel better after I try \_\_\_\_\_  
\_\_\_\_\_.

I am thankful for \_\_\_\_\_  
\_\_\_\_\_.





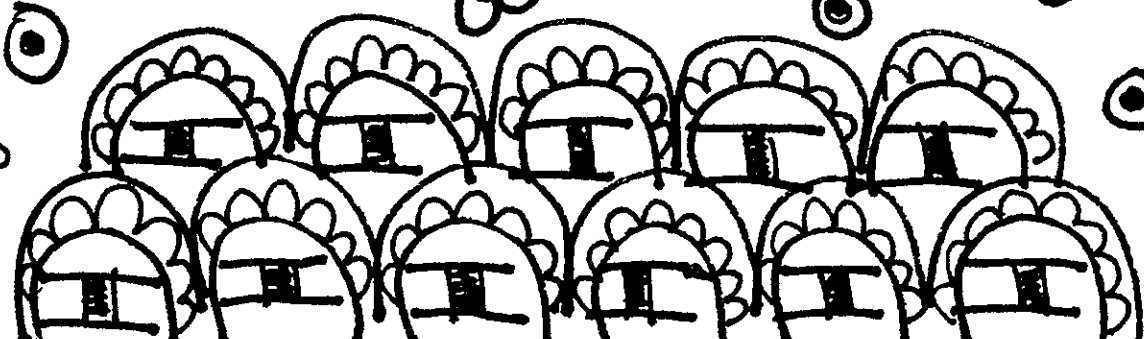
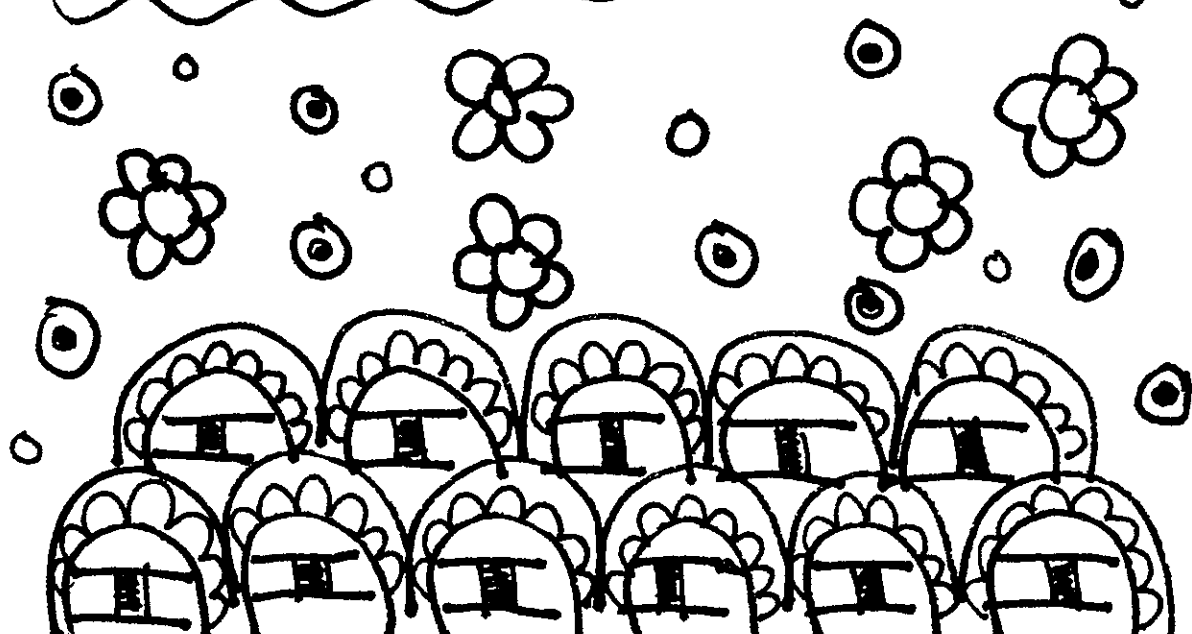
I am  
most worried  
about: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



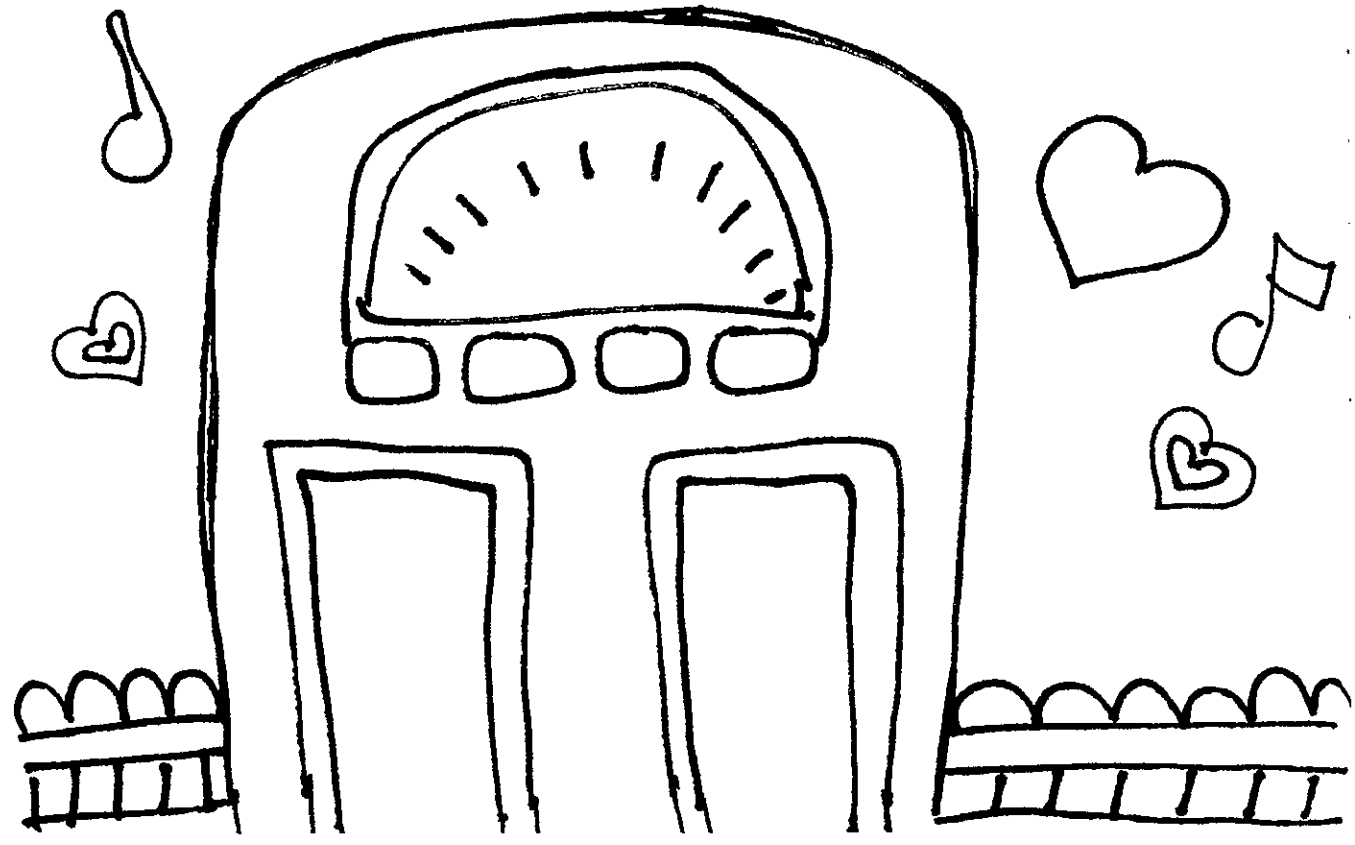
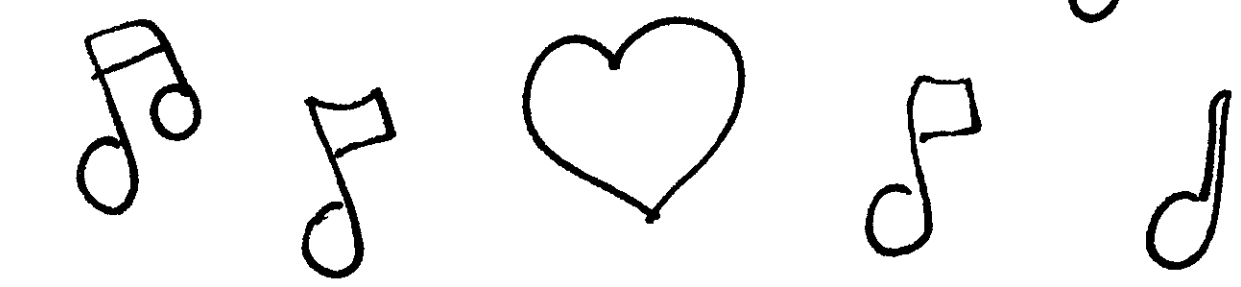


MUSIC



CALMS

MY SOUL



MY FAVORITE  
SONGS ARE:

\_\_\_\_\_

By: \_\_\_\_\_

\_\_\_\_\_

By: \_\_\_\_\_

\_\_\_\_\_

By: \_\_\_\_\_

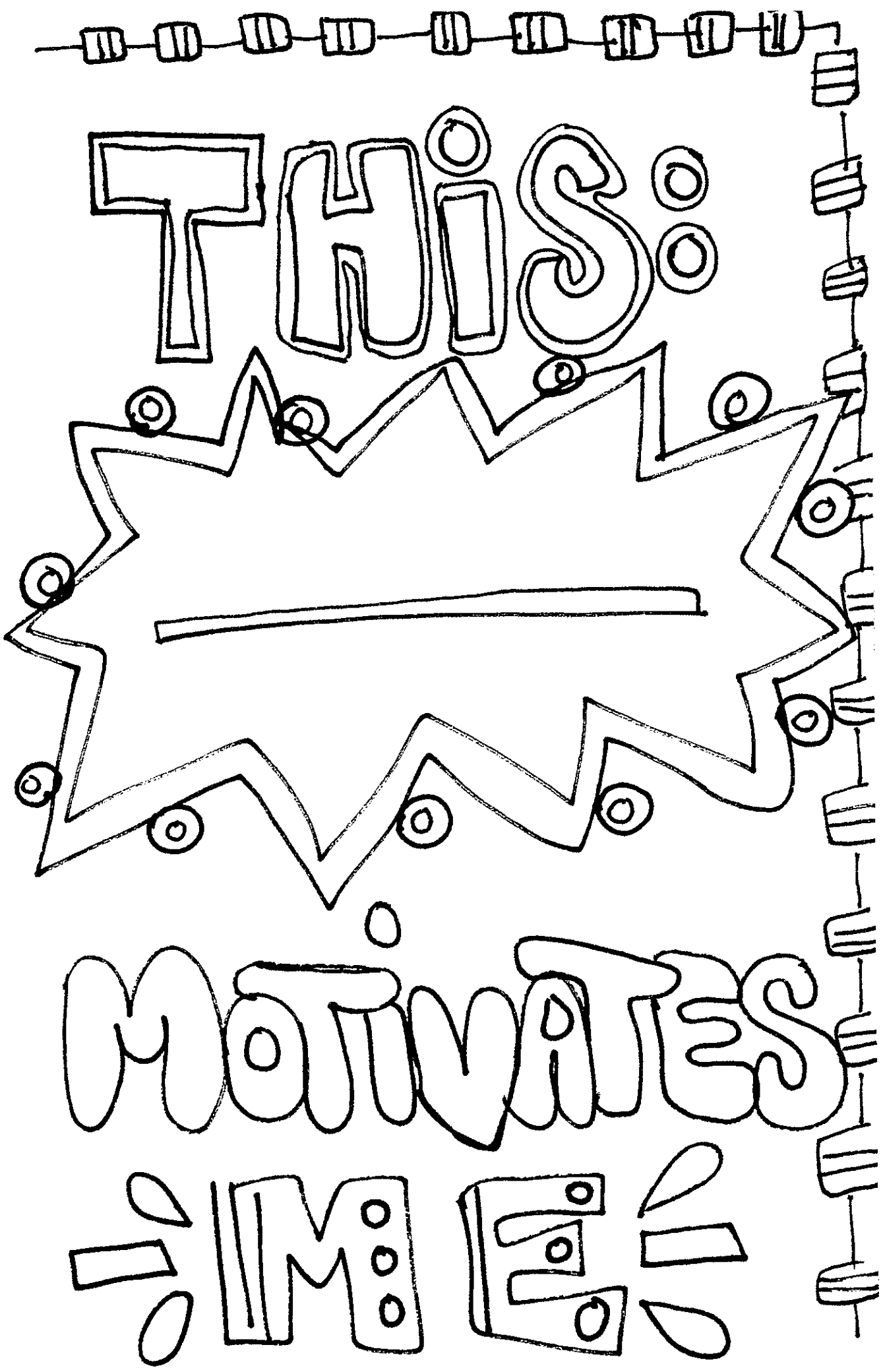
\_\_\_\_\_

By: \_\_\_\_\_

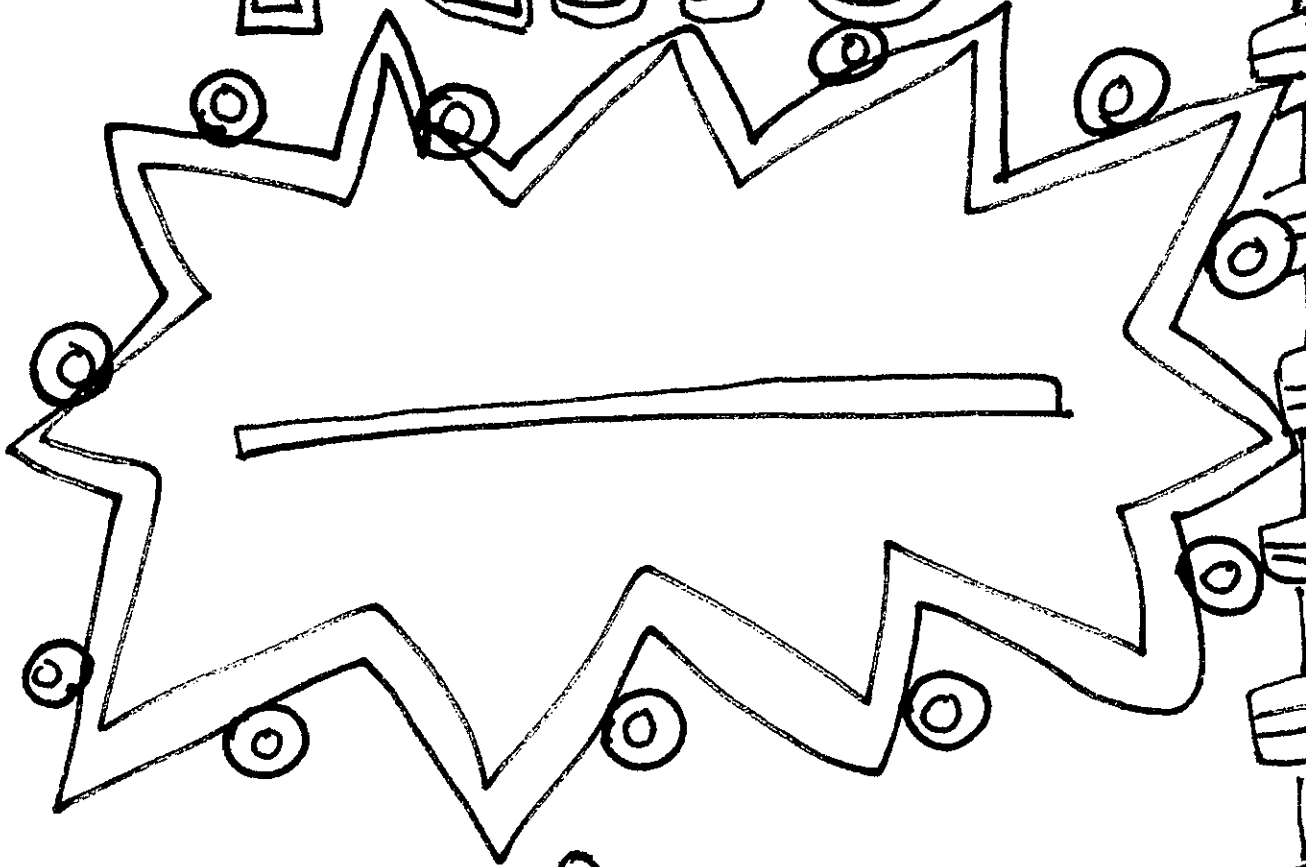
\_\_\_\_\_

By: \_\_\_\_\_





THIS

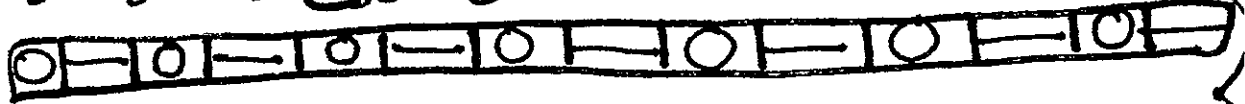


MOTIVATES

!M E!

# GOALS

## AFTER PANDEMIC



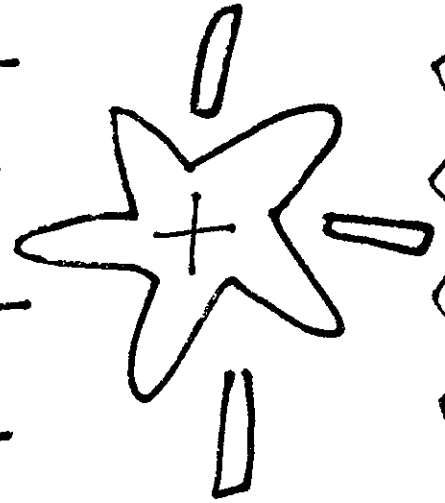
1. \_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_

4. \_\_\_\_\_  
\_\_\_\_\_

5. \_\_\_\_\_  
\_\_\_\_\_



⊕    ♥    ♥    ♥    ⊕  
I support my  
friends and  
family by:

~~~~~

~~~~~

~~~~~

They support me  
by: ~~~~~

~~~~~

~~~~~

And we are awesome!

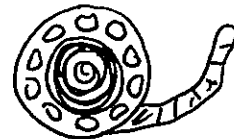
**YOUR FAVORITE TREE:**



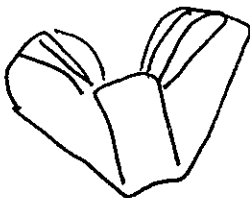
**YOUR FAVORITE QUOTE:**



**YOUR FAVORITE FILM:**



**YOUR FAVORITE BOOK:**





**THE TOY YOU MOST TREASURED:**

**THREE OBJECTS IN YOUR CHILDHOOD  
BEDROOM:**

**THE NEXT SOUND THAT YOU HEAR IS.....**

**DESCRIBE YOURSELF IN THE THIRD PERSON,  
YOUR PERSONALITY AND PHYSICAL APPEARANCE,  
AS IF YOU WERE A CHARACTER IN A BOOK:**



date: \_\_\_\_\_

I am optimistic and  
face the day with a smile.

What are you  
Grateful for  
Today?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

I did that

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.

