

Journal Prompts



Affirmations to Journal

Write out each of these 10 times in a notepad



"Sometimes other people are just nasty and
its not my fault"

"Right now there are people out there who
have met me or will meet me that love me
and feel lucky to have me in their life"

"I am a strong person and I am building my
confidence and skills everyday"

"I am allowed to feel hurt because this is
abusive behaviour."



Step 1: Think of a bad friend and write down their traits.

Step 2: Draw a messy outline around it

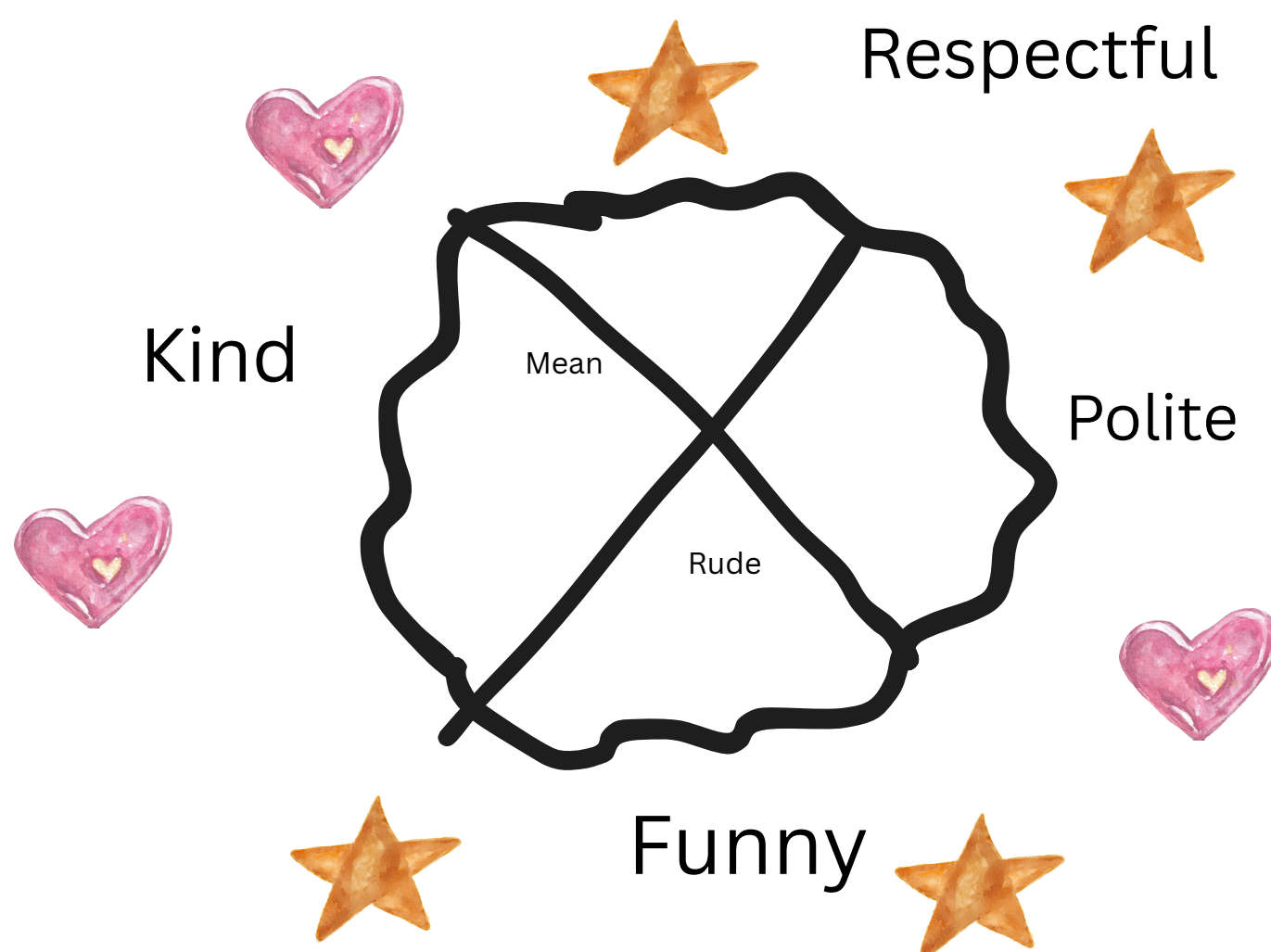
Step 3: On the outside write the opposite of each word.

There are many great people who have these traits

Step 4: Decorate the outside with drawings and more words in different coloured pens.

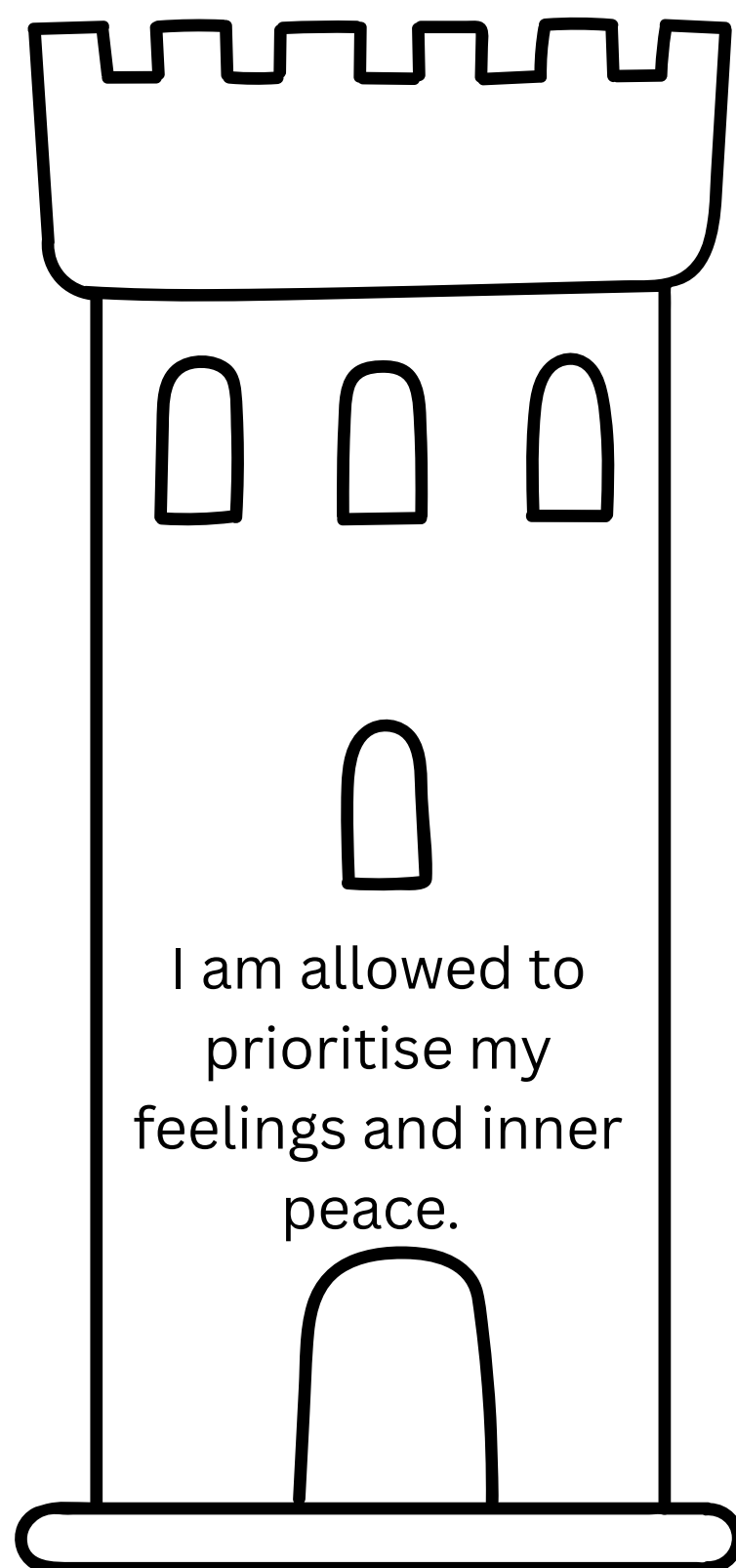
Step 5: Cross out the centre with all the negative words.

You are no longer going to prioritise people who possess mostly negative traits.



Step 1: At the top of the page, write down how you are feeling about what's happened (could be a bullying issue) and your struggles. It doesn't have to be in full sentences.

Step 2: Underneath it draw a foundation or tower and write positive affirmations inside it :



Step 3: Feel free to decorate!

