



I BELIEVE IN ME!

My Positivity and Confidence Journal

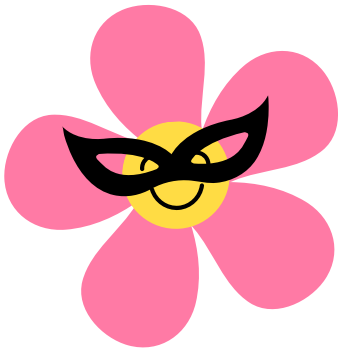
FREE DOWNLOAD



www.AnxietyHelpBox.com

I BELIEVE IN ME!

My Positivity and Confidence Journal



This Journal Belongs to

A yellow rounded rectangle with a black heart in the center, intended for a name.

SEE OUR WEBSITES FOR MORE **FREE** RESOURCES

1 WWW.SOCIALWORKERSTOOLBOX.COM



2 WWW.ANXIETYHELPBOX.COM



3 WWW.FEELINGSHELPBOX.COM



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Welcome to Your Journal!

This journal is your special space to explore your feelings, understand your emotions, and notice your strengths.

Each page will help you learn more about yourself — the things that make you proud, the moments that feel tricky, and the goals that matter to you.

You already have so many amazing qualities inside you.

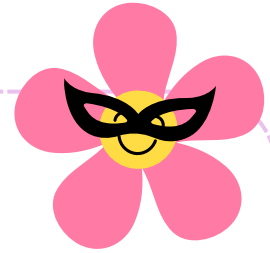
This journal will help you discover them, one page at a time.

Are you ready to begin your journey?



Daily Check-in

Today is: M T W T F S S



MY HAPPINESS LEVEL 1-10:

Colour the hearts to show how happy you feel today!



Right now, I feel:

Moment of

Happiness



from today:

Has my mood changed
during the day?

One thing I FEEL

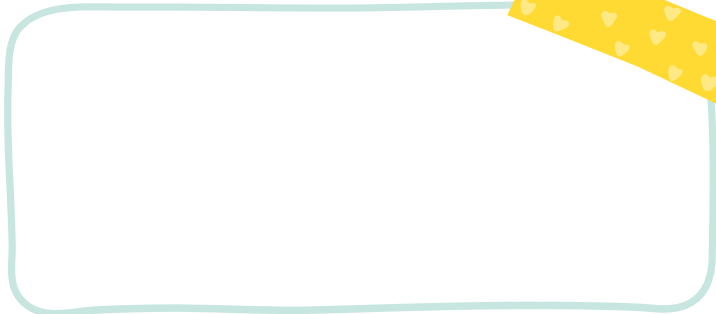
GRATEFUL

for and why:

 DID I LEARN OR EXPERIENCE
SOMETHING NEW TODAY? 

DID I FACE ANY CHALLENGES TODAY?

How did I overcome them?



Today, I love myself because:

The most AMAZING MOMENT
I experienced today:

3 things that made

ME SMILE

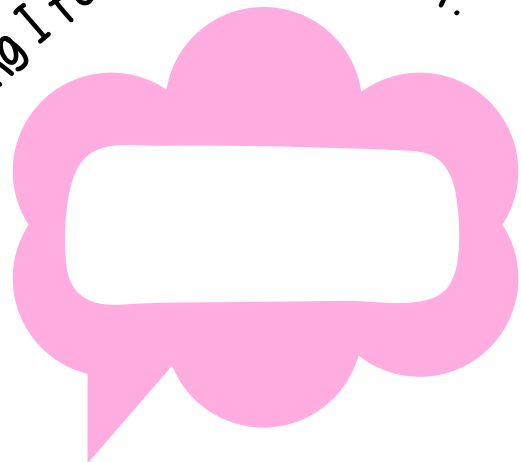
today:



Tomorrow I'm
LOOKING FORWARD to:



One thing I feel SUPER proud of:



My Weekly Reflection



What were the best parts of
this week?

A large, empty, rounded rectangular box with a light blue border, intended for writing the best parts of the week. To its right are three yellow exclamation marks, and to its bottom-left are three yellow stars of varying sizes.

What were the most
difficult parts?

A large, empty, rounded rectangular box with a light blue border, intended for writing the most difficult parts of the week.

What did I learn about myself
this week?

A medium-sized, empty, rounded rectangular box with a pink border, intended for writing what was learned about oneself this week.

How did I use my
STRENGTHS
this week?



Next week, I want to try:.

A yellow speech bubble with a wavy, irregular border, intended for writing what the user wants to try next week. A small teal star is located to its right.

Something I feel really proud of is:

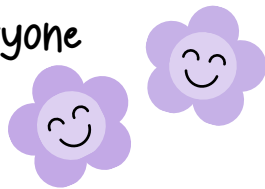
A pink speech bubble with a wavy, irregular border, intended for writing something the user is proud of.

My Strength: Kindness

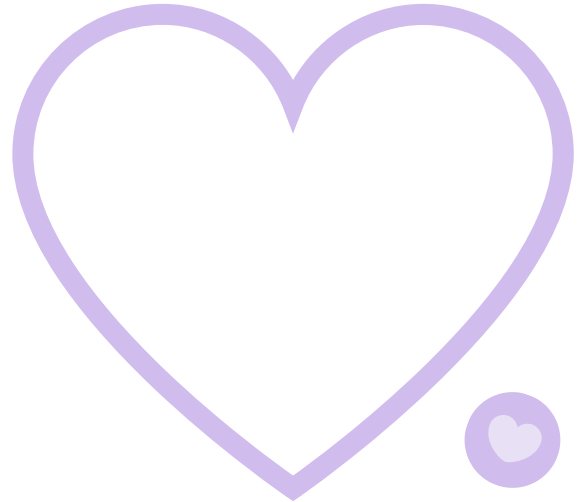


Kindness is:

- ♥ Being a good friend
- ♥ Helping others
- ♥ Being thoughtful
- ♥ Including everyone



ONE SMALL ACT OF KINDNESS
I CAN DO EACH DAY IS:



Can I remember a time when I helped
someone? What did I do?
How did it make me feel?



KIND WORDS I COULD SAY TO
SOMEONE ARE:

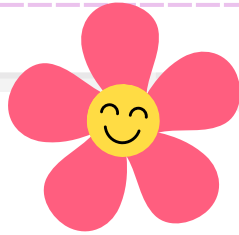
**Kindness grows when we
Share it.**

I M SO KIND

My Strength: Honesty



Honesty is:



- ♥ Telling the truth
- ♥ Respecting others
- ♥ Building trust
- ♥ Owning my actions

A MOMENT WHEN I TOLD
THE TRUTH, EVEN THOUGH IT
WAS HARD:



Why do I think honesty is
important?

A time when someone was
honest with me:

How did it make me feel?

I'M SO HONEST

My Strength: Creativity

Create
your own
magic

Creativity is:

- ♥ Thinking of new and exciting ideas
- ♥ Using my imagination
- ♥ Finding different ways to solve problems
- ♥ Making art, music, or stories

IF MY IMAGINATION COULD
TAKE ME ANYWHERE,
I WOULD GO TO...

SOMETHING CREATIVE I HAVE
DONE OR WOULD LIKE TO TRY:

How can I use my creativity to
solve a problem?

What do I like to create?

I'M SO CREATIVE

My Strength: Self-Control

Self-Control is:

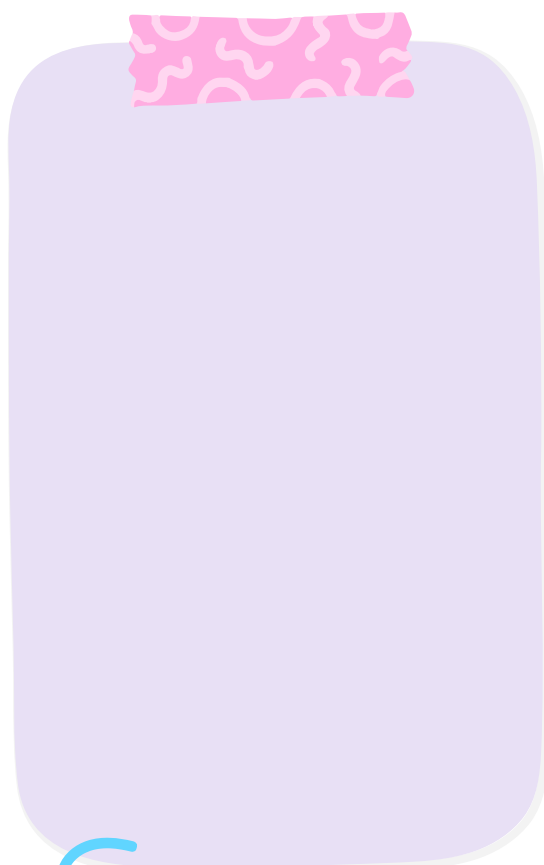
- ♥ Managing my emotions in a healthy way
- ♥ Choosing how I respond, even when I feel upset
- ♥ Taking a moment to think before I act
- ♥ Understanding that I am in charge of my actions

What helps me stay calm when something does not go my way?

How do I feel when I have to wait for something? What helps me stay patient?



CAN I THINK OF A TIME WHEN I HAD TO CONTROL MY EMOTIONS OR ACTIONS? WHAT DID I DO?



How did it feel afterwards?



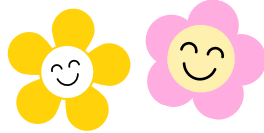
SELF-CONTROL
IS MY **SUPERPOWER**

My Strength: Bravery

BEING MYSELF
IS
BRAVE!

Bravery is:

- ♥ Trying new things
- ♥ Telling the truth
- ♥ Standing up for others
- ♥ Being myself, even when it feels hard



IT IS BRAVE TO ASK FOR HELP
WHEN I NEED IT.

When have I asked a friend or
adult to help me?

Write about a time when I was brave.
What did I do? How did it feel?

I felt proud of
myself when:

I'M SO BRAVE

My Strength: Empathy



Empathy is:

- ♥ Understanding how someone else feels
- ♥ Imagining what it is like to be in their shoes
- ♥ Being kind and comforting when someone needs support

WRITE DOWN 3 THINGS I COULD
SAY TO MY FRIEND WHO
SEEMS SAD:



Describe a time when I understood how someone else was feeling. What did I do to show I cared?

Why is it important to care about other people's feelings?




I LISTEN
with my Heart


I'M SO EMPATHIC

My Strength: Responsibility

Responsibility is:



- ♥ Taking care of the things I need to do
- ♥ Doing my best at home and at school
- ♥ Owning my choices and actions
- ♥ Thinking about the consequences before I act

THREE RESPONSIBILITIES I HAVE AT HOME OR SCHOOL:

Personal responsibilities:

One thing I do every day to take care of myself:

One rule I follow:

I take care of my things by:

What are some ways I show responsibility each day?

♥ I'M SO RESPONSIBLE

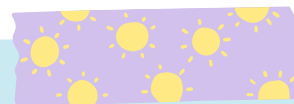
My Strength: Perseverance

Perseverance is:

- ♥ Not giving up, even when things are hard
- ♥ Trying again when something does not work
- ♥ Keeping going, even when I feel frustrated



WRITE ABOUT A TIME WHEN I KEPT GOING, EVEN THOUGH IT WAS HARD. WHAT HELPED ME?



What goals do I have and what helps me stay motivated?



How did it make me feel?



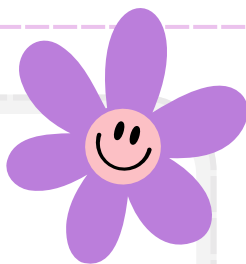
NEVER
GIVE UP

I'M SO PERSEVERANT

My Strength: Teamwork

Sharing is
CARING

Teamwork is:



- ♥ Working together to get something done
- ♥ Sharing ideas and listening to others
- ♥ Creating a kind and fair team environment
- ♥ Valuing everyone's thoughts and efforts

A TIME WHEN I WORKED WITH OTHERS TO ACCOMPLISH SOMETHING AND WHAT WE DID:

How can working as a team help us do better?

How can I show respect to teammates, even if we disagree?



What role did I play in a team?

I'M A GREAT
TEAMPLAYER

My Strength: Respect



Respect is:

- ♥ Caring about other people's feelings
- ♥ Listening when someone is talking
- ♥ Being kind and using good manners
- ♥ Treating others the way I want to be treated



How can I show respect to my family?

How can I show respect to my friends?



What are some ways I can show respect to myself?

How can I show respect to my teachers?

How can I show respect to animals and nature?

How can I show respect to someone who is different from me?

I'M SO RESPECTFUL

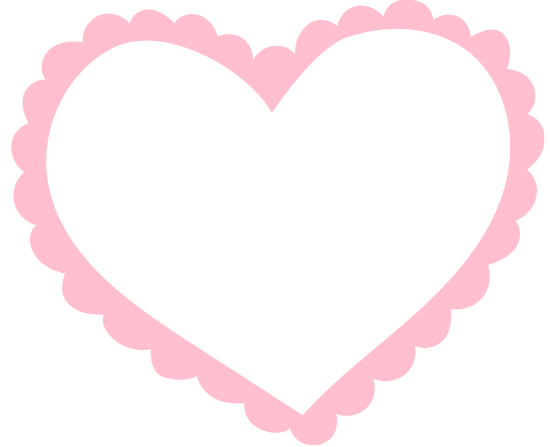
My Strength: Optimism



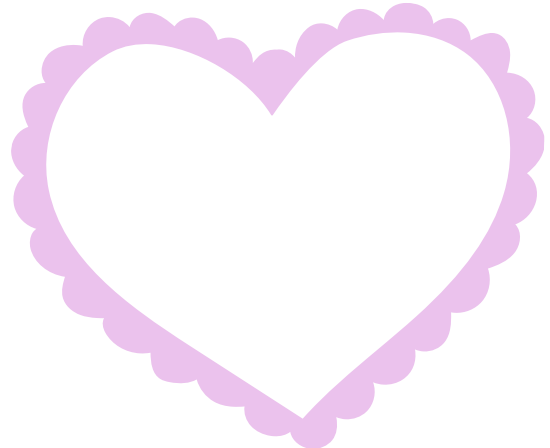
optimism is:

- ♥ Seeing the good in life
- ♥ Looking for something positive, even on hard days
- ♥ Finding hope in difficult situations
- ♥ Having a positive attitude

What is something good that happened recently?



What do I do to cheer myself up when I feel sad?



Can I think of a time when something did not go my way, but I still found something good in it?

How can I stay positive when I face a problem?

I'M SO OPTIMISTIC

When Things Feel Hard

Something that makes me feel a bit scared:

What could I do to face that fear or feel a little braver?

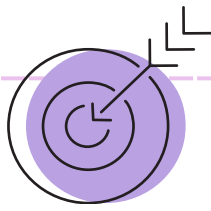
A problem I faced recently:

WHAT DID I DO TO SOLVE IT?

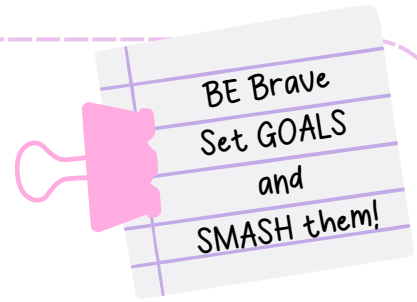
Things that help me feel better when I feel sad:



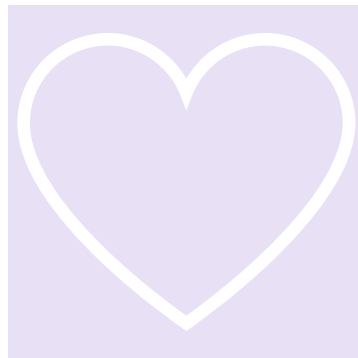
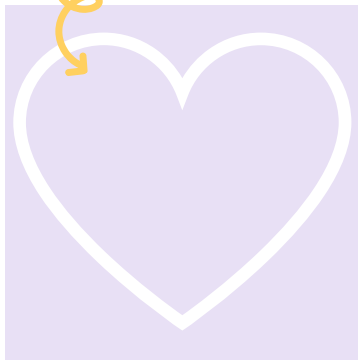
★ Dream BIG!



MY FUTURE GOALS



These are my goals and dreams:



**Steps I can take to reach
my goals:**

**People who can help and
support me:**

My Journal Page

TODAY IS:

