

My Write & Draw Journal

a journal to help you process your emotions

xangelle.com

My wish for you is that you'll be able to work through your feelings and emotions in a fun way that feels safe.

I love journaling, with both words and art. I find that writing, drawing, coloring, painting, and all other forms of art, help me to be able to make sense of my thoughts, my feelings and my emotions; especially on days when things seem particularly difficult or chaotic.

If you love this printable journal sample and would like to purchase the original book, you can find it on Amazon by searching for
"Xangelle Creations kids journal".

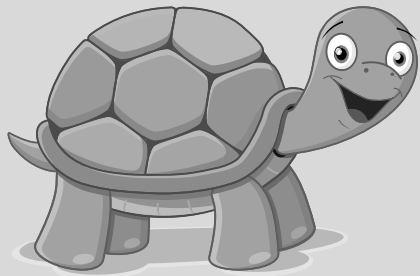
I hope you enjoy filling out this journal as much as I enjoyed creating it!

*Patricia
Culley*

Xangelle.com

This book is dedicated to
Jude.

I believe in you.



XOX
Momma

How to Use This Book

Hi! I'm so excited that you've picked up this journal. A journal is an incredible way to process and allow your mind to sort through your day. It's a great way to reflect back on the parts of the day that went well and the parts of the day that were more challenging.

Day 1

DATE: _____



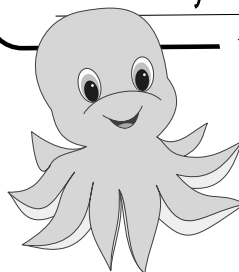
Use this space to write the date. There are 60 different days for you to fill in. You get to choose how often you write in your journal....but we think DAILY is a great goal.

BE KIND ALWAYS

Each Day has a different short phrase to encourage you to be the best YOU that you can be!

Today's WIN is:

I got 2 new
library books.



Each Day has space for you to write about the day's wins and challenges.



**THINK ABOUT
YOUR DAY...**

Today I feel:

happy

sad

angry

scared

silly

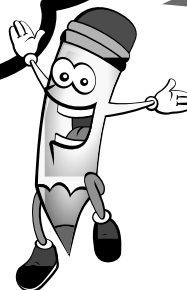
surprised

excited

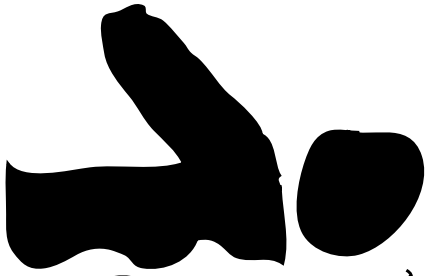
worried

Today's CHALLENGE was:

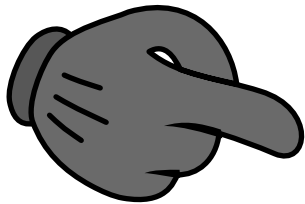
I lost my
headphones.



Underline, cross out, circle or point out how you felt during the day... You could choose one feeling or a few. There are no wrong answers.

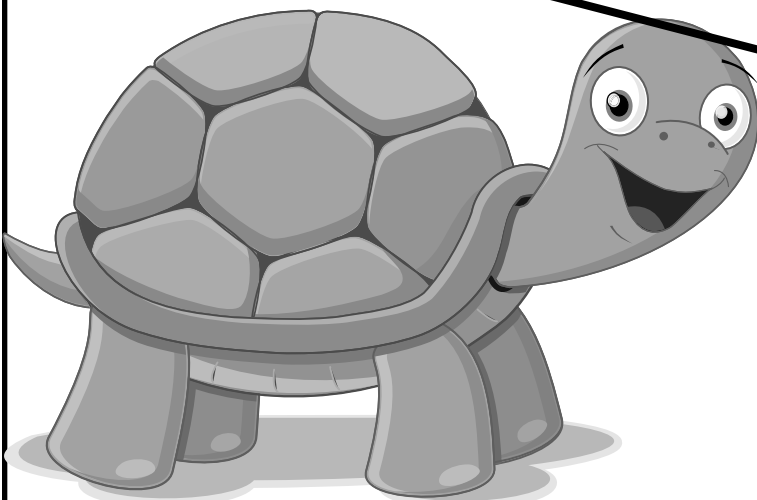


went
Swimming



DID YOU KNOW

Journaling helps your brain to sort through and process your emotions. It can help you feel more calm and self aware. Art can help you to "see" your own thoughts.



I WAS
MAD
at mom

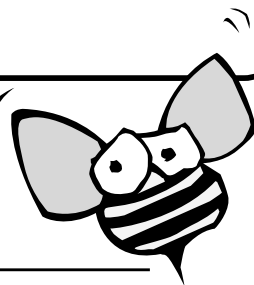
Use this space to draw a picture or pictures about your day. If you prefer, you could write more about your day, too. You could even glue special things like Movie or Event tickets or other special reminders in this space. This book is about you, for you, by you .

Day 1 **DATE:** _____

Day 1 DATE:

Today I feel:

Today's WIN is:



happy



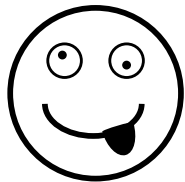
sad



angry



scared



silly



surprised



excited



worried

Today's CHALLENGE was:

BE KIND ALWAYS

Day 2

DATE:

Today I feel:

Today's WIN is:



happy



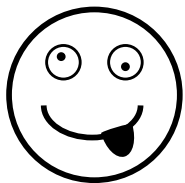
sad



angry



scared



silly



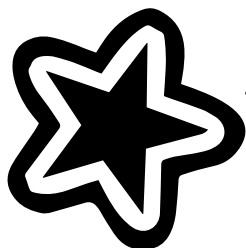
surprised



excited



worried



YOU ARE BRAVE

Today's Challenge was:

Day 3

DATE:

Today I feel:



happy



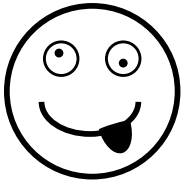
sad



angry



scared



silly



surprised



excited



worried

Today's WIN is:

YOU'VE GOT THIS

Today's Challenge was:

Day 4

DATE: _____

Today I feel:

Today's WIN is:



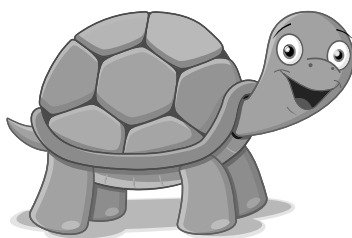
happy



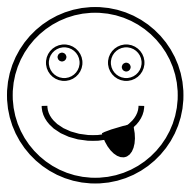
sad



angry



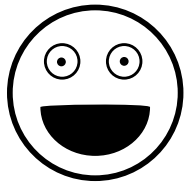
scared



silly



surprised



excited



worried

Today's CHALLENGE was:

It's OK to be DIFFERENT

Day 5

DATE:

Today I feel:



happy



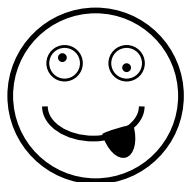
sad



angry



scared



silly



surprised



excited



worried

Today's WIN is:

YOU ARE SMART

Today's Challenge was:

Day 6

DATE:

Today I feel:

Today's WIN is:



happy



sad



angry



scared



silly



surprised



excited



worried

DREAM BIGGER

Today's CHALLENGE was:

Day 7

DATE:

Today I feel:

Today's WIN is:



happy



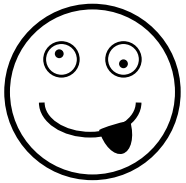
sad



angry



scared



silly



surprised



excited



worried

**You Don't Have To Be
Perfect To Be AMAZING**

Today's Challenge was:

This Journal is the perfect place to write down your thoughts and draw things that are important to you. Each day has an short phrase to encourage you to be the best YOU that you can be. Write and Draw in this daily journal to help you sort through the emotions and feelings of your day.

