

My Daily Mile

Journal of Joy

Name

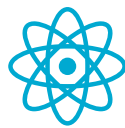




THE DAILY MILE MAKES ME FEEL ...



MY 2020-2021 GOALS



ALL ABOUT ME!

What are 5 things
that I am really good at?

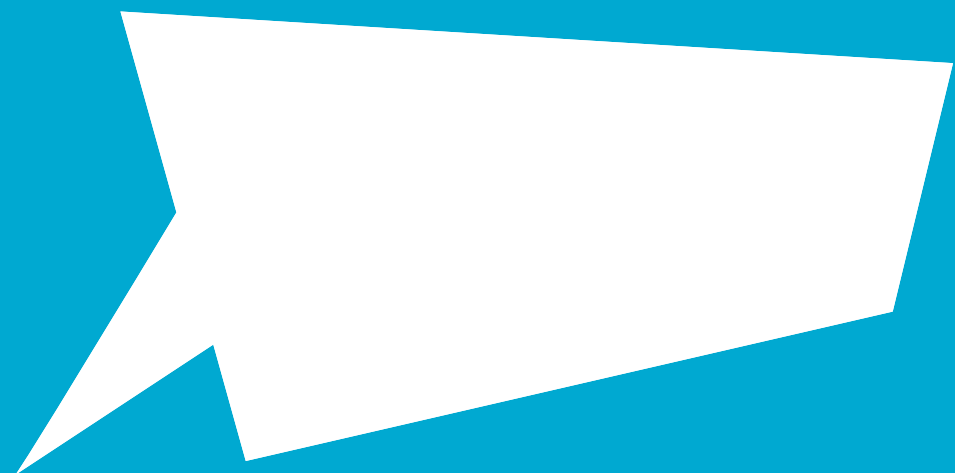
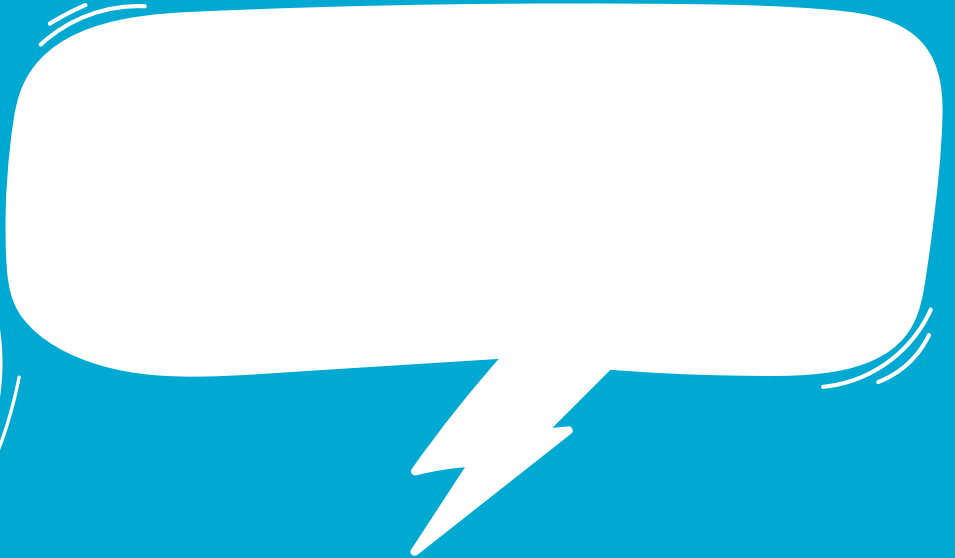
What makes me feel
the best about myself?

What makes me different?

What is the best thing about me?

WHAT OTHERS SEE IN ME

Use the bubbles below to write in nice things your friends and family say about you.



WRITE TO FEEL BETTER

Use the words in the blue, pink, and green boxes below to finish the sentence.

Sad
Angry
Scared
Confused
Worried
Embarrassed
Unsafe
Stress

Happy
Calm
Safe
Focused
Better
Accepted
Okay
Good

Go for a walk or run
Draw or color
Count to 10
Read a book
Ask for help
Write in my journal
Take slow breaths
Do a puzzle
Stretch
Give myself a hug
Help someone
Do a chore

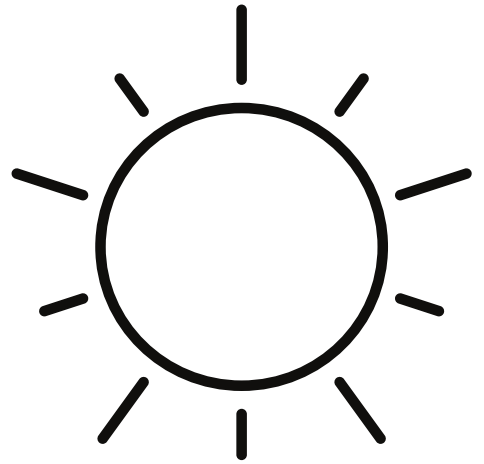
I feel _____. To help me feel _____, I will _____.

Example: I feel **worried**. To help me feel **calm**, I will **go for a walk**.

WRITE TO FEEL BETTER



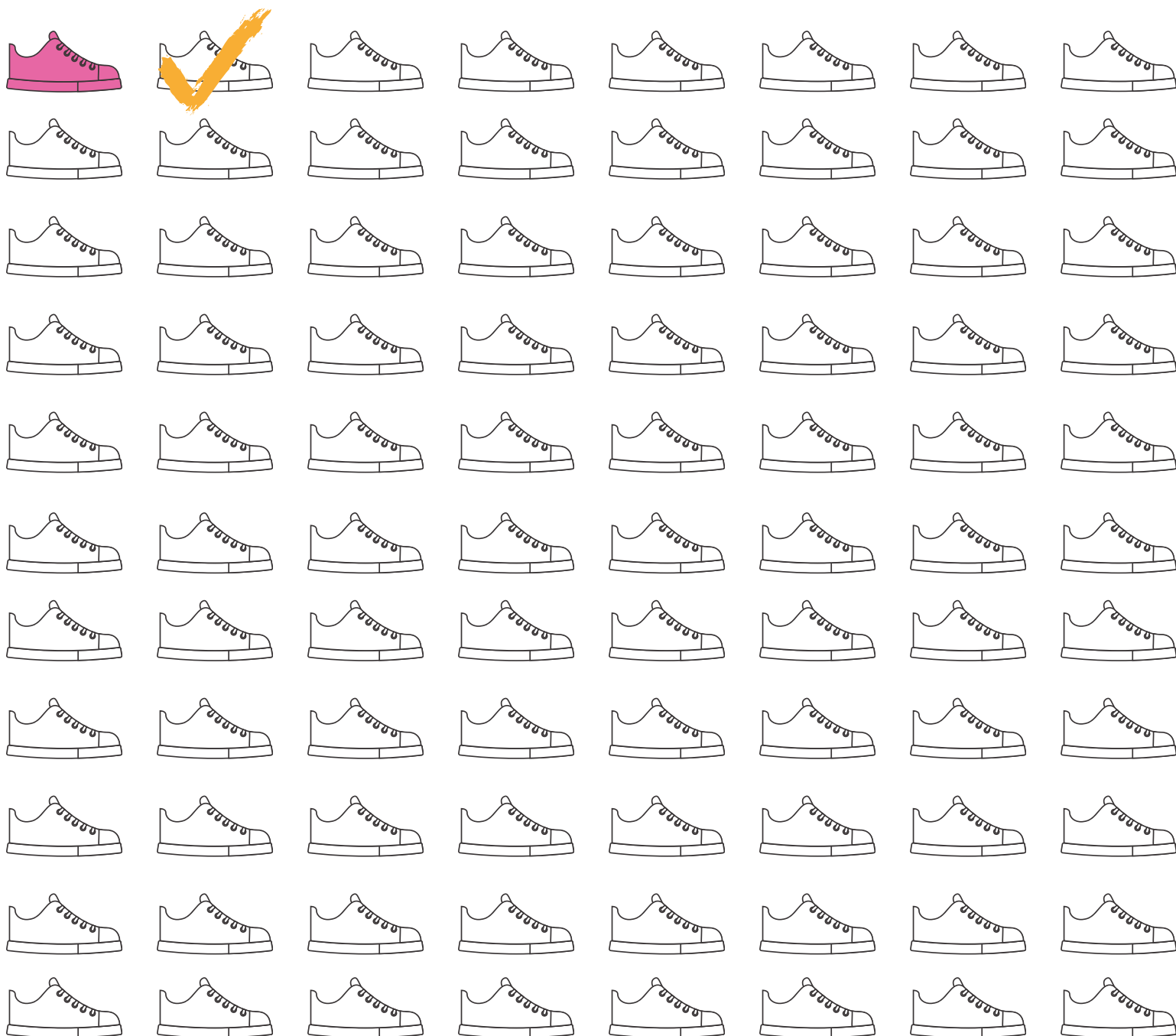
Draw and color a picture of yourself walking or running on The Daily Mile.

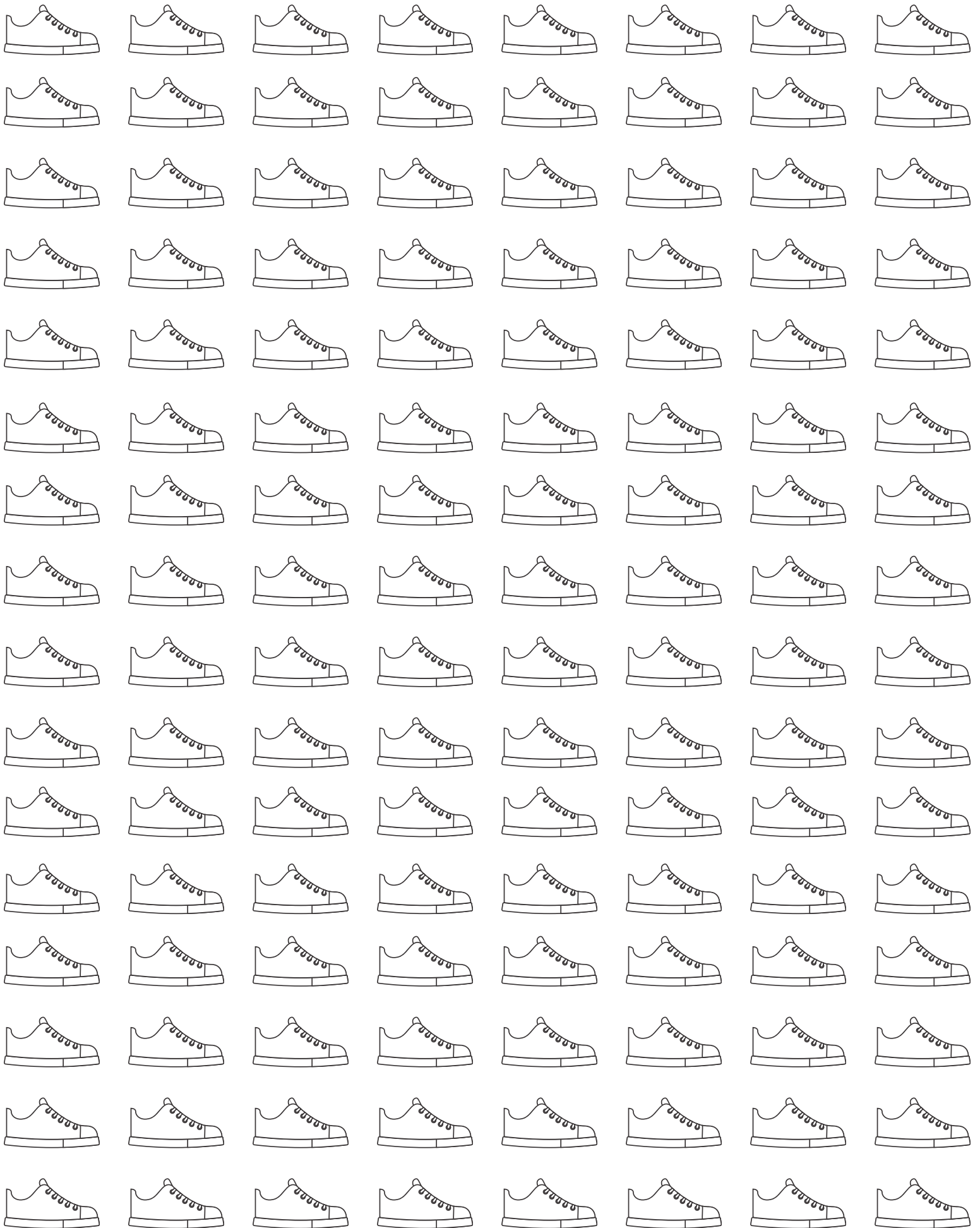


MY DAILY MILE TRACKER



Good habits start one day at a time! Color, check off, or put a sticker over each shoe when you complete The Daily Mile that day.





Notes of Kindness



Write something kind on the notes below. Cut the notes out and leave them for your friends and family to find!

You are a
good
friend.

You are
important
to me.

I am
happy to
know you.

