

The 1-week Journal project

Full Name: _____ Teacher: _____ Start Date: _____

Day 1	Something I did well today:	
	Today I had fun when:	
	I felt proud when:	
Day 2	Today I accomplished:	
	I had a positive experience with:	
	Something I did for someone:	
Day 3	I felt good about myself when	
	I was proud of someone else when:	
	Today was interesting because:	
Day 4	I felt proud when:	
	A positive thing I witnessed:	
	Today I accomplished:	
Day 5	Something that gave me joy:	
	I was proud of someone else when:	
	Today I had fun when:	
Day 6	I was kind when:	
	A positive thing I witnessed:	
	Today I accomplished:	
Day 7	I felt proud when:	
	Something that gave me joy:	
	Something I did for someone:	

***Return to Nurse Kelly by January 5th for a prize