



Cameron K. Gallagher Foundation

# TRANSITIONS

*journal*





“

“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

”

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.**







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.

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# WATER



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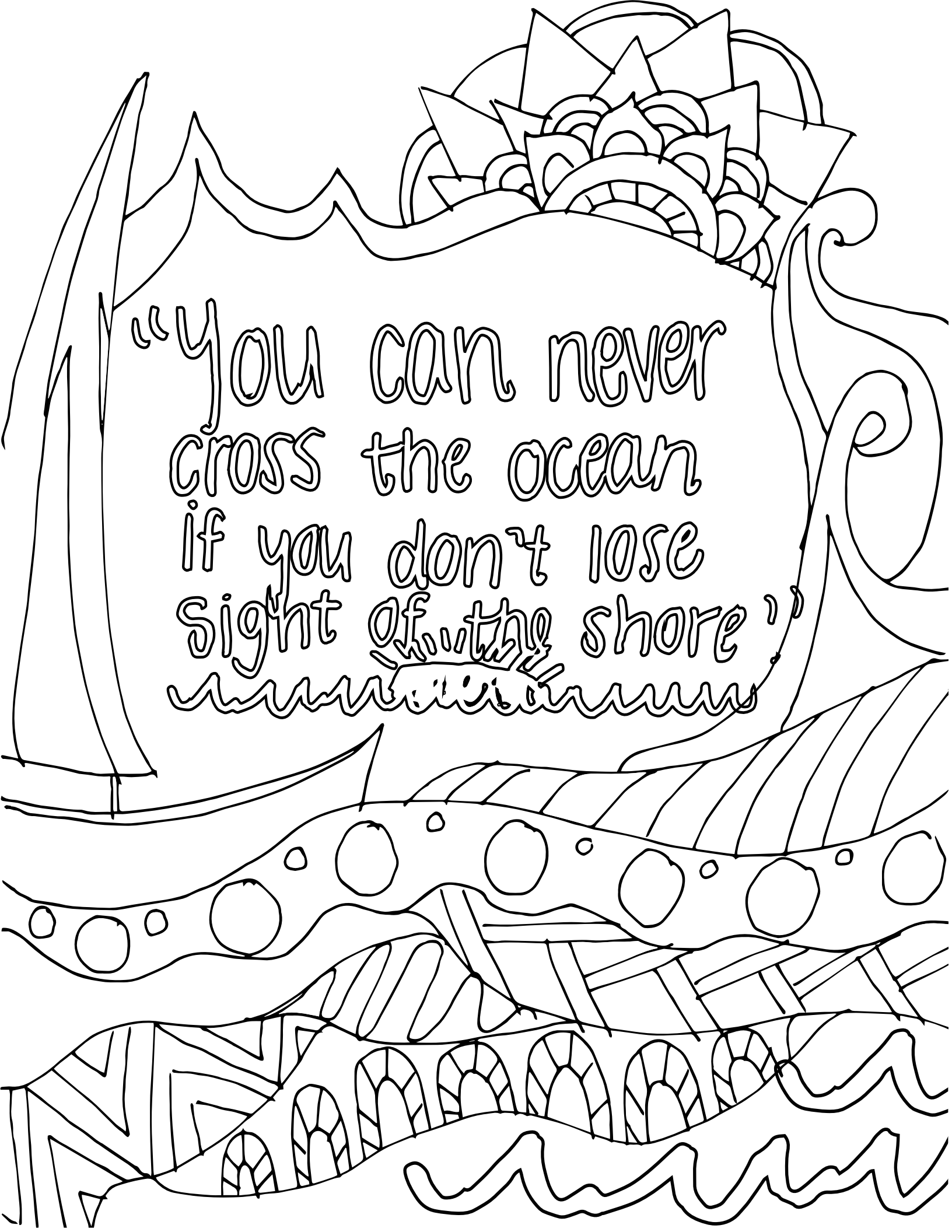
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"You can never  
cross the ocean  
if you don't lose  
sight of ~~the~~ shore!"  
~~~~~



# LET'S WRITE ABOUT IT:



## RESPONSIBILITIES

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?**

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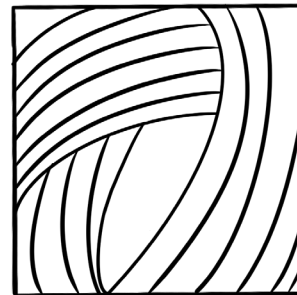
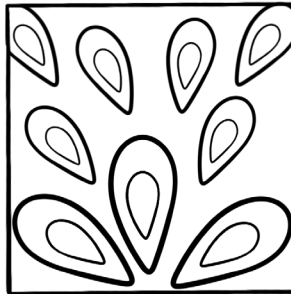
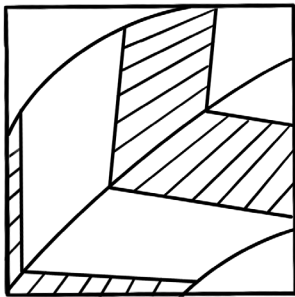
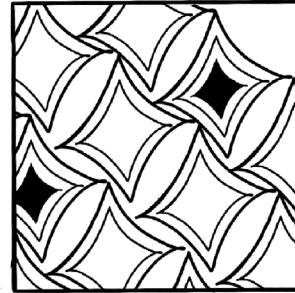
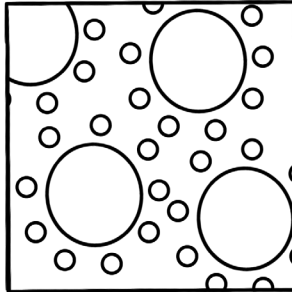
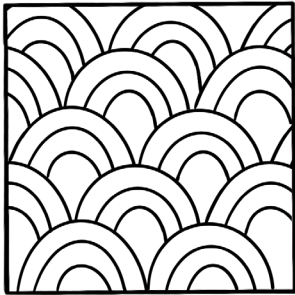




## ZENTANGLE-INSPIRED ART

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?

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# POWER

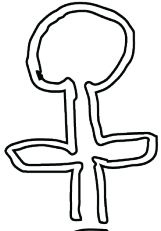
LET'S EXPLORE WHAT POWER MEANS



A series of 20 horizontal solid black lines for writing, stacked vertically and filling most of the page's lower half.



a smooth



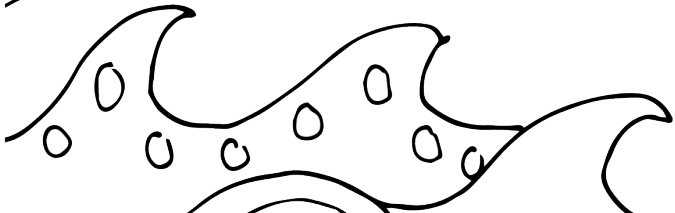
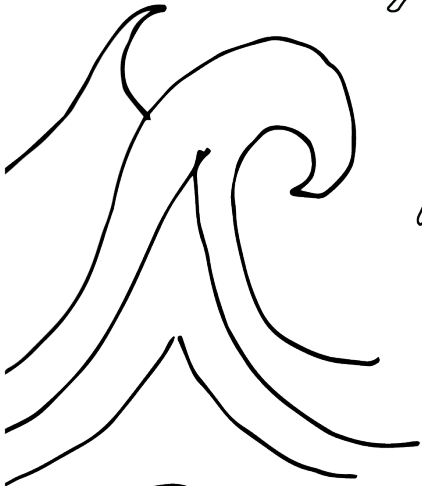
SEA



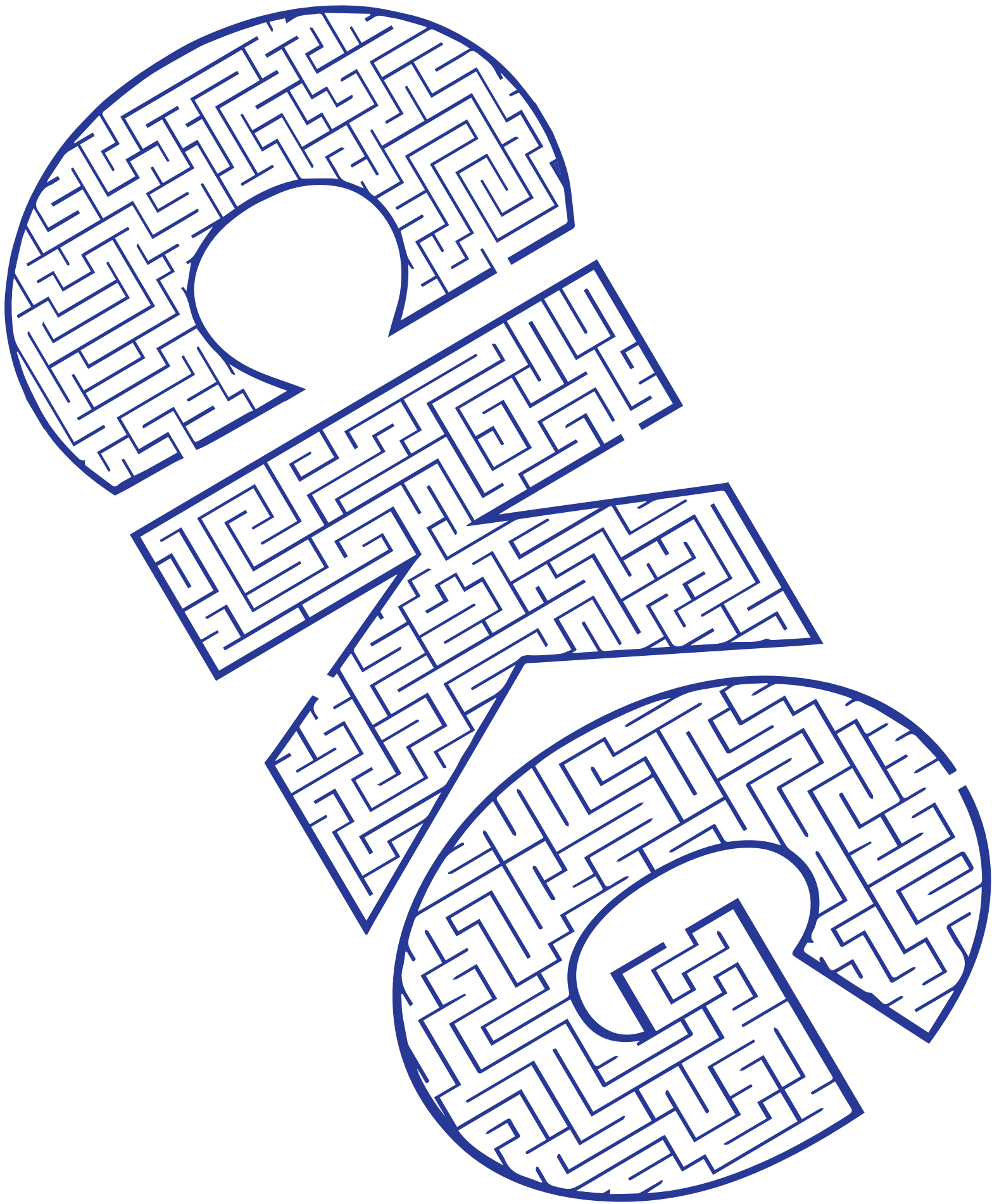
NEVER MADE

A SKILLED

CAILOR









# MOUNTAINS

LET'S EXPLORE WHAT MOUNTAINS CAN MEAN



Lined writing area consisting of 20 horizontal black lines.





# TRANSITIONS WORD SEARCH

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| A | D | E | L | N | H | H | U | O | H | M | O | M | E |
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| H | I | U | E | T | H | O | U | G | H | T | S | I | E |
| H | N | U | S | S | E | R | T | S | C | U | I | N | A |
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## WORD BANK

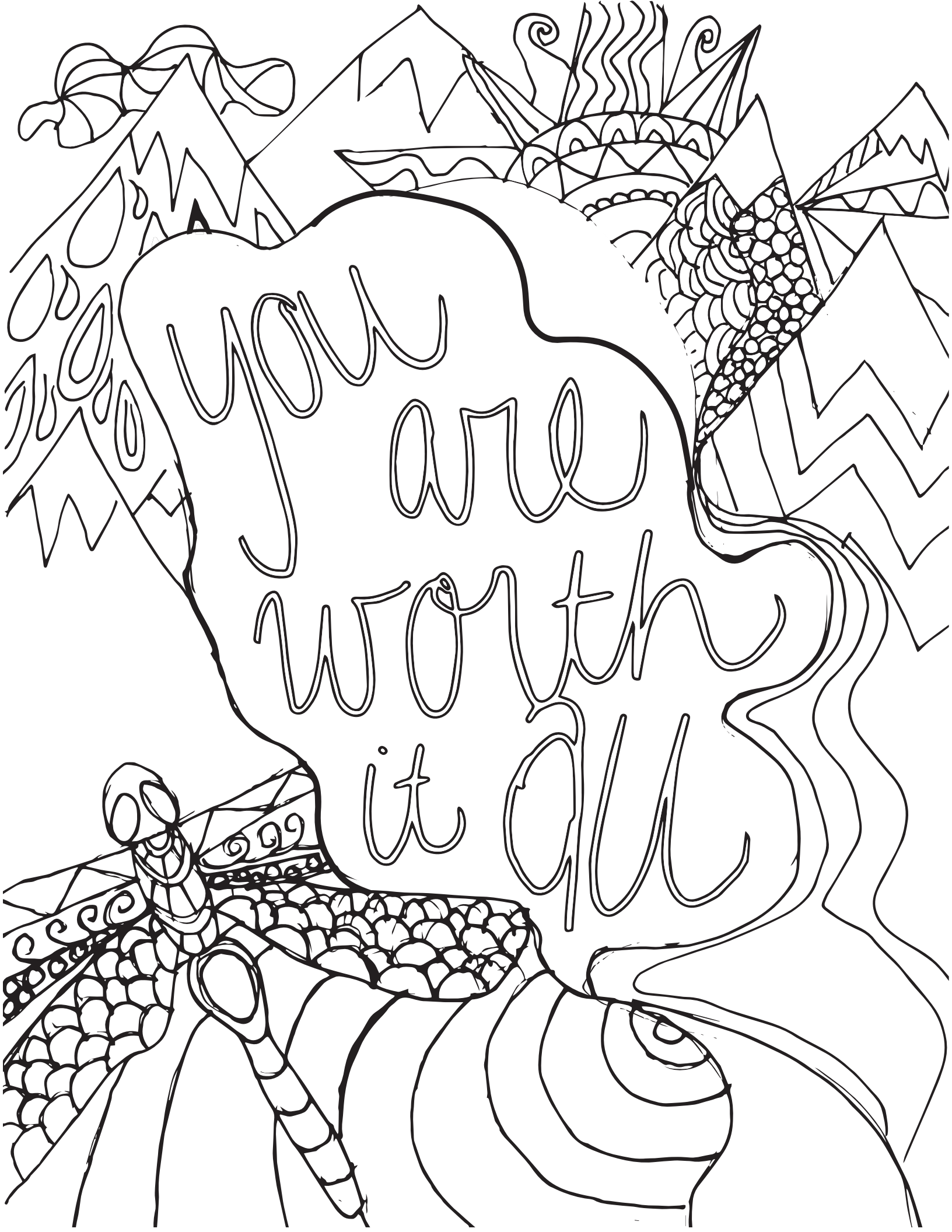
STRESS  
SCHEDULE  
ACCEPTANCE  
SELF-COMPASSION

GRADUATION  
MOVING  
TRUSTED ADULT  
DIVORCE

SELF-AWARENESS  
TRANSITION  
DOUBTS  
BREATHE

CHANGE  
ROUTINE  
THOUGHTS





you  
are  
worth  
it all