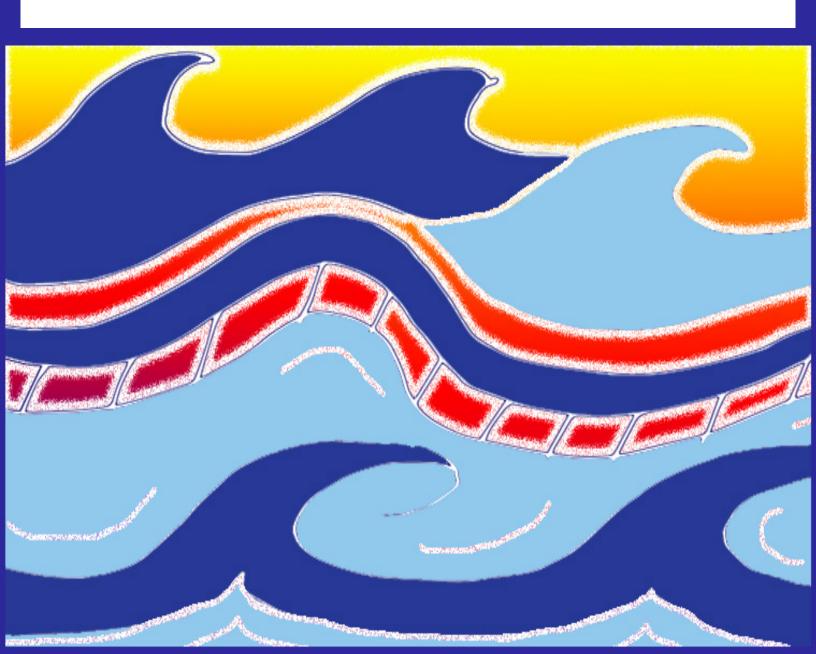


Cameron K. Gallagher Foundation

TRANSITIONS journal





66

"I want to write, but more than that, I want to bring out all kinds of things that lie buried deep in my heart."

-Anne Frank

99

We invite you to use this journal as one of the tools in your personal mental wellness toolbox to reflect on your own journey of learning and practicing resilience. Gratitude and optimism are important mindsets to help you navigate challenging times. Journaling can be an outlet for creativity and self-reflection, a process for setting goals, and a means of personal growth. This journal will focus on nurturing gratitude and optimism.

There is no right or wrong way to journal.

YOU HAVE EVERYTHING YOU NEED INSIDE YOU TO GET STARTED.



Take five minutes and write down three to five times in your life when something unexpected happened that caused a change in your plans. It could be anything, large or small, that caused you to see a new path forward or influenced you.

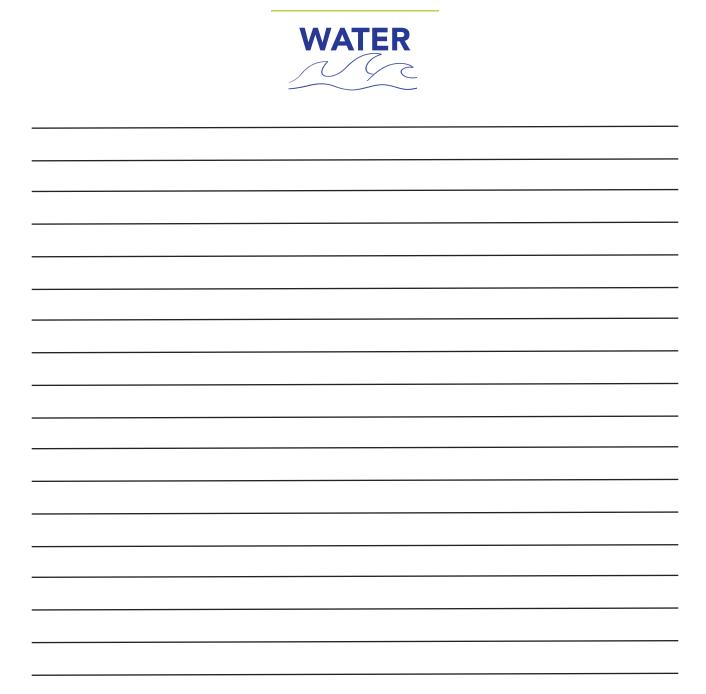
Some examples are winning a prize or award, losing someone close to you, reading a book or watching a movie that caught you off guard, getting a bad grade, or getting a PR in a sport.



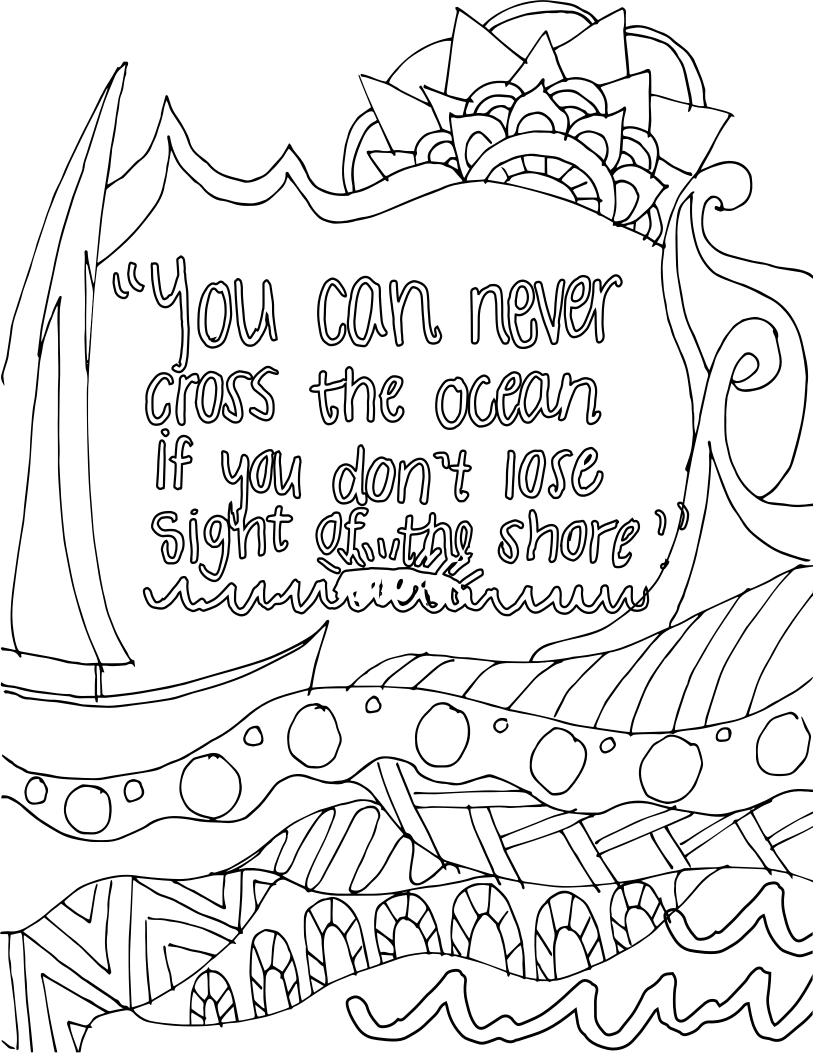


Free verse poetry is a way to express yourself in writing with very few or no rules. It doesn't have to follow rhythm and rhyme schemes.

Throughout this journal we will explore different free verse prompts. Explore what these words and phrases mean to you and what they can symbolize about life transitions.









In what ways have you noticed taking on more responsibility as you get older?

At home? At school? On your sports team?

HOW YOU DO PRIORITIZE THESE RESPONSIBILITIES?

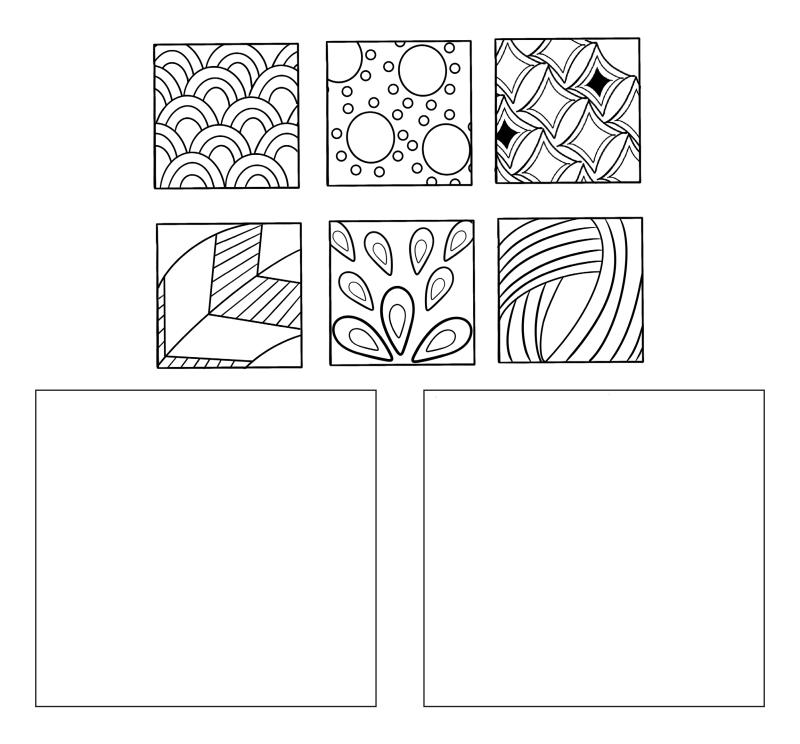




ZENTANGLE-INSPIRED ART

A form of meditative doodling using patterns weaved together. Start with a pattern, and add some more. See what you can create.

Here are some patterns to get you started, or create your own.







LET'S WRITE ABOUT IT: SELF-CARE

How do you define self-care? Write about three ways you currently practice self-care or three ways you would like to try. Why is self-care important to you?





POWER

LET'S EXPLORE WHAT POWER MEANS

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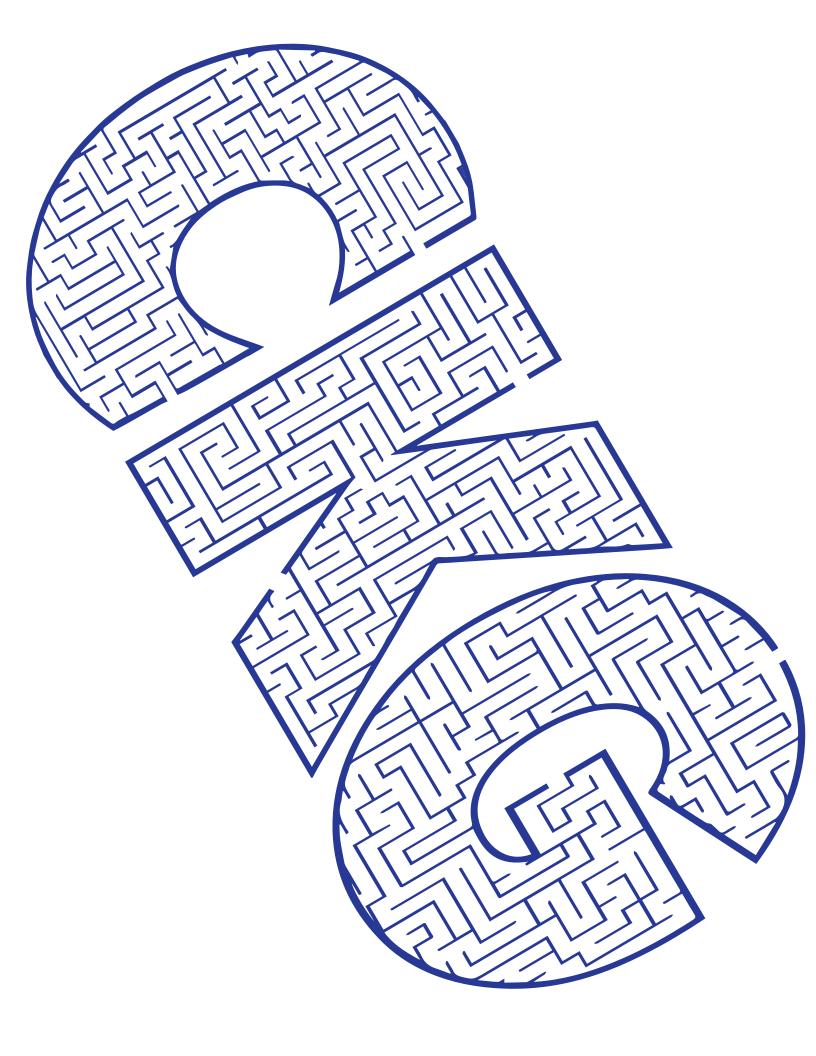


LET'S WRITE ABOUT IT: **TRUSTED COMPANIONS**

A) Who are two trusted people you have in your life? These might be friends, adults who are your parents or a friend's parents, or a teacher or a coach or someone else in your life.

B) How did you meet these people? What connects you to them? Why are they important to you?







MOUNTIANS

LET'S EXPLORE WHAT MOUNTAINS CAN MEAN

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TRANSITIONS WORD SEARCH

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V	N	Т	S	Α	С	Н	A	N	G	Е	Е	G	Т
N	0	I	Т	Α	U	D	Α	R	G	I	0	U	Н
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G	Т	Ε	I	0	R	D	0	U	В	T	S	D	N

WORD BANK

STRESS SCHEDULE ACCEPTANCE SELFCOMPASSION GRADUTATION MOVING TRUSTEDADULT DIVORCE SELFAWARENESS TRANSITION DOUBTS BREATHE CHANGE ROUTINE THOUGHTS



What are your social, academic, physical, and/or extracurricular activities goals for this year?

What do you think you might need to help you achieve these goals?

Are there any major changes you need to make socially, emotionally, or behaviorally?



