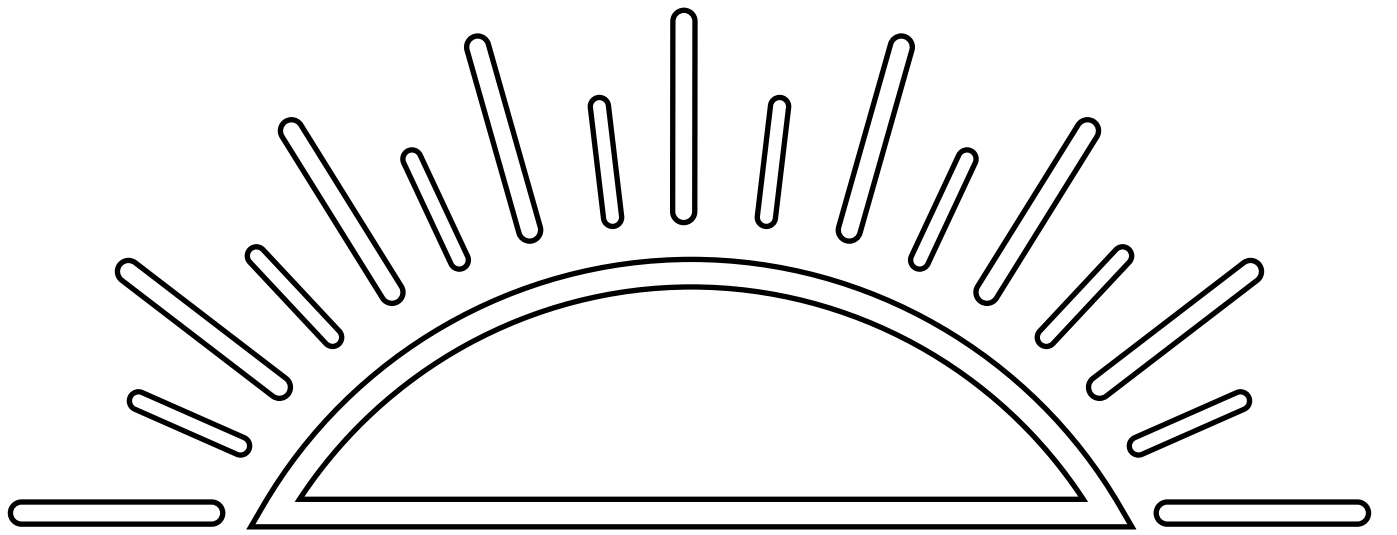


MINDSET MATTERS!

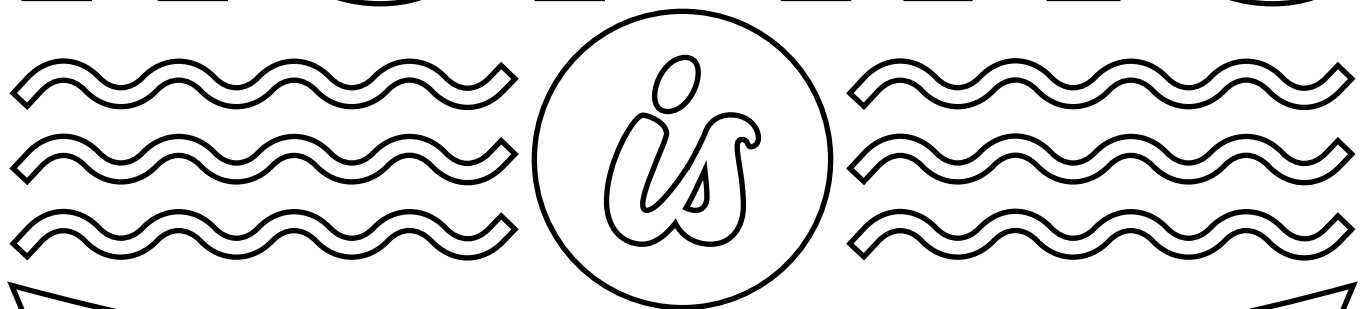
Gratitude Journal



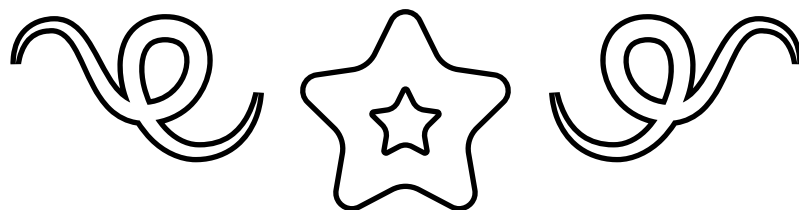
jwb



HOPING



COPING



**Each day brings a new
chance to find the good.**

i'm thankful and grateful for...

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

life is good

Finding gratitude in the little things means
the big things will be even better.

WHAT I'M GRATEFUL FOR

I'm lucky because...

Blessings in my life
are...

What I treasure
most is...

I wouldn't change...

Things you can do to practice gratitude:

- ✓ Focus on what you have, not what you don't
- ✓ Give a compliment or random act of kindness
- ✓ List the 10 things you are thankful for today
- ✓ Close your eyes & just breathe
- ✓ Find little things to make you smile

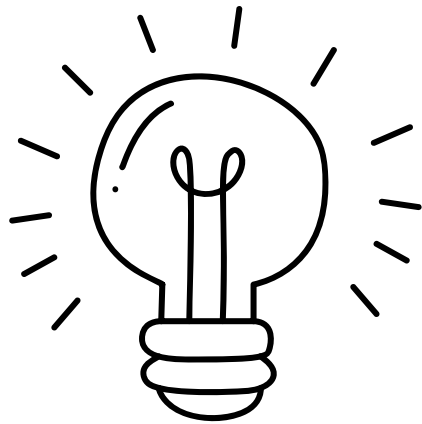
Gratitude Rewind



List something or someone you're grateful to
have in your life right now:

Now, think how your life would be different
without them and list that here:

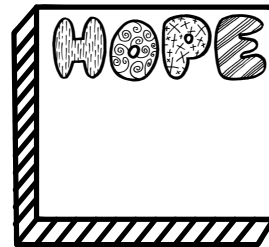
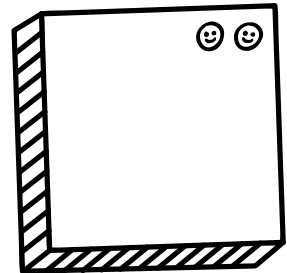
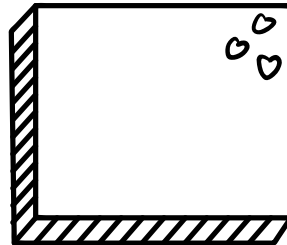
Thinking about not having something can help
you feel fortunate about what you do have.



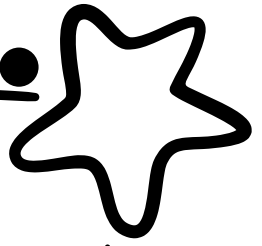
MY HOPE BOX

Your hope box is a way to remind yourself of the things that give you hope. Put things in your box that make you smile and give you hope. On days you don't feel very hopeful, open it and read the things inside. Use any box you want, or decorate a plain white one to let your creativity shine!

- A feel-good letter you write to yourself
- List of things you are looking forward to
- Photos of loved ones or fun times you've had
- List of ways you've coped in the past during hard times
- A small item that has a special meaning to you
- Inspirational quotes, verses, or sayings you love
- An article or story you find meaningful
- Anything that makes you smile



MOMENTS OF HOPE



Why is having HOPE
a good thing?

What makes you feel
HOPEFUL right now?

What does it mean
to have HOPE?

What is a little thing you can
do to increase your HOPE?

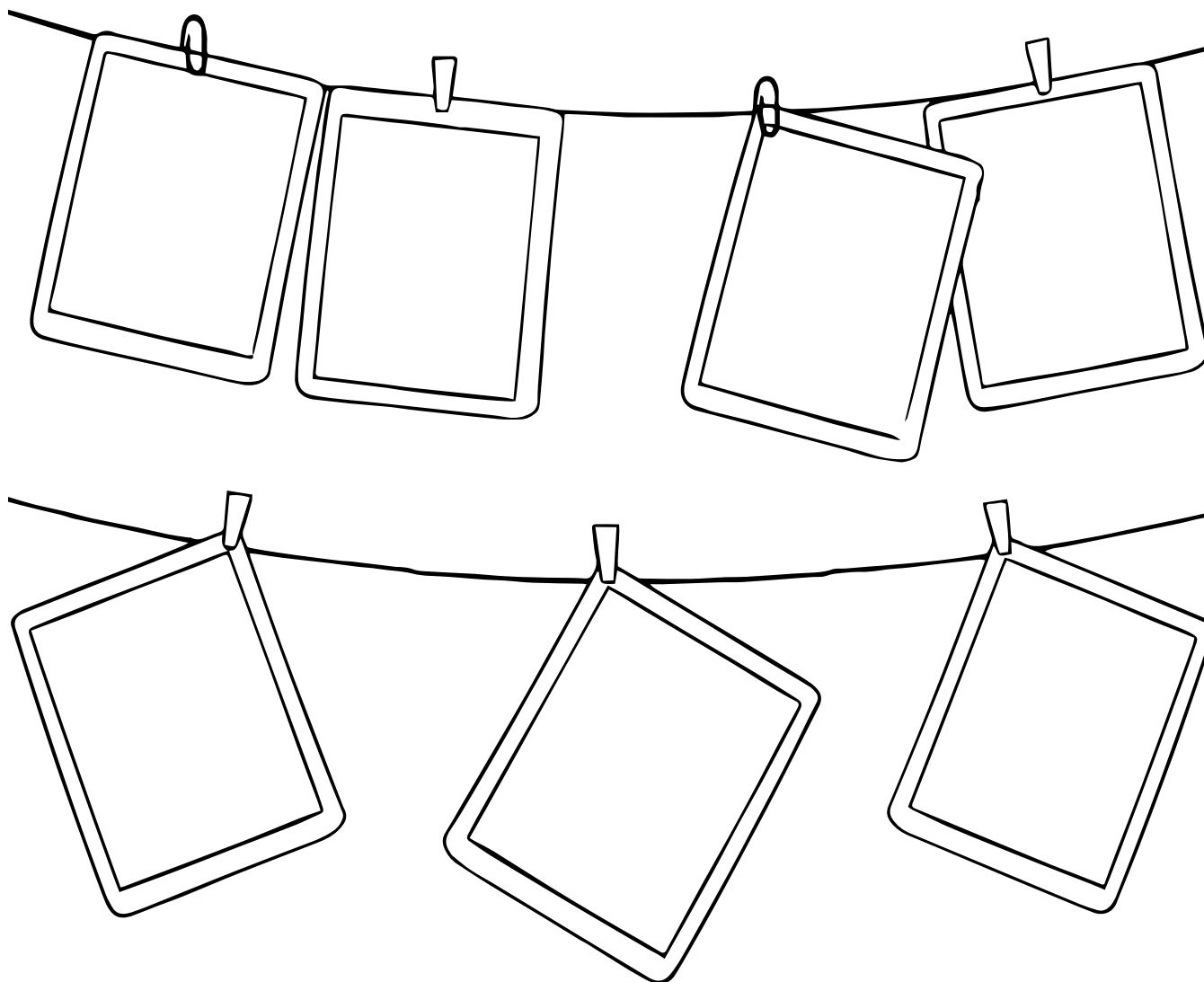
Think of when you last felt
HOPEFUL... how did it feel?

If something on your wall
reminded you to be HOPEFUL
every day, what would that be?



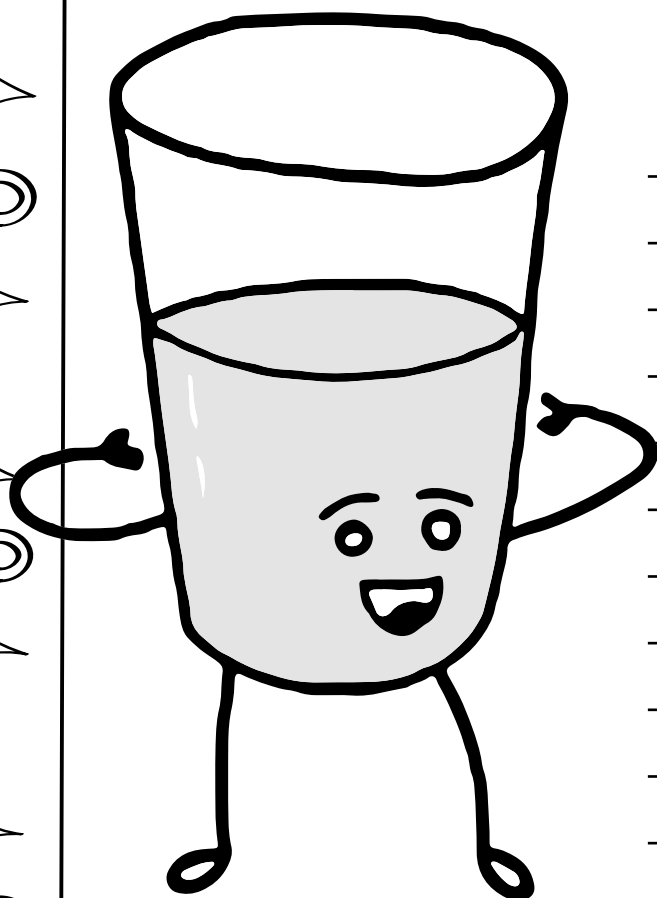
MINDSET MATTERS!

Think about times in your life that brought you happiness and peace. Maybe a birthday or holiday, fun day, or expected every-day joy. Write or draw things below to remember those joyful moments, and be creative!



MY GLASS IS HALF FULL

Look at the glass below. Is it half full or half empty? Our minds sometimes focus on the negatives. You can change that through practice. List all the things that are good in your life right now, that you are grateful for, or list positive memories from your past.

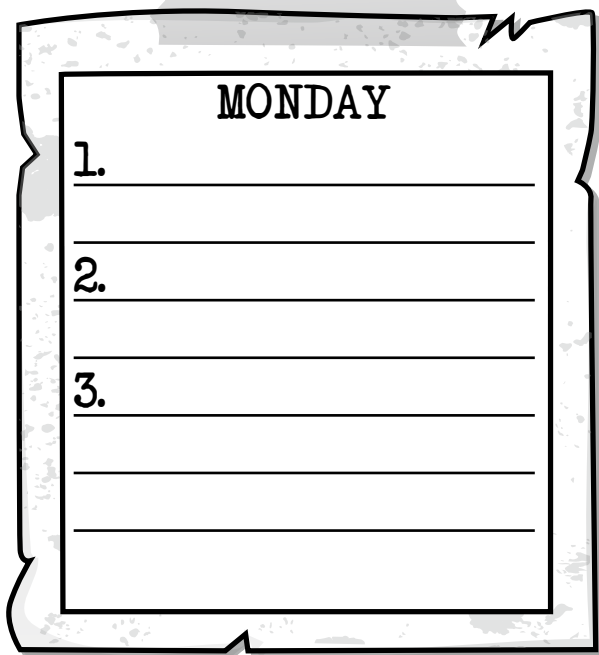


My glass is half full with
these positive things!

MINDSET MATTERS DAILY JOURNAL

Every day has good and not-so-good moments. At the end of each day, focus on the good ones by jotting down three positive things that happened. This will help bring joy and hope to your life.

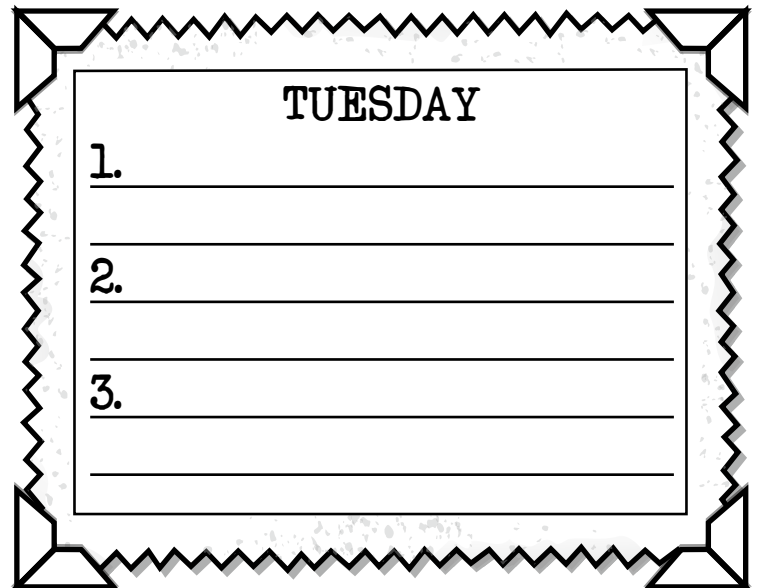
Mindset matters!



MONDAY

- 1.
- 2.
- 3.

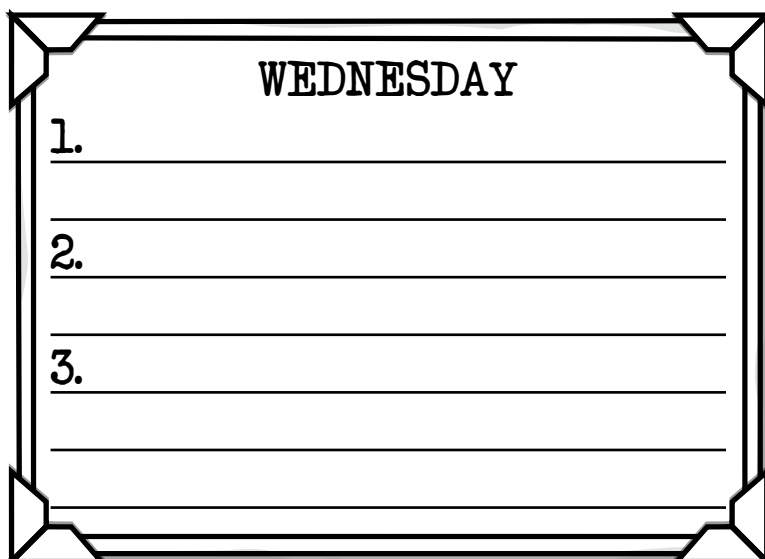
A journal card for Monday with a decorative, torn-edge border. It features a central box with the word 'MONDAY' at the top and three numbered lines for writing.



TUESDAY

- 1.
- 2.
- 3.

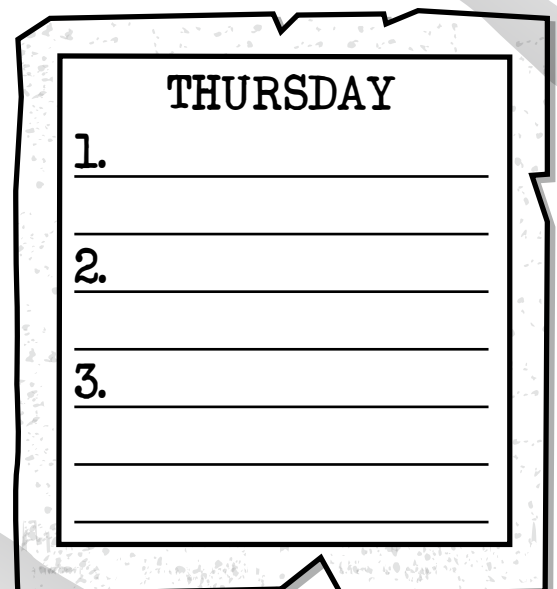
A journal card for Tuesday with a decorative, torn-edge border. It features a central box with the word 'TUESDAY' at the top and three numbered lines for writing.



WEDNESDAY

- 1.
- 2.
- 3.

A journal card for Wednesday with a decorative, torn-edge border. It features a central box with the word 'WEDNESDAY' at the top and three numbered lines for writing.



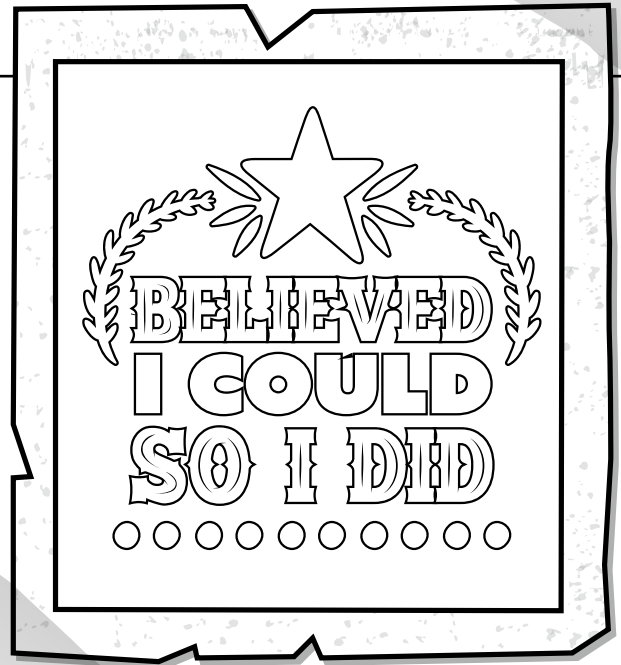
THURSDAY

- 1.
- 2.
- 3.

A journal card for Thursday with a decorative, torn-edge border. It features a central box with the word 'THURSDAY' at the top and three numbered lines for writing.

FRIDAY

1. _____
2. _____
3. _____



SATURDAY

1. _____
2. _____
3. _____

SUNDAY

1. _____
2. _____
3. _____



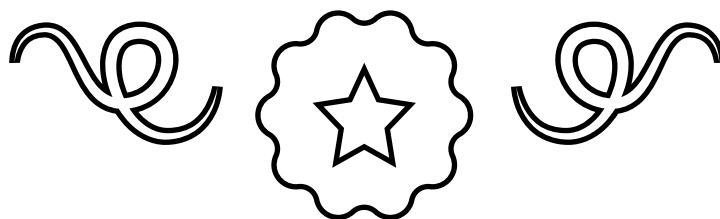
.....▶ I

can do

HARD

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THINGS
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THINK

oooooooo

TRY

oooooooo

QUESTION

oooooooo

GROW



Not
AFRAID
to make
MISTAKES



MINDSET MATTERS!

Teen Activity Book



Learn more by visiting:
www.jwbpinellas.org/childrens-mental-health

