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The goal of this journal is to help kids SHINE! To be their true authentic selves. The pages in this journal have fun and easy activities to help them learn about themselves. They learn how to tune into their senses and to listen to their inner voice, their gut...their intuition. They will also learn about kindness and gratitude and how to be kind and grateful to themselves and to others. By the end of this journal, we hope that kids will feel good about themselves, can advocate for themselves, and find ways to use their intuition to SHINE each and every day.

I wish I had a journal like this when I was younger. It would have helped me to learn about myself and see all the different positive things in life. I had a diary, but it only contained lines for me to write on, which were mostly the extremes of my life and often more negative based. A journal like this would have prompted me to write about positive things, do positive things, and learn to be kinder to myself...to SHINE!

Contents and use of journal pages:

- 1 Daily Journal pages: easy to fill out pages for each day of the week
- 2 Weekly planner: Weekly reminder of activities to do each day and space to write in things.
3. My weekly plan. A weekly calendar to fill in a schedule
4. How I Shined this week. Weekly reflection from the daily journal pages.
5. Activities. Fun activities to do each week.

From Ms. Karla

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