









Mood tracker

Use your journal to track your mood. You can use a scale (e.g 1-10), an adjective (e.g happy) or an emoji. Then add a note explaining why you felt that way. ?



Over time, mood patterns will become clear.























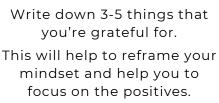








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Habit and routine tracker

Track habits such as how much water you've drank or how many steps you'd like to do per day.





Seeing progress over the things you can control can be motivating.





















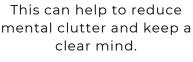






This is your space to let out thoughts that may be troubling you.



























Affirmation practice
Write and repeat a positive affirmation. You can make





these personal to you.

This will help you to think positively.







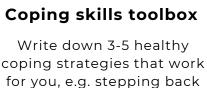










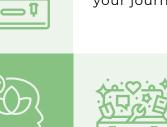




and counting to 10.

This will be a go-to section of your journal on tough days.



















Creative expression

Take some space in your





journal to doodle, jot down a quote or add in some fun stickers, etc You can use this to express what you're feeling when























Use this journal alongside discussions like that with your HDYES Youth Worker to jot down your feelings, for example.





Writing things down may help you to process what you're going through.





















Smile file

Write down an experience in which you surprised yourself, or something positive you think / someone has said about you.





about you.

This is great to look back on when self-doubt creeps in.





















Goal setting / intentions



Set short-term goals - these can be mental health specific or something that fits in with your life, like a fitness goal.



Tracking progress can be a great motivator.













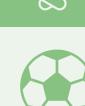






Self-care It's important to take some





time out for yourself. Use this section of your notebook to jot down some examples of what you can do for you. For example, playing









