

MY *Seven-Day* JOURNAL



Instructions:

Over the next seven days, take 10 minutes each day to answer the question(s) for that day. Write your thoughts in your favorite notebook or use the pages below!

You don't have to turn in your journal or have it reviewed. There are no right or wrong answers. This writing is just for you!

Daily Questions:

- Day 1:* If you could go anywhere in the world for a summer vacation, where would you go? Why?
- Day 2:* If you could have any superpower, what would it be? Why would you choose that superpower?
- Day 3:* Describe your favorite family tradition.
- Day 4:* What is something you love about yourself? Why?
- Day 5:* Write about the qualities of a good friend.
- Day 6:* If you were an ice cream flavor, which one would you be? Why?
- Day 7:* You just won a million dollars! What are you going to do first? Why?

Want to continue journaling?

Take 10 minutes each day to write about a topic of your choice. Think about what's going on in your everyday life.

Day 1:

If you could go anywhere in the world for a summer vacation, where would you go? Why?

Day 2: If you could have any superpower, what would it be? Why would you choose that superpower?

Day 3: Describe your favorite family tradition.

Day 4: What is something you love about yourself?
Why?

Day 7:

You just won a million dollars! What are you going to do first? Why?
