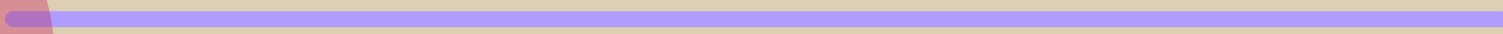


# journal



this journal  
belongs to:



# index:

Pg. 4-6

Notes

Notes:

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Pg. 7

all about me!

all about me!

○ ○ ○

○ ○ ○

○ ○ ○

Pg. 8

Plan your week

Plan my week.

mon. Tues. wed.

thu. Fri. Sat.

Sun.

Pg 9.

inspirational notes

inspirational notes

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write your own

Pg. 10

bff catalogue

colleague!

fill w/ BFFs

Pg. 11

random questions

u? \_\_\_\_\_

u? \_\_\_\_\_

u? \_\_\_\_\_

u? \_\_\_\_\_

u? \_\_\_\_\_

u? \_\_\_\_\_

Pg. 12

Plan your day

Plan your day

u? u? u? u?

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Pg. 13

design your dream room

design your dream room

Pg. 14

family collage

family collage

Pg. 15

goals

goals:

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_

Pg. 16

note 2 future self

Dear future self,

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Pg. 17

how many?

how many times  
do you believe in yourself?

- 0) \_\_\_\_\_
- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_

Pg. 18

design your fav. outfit

design your fav. outfit

Pg. 19-21

notes

NOTES.

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Pg. 22

goodbye!

goodbye!

Hope you enjoyed

@emily\_lewis





Pg. 6

notes:

# all about you!

add your name

add your age

add an image of you

add your grade

add an image of your family

add your hobby

add an image of your fav. thing

add yourbff

add your b-day

p.s. nothing will be recorded or saved

# Plan your week

Mon.

Tues.

wed.

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Thurs.

Fri.

Sat.

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Sun.

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# Pg. 9 inspirational quotes:

1) Don't wish 4:6, work 4:6!

2) Be braver than your fears

3) Be yourself, everyone else is taken

4) Don't stop until you're proud

5) Big journeys begin with small  
+ add your own + <sup>steps</sup>

6) \_\_\_\_\_

7) \_\_\_\_\_

8) \_\_\_\_\_

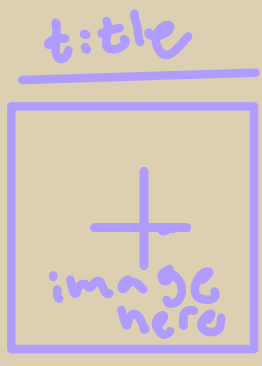
9) \_\_\_\_\_

10) \_\_\_\_\_

# BFF picture gallery

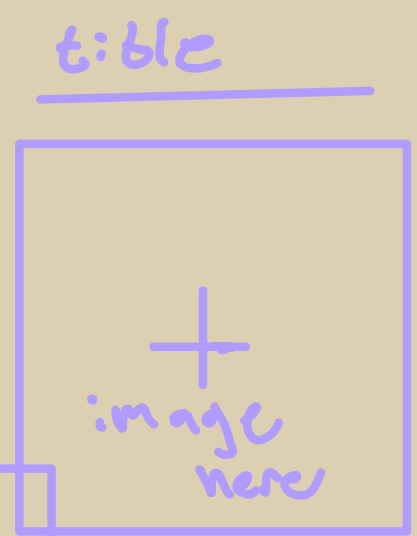
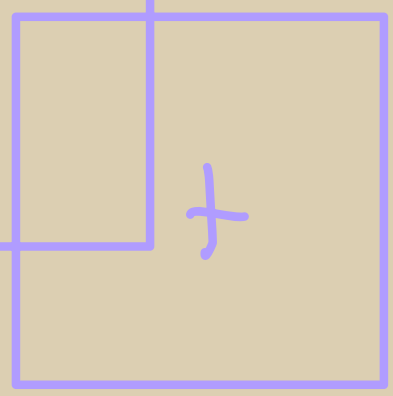


title

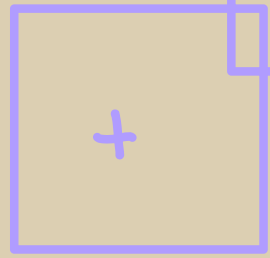
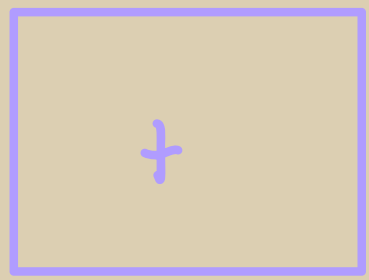


title

title



title



Pg. 11

# RANDOM? Questions?

whats your fav. hairstyle?

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who was your celeb. crush?

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when soap touches the floor is the floor clean or the soap dirty?

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what is your favorite flower?

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# Plan your day

|                                 |                                 |                                 |  |
|---------------------------------|---------------------------------|---------------------------------|--|
| <p>time</p> <p>min</p> <p>*</p> | <p>time</p> <p>min</p> <p>*</p> | <p>time</p> <p>min</p> <p>*</p> | <p><del>time</del></p> <p><del>min</del></p> <p><del>*</del></p> |
| <p>min</p> <p>*</p>             | <p>min</p> <p>*</p>             | <p>min</p> <p>*</p>             | <p>min</p> <p>*</p>  |
| <p>min</p> <p>*</p>             | <p>min</p> <p>*</p>             | <p>min</p> <p>*</p>             | <p>min</p> <p>*</p>  |
| <p>min</p> <p>*</p>             | <p>min</p> <p>*</p>             | <p>min</p> <p>*</p>             | <p>min</p> <p>*</p>  |

# Design your dream room

add & color each piece of furniture & use the las o (9) fool 2 move things!



bed



table



picture



flower



t.v.



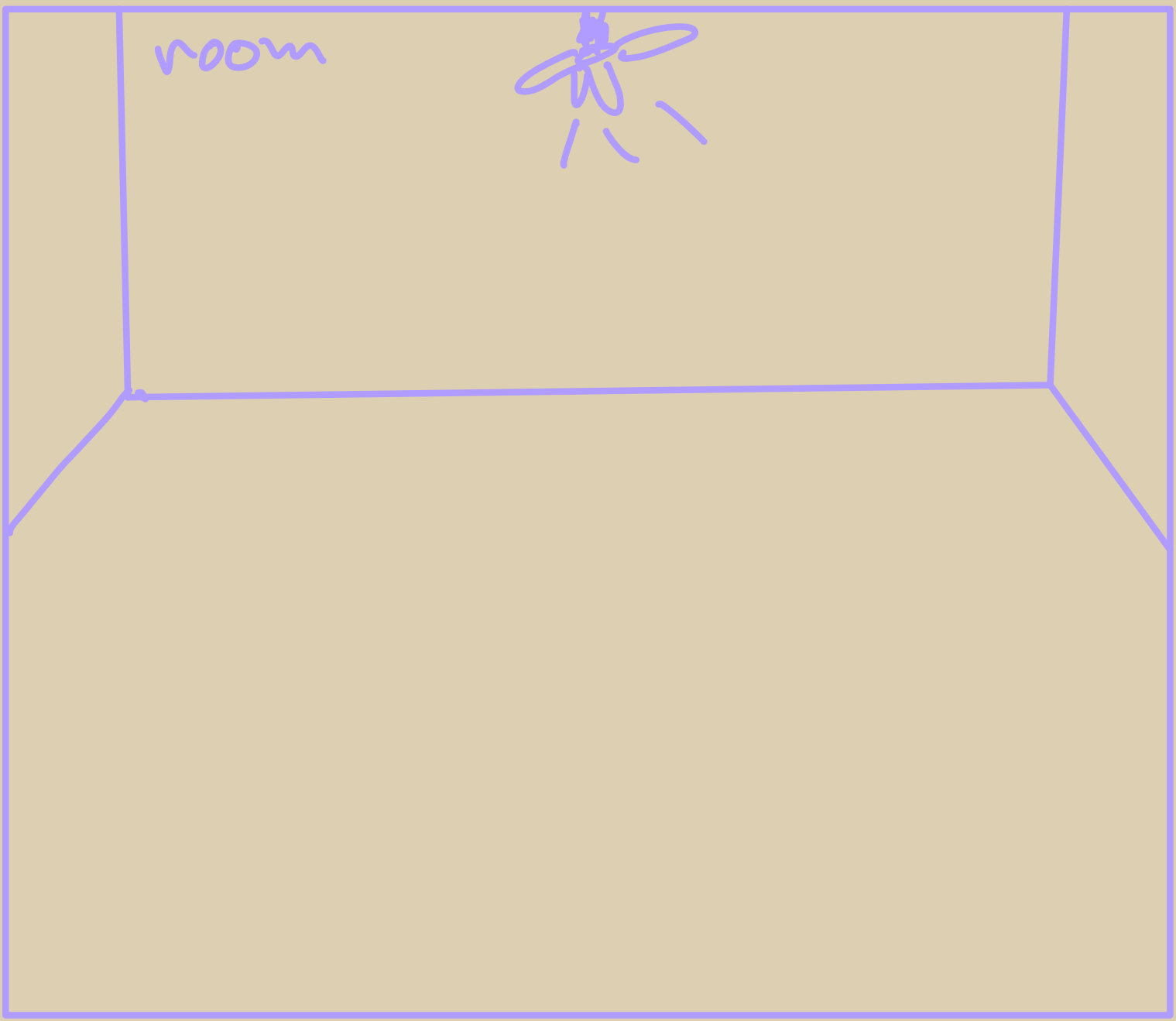
chair



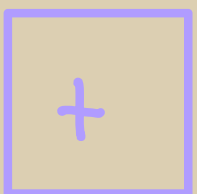
rug



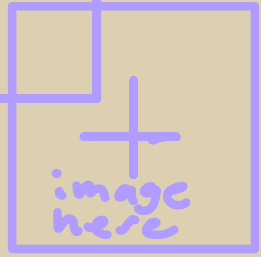
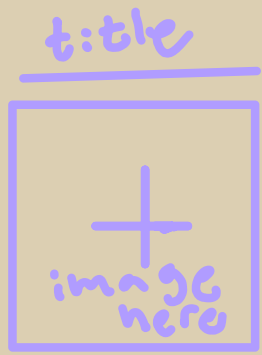
desk



# family photo gallery

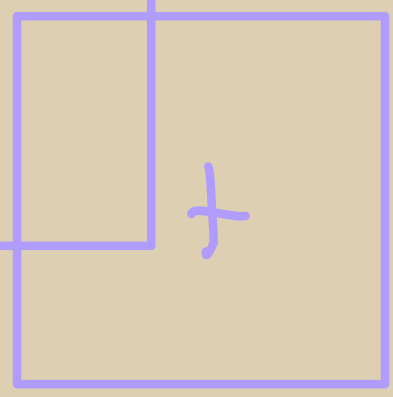


title



title

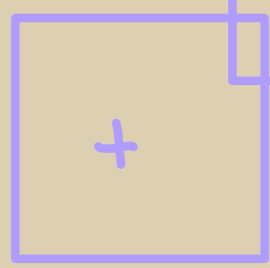
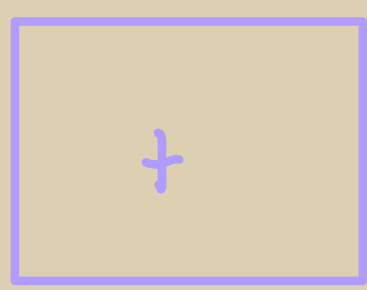
title



title



title



# GOALS!

goal 1)

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goal 2)

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goal 3)

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goal 4)

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goal 5)

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goal 6)

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goal 7)

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goal 8)

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goal 9)

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goal 10)

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goal 11)

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goal 12)

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Pg 17  
How Many Words Can You  
find in... BELIEVE

1)

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2)

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3)

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4)

5)

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6)

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7)

8)

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9)

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10)

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11)

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# design an outfit!

use the laso tool (D) the clothing

2 2 Color + move design an outfit!



+ add your own!

+ add your own!

+ add your own.

pg. 19

# notes:







HOPE you enjoyed!





@emery\_lewis

