



**SUNSET SISTERZ**  
*Empowering Parents*

# My Teen Journal

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**EMPOWERING PARENTS**

Keeping a basic journal for emotional health and well-being can be a valuable practice. Remember, there's no right or wrong way to journal for emotional health. The goal is to create a safe space to express your thoughts and feelings, gain insights into your emotions, and promote self-awareness. You can adjust this format to suit your preferences and needs. Here's a simple format you can follow:

**Date and Time:** Start by noting the date and time of your journal entry.

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**Mood:** Rate your mood on a scale of 1-10, with 1 being very low and 10 being very high.



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10

**Mood:** Describe your current mood or emotions. Be honest about how you're feeling.

**Events of the Day:** Summarize the key events or experiences you had during the day. Include both positive and negative aspects.

**Gratitude:** List a few things you're grateful for, even on challenging days. This can help shift your focus to the positive aspects of life.

**Challenges:** Write about any difficulties you encountered or negative emotions you experienced. Try to identify the sources of these challenges.

**Self-Reflection:** Reflect on your reactions and responses to the day's events. Were there any patterns in your emotions or behaviours?

**Goals and Intentions:** Set intentions or goals for the next day. What would you like to achieve or improve upon? Keep these realistic.

**Positive Affirmations:** Write down a positive affirmation or mantra that resonates with you. Repeat it to yourself as a reminder of your inner strength.

**Self-Care:** Note any self-care activities you engaged in or plan to do. Self-care is crucial for emotional well-being.

**Conclusion:** Sum up your thoughts and feelings at the end of your journal entry. Consider how the act of journaling itself affected your mood.