

Name:



I am kind

because...

Handwriting practice lines for the text "because...". The page features multiple sets of three horizontal lines (top solid, middle dashed, bottom solid) for writing practice.



because...



[illegible]

compliment Circle

Give your friend a genuine compliment.



Self-esteem

Daily Journal

I felt:



Date:

Things I am proud of

My accomplishments

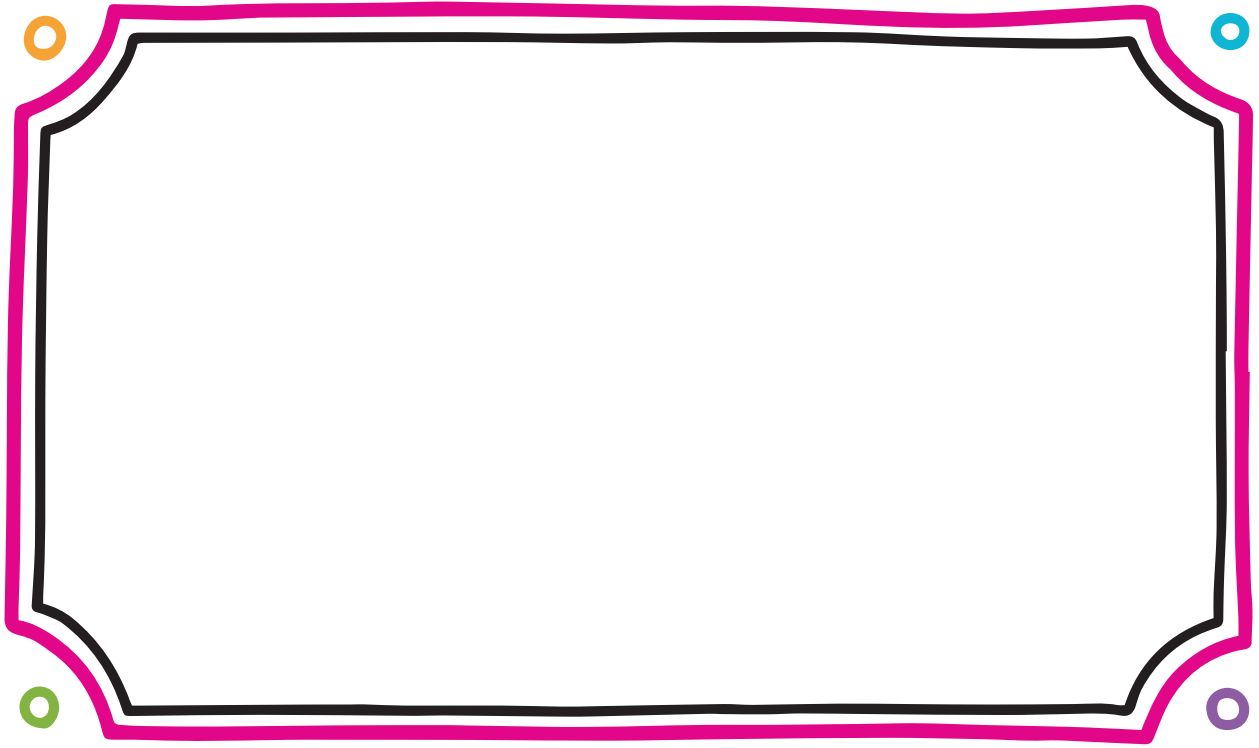
Things I like about myself

My challenges and how I overcome them

What I learned from my challenges

Mirror Self

Draw a portrait of yourself in the frame.



My top three favorite traits

Can you tell me three things you really like about yourself?

A series of horizontal lines for handwriting practice. Each set consists of a solid top line, a dashed midline, and a solid bottom line. There are four such sets of lines stacked vertically.



**I am amazing
because**

Positive Traits

Check the traits you would like to have more in your life.

- | | | | |
|--|---|--|--|
| <input type="checkbox"/> Imagination | <input type="checkbox"/> Bravery | <input type="checkbox"/> Cooperation | <input type="checkbox"/> Kindness |
| <input type="checkbox"/> Fairness | <input type="checkbox"/> Patience | <input type="checkbox"/> Loyalty | <input type="checkbox"/> Creativity |
| <input type="checkbox"/> Inventiveness | <input type="checkbox"/> Humor | <input type="checkbox"/> Resourcefulness | <input type="checkbox"/> Curiosity |
| <input type="checkbox"/> Playfulness | <input type="checkbox"/> Optimism | <input type="checkbox"/> Consideration | <input type="checkbox"/> Honesty |
| <input type="checkbox"/> Dependability | <input type="checkbox"/> Respectfulness | <input type="checkbox"/> Perseverance | <input type="checkbox"/> Generosity |
| <input type="checkbox"/> Warmth | <input type="checkbox"/> Responsibility | <input type="checkbox"/> Supportiveness | <input type="checkbox"/> Resilience |
| <input type="checkbox"/> Leadership | <input type="checkbox"/> Adaptability | <input type="checkbox"/> Adventurousness | <input type="checkbox"/> Empathy |
| <input type="checkbox"/> Self-Control | <input type="checkbox"/> Thoughtfulness | <input type="checkbox"/> Politeness | <input type="checkbox"/> Enthusiasm |
| <input type="checkbox"/> Forgiveness | <input type="checkbox"/> Energetic | <input type="checkbox"/> Inquisitiveness | <input type="checkbox"/> Determination |
| <input type="checkbox"/> Mindfulness | <input type="checkbox"/> Diligence | <input type="checkbox"/> Honorable | <input type="checkbox"/> Compassion |

Select the top three traits you wish to enhance and write the steps you will take to improve them.

<div></div>	<div></div>	<div></div>
<div>a.</div>	<div>a.</div>	<div>a.</div>
<div>b.</div>	<div>b.</div>	<div>b.</div>
<div>c.</div>	<div>c.</div>	<div>c.</div>
<div></div>	<div></div>	<div></div>