

MY TERM ONE JOURNAL

1st Week Check In

At the beginning of the week, I felt:

Now I feel:

I think I need help with

I am grateful for (who / what)

This week I learned about (can be anything in life or academics)

I want to know more about (can be life or academics)

One thing I am going to do differently next week to make it easier than my first week

A couple of other things on my mind are

MY TERM ONE JOURNAL

2nd Week Check In

At the beginning of the week, I felt:

Now I feel:

I think I need help with:

I am grateful for (who / what):

This week I learned about (can be anything in life or academics):

I want to know more about (can be life or academics):

One thing I am going to do differently next week to make it easier than my first week:

A couple of other things on my mind are:

MY TERM ONE JOURNAL

3rd Week Check In

At the beginning of the week, I felt:

Now I feel:

I think I need help with:

I am grateful for (who / what):

This week I learned about (can be anything in life or academics):

I want to know more about (can be life or academics):

One thing I am going to do differently next week to make it easier than last week:

A couple of other things on my mind are:

MY TERM ONE JOURNAL

4th Week Check In

At the beginning of the week, I felt:

Now I feel:

I think I need help with:

I am grateful for (who / what):

This week I learned about (can be anything in life or academics):

I want to know more about (can be life or academics):

One thing I am going to do differently next week to make it easier than last week:

A couple of other things on my mind are:

MY TERM ONE JOURNAL

5th Week Check In

At the beginning of the week, I felt:

Now I feel:

I think I need help with:

I am grateful for (who / what):

This week I learned about (can be anything in life or academics):

I want to know more about (can be life or academics):

One thing I am going to do differently next week to make it easier than last week:

A couple of other things on my mind are:

MY TERM ONE JOURNAL

6th Week Check In

At the beginning of the week, I felt:

Now I feel:

I think I need help with:

I am grateful for (who / what):

This week I learned about (can be anything in life or academics):

I want to know more about (can be life or academics):

One thing I am going to do differently next week to make it easier than last week:

A couple of other things on my mind are:

MY TERM ONE JOURNAL

7th Week Check In

At the beginning of the week, I felt:

Now I feel:

I think I need help with:

I am grateful for (who / what):

This week I learned about (can be anything in life or academics):

I want to know more about (can be life or academics):

One thing I am going to do differently next week to make it easier than last week:

A couple of other things on my mind are:

MY TERM ONE JOURNAL

8th Week Check In

At the beginning of the week, I felt:

Now I feel:

I think I need help with

I am grateful for (who / what):

This week I learned about (can be anything in life or academics):

I want to know more about (can be life or academics):

One thing I am going to do differently next week to make it easier than last week:

A couple of other things on my mind are:

MY TERM ONE JOURNAL

9th Week Check In

At the beginning of the week, I felt:

Now I feel:

I think I need help with

I am grateful for (who / what)

This week I learned about (can be anything in life or academics)

I want to know more about (can be life or academics)

One thing I am going to do differently next week to make it easier than last week:

A couple of other things on my mind are:

MY TERM ONE JOURNAL

10th Week Check In

At the beginning of the week, I felt:

Now I feel:

I think I need help with:

I am grateful for (who / what):

This week I learned about (can be anything in life or academics):

I want to know more about (can be life or academics):

One thing I am going to do differently next term to make it easier than my first term:

A couple of other things on my mind are: