



# My Thoughts

Name: \_\_\_\_\_ Date: \_\_\_\_\_

I am writing about: \_\_\_\_\_

Directions: Journaling is a powerful tool for reflection, personal growth, and creativity. Decide on a writing topic; ideas that you might want to write about may include thoughts about your day, your current emotions, or how you feel about what is going on in the world around you. Take a moment to find a quiet space and write!