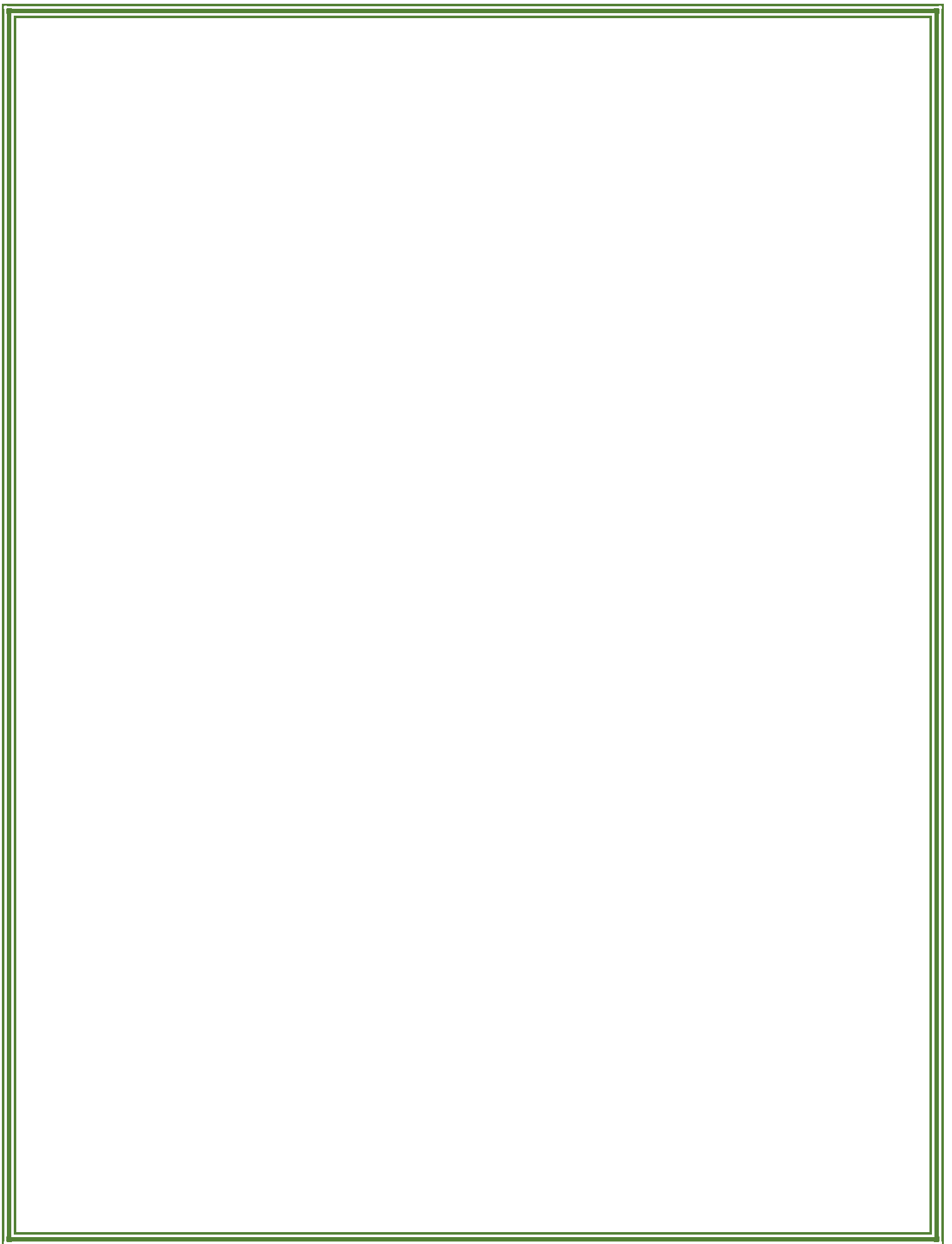


A Journey
of
Celebration and Reflection

Destiny Cole

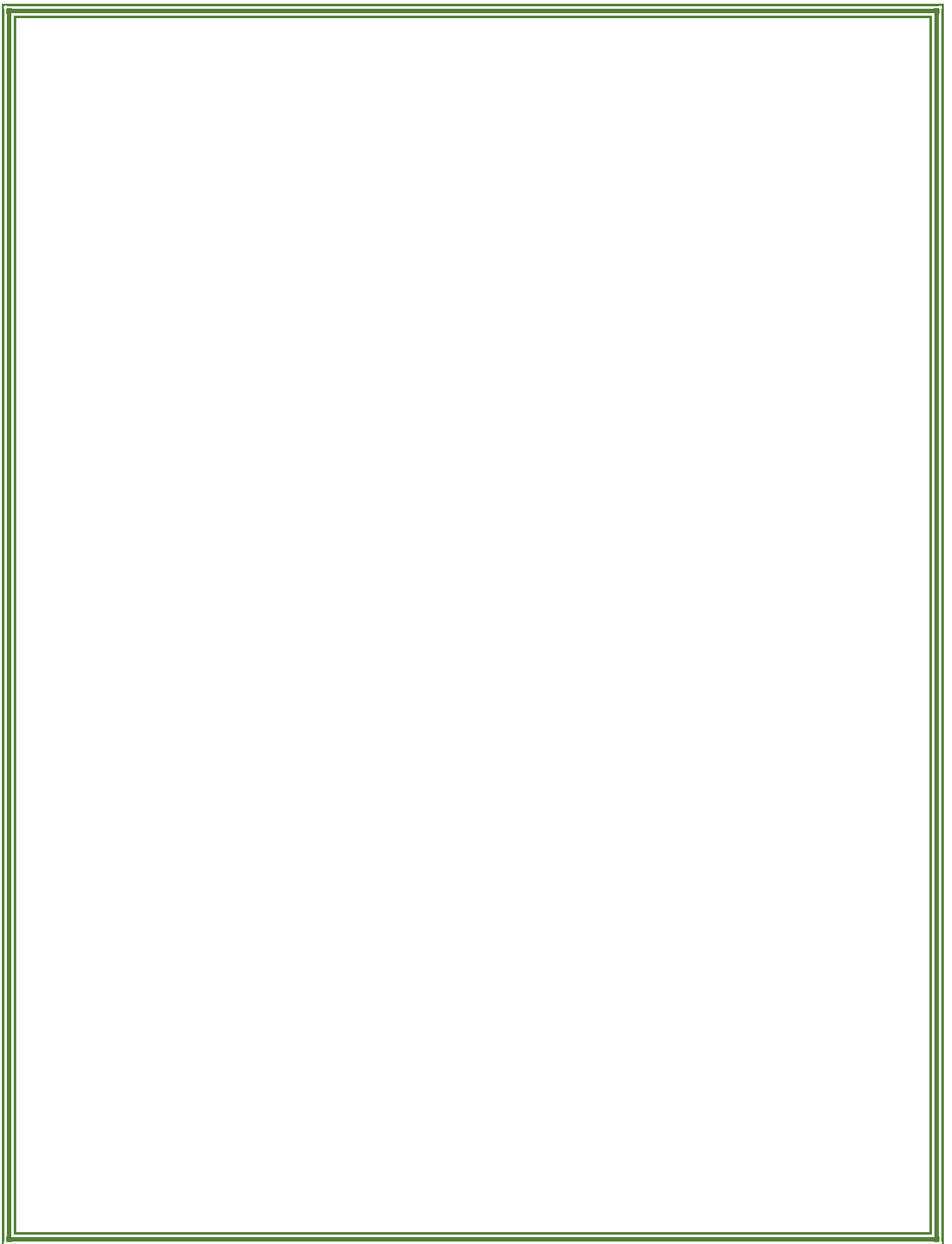


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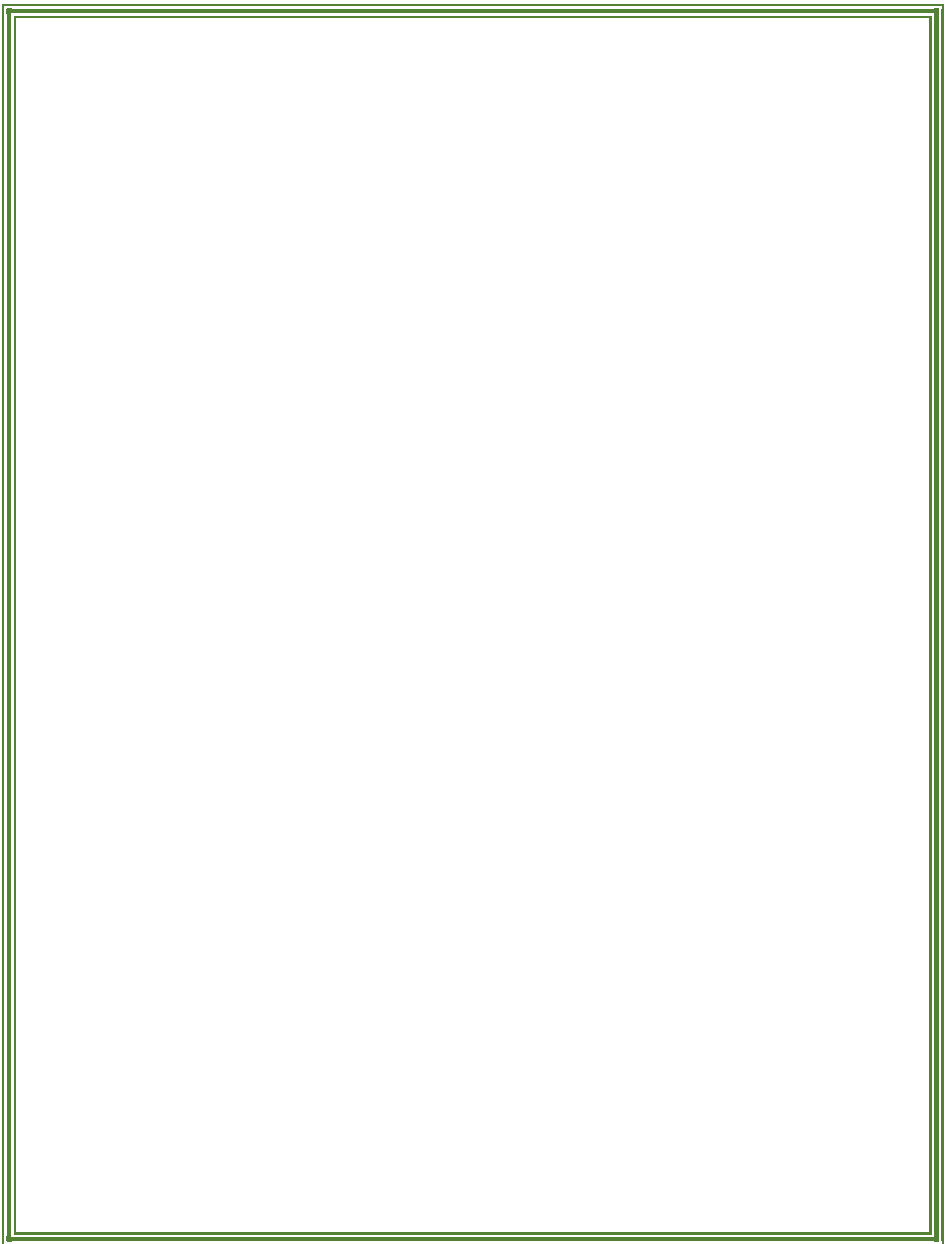
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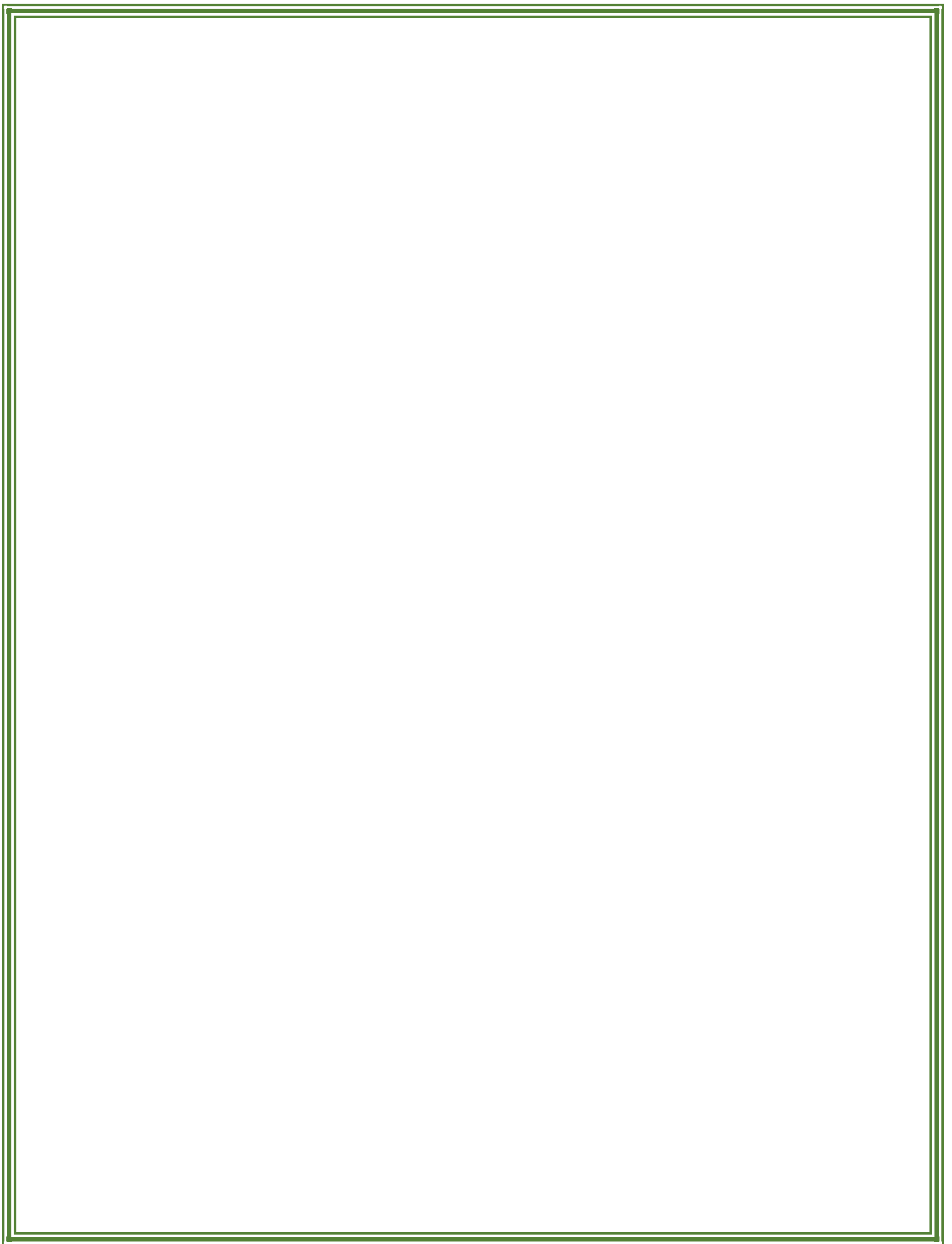
Cover: UV Designs
Edited by: Denise Jefferson
Peer Review by: Kortney Bell
Book Layout by: Destiny Cole



A Special Thank You to
The Girl Scouts of Southeastern Michigan for this opportunity,
my Girl Scout mentors - Beth Wagner and Louise Dezur for
keeping me on task and encouraging me, my editor Denise
Jefferson for spotting my mistakes, Dr. Karen Donald for your
professional guidance, Kortney Bell for your valuable input, and
UV Designs for bringing my cover vision to life, and last but not
least, my parents, LaBarran and Kim Cole, for always pushing
me to be my best. Without this support this would not have
been possible.



This Journal Belongs To



WEEK ONE

"A beautiful day begins with a beautiful mindset."

-Anonymous-

Day 1

Date _____

Word Search

R	E	S	P	O	N	S	I	B	L	E	A	C	V	D
D	O	P	M	H	A	N	D	S	O	M	E	Z	X	J
S	X	F	Y	A	G	N	T	H	A	N	K	F	U	L
W	B	S	T	U	R	M	A	L	D	S	E	D	S	K
I	G	U	O	H	V	T	E	A	L	H	F	H	E	T
L	P	O	L	I	T	E	B	Y	N	N	U	F	L	N
E	Z	R	W	Q	S	X	P	L	G	H	F	R	F	E
Q	W	E	J	O	Y	F	U	L	T	E	E	I	C	G
Y	U	N	I	R	K	F	Q	D	E	L	U	E	O	I
C	R	E	A	T	I	V	E	W	I	P	Q	N	N	L
M	L	G	H	T	N	B	S	A	F	F	I	D	F	L
K	D	R	U	R	D	G	B	S	T	U	N	L	I	E
A	Z	A	E	F	N	L	S	X	Z	L	U	Y	D	T
Q	E	D	L	J	E	S	R	W	E	L	E	D	E	N
B	R	A	V	E	N	E	R	G	E	T	I	C	T	I

Beautiful
Brave
Creative
Energetic
Friendly
Funny
Generous
Handsome
Helpful
Intelligent

Joyful
Kind
Loyal
Polite
Reliable
Responsible
Self Confident
Smart
Thankful
Unique
Upbeat

Day 2

Date _____

Daily Confirmation

Complete this Daily Confirmation using words from the word search that apply to you or come up with your own positive affirming words.

I am _____

I am _____

I am _____

I am _____

I am _____

I am _____

I am _____

I am _____

I am _____

I am _____

Now that you have completed your daily confirmation, take a picture of it with your phone. Recite this confirmation daily looking in the mirror and when your days become challenging recite it to yourself to remind you of who you are – someone who is wonderfully made.

Day 3

Date _____

Take a few moments and list 5 things you are ***grateful*** for. If you can't think of 5 things then try 1-2 things, and if you have more than 5 you can list more than the 5. It is really up to you!

Today I am Grateful for

- 1.
- 2.
- 3.
- 4.



Day 4

Date _____

Draw a picture that shows your feelings right now (happy, excited, sad, etc...). Talk about what caused these feelings in detail.



Day 6

Date _____

List your strengths

-
-
-
-
-

How do you use your strengths in your life?

Day 7

Date _____

When I feel stressed or mentally overwhelmed, these are a few of the things I do to take me to a calm place:

- Paint
- Draw
- Journaling
- Listen to music

What are some things that you do when you feel stressed or mentally overwhelmed? List as many as you like. If you do not do anything, then list a couple of things you will start doing.

-
-
-
-
-
-

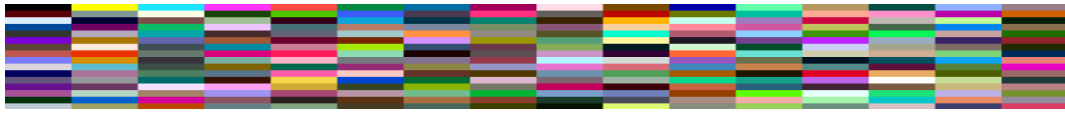
Week Two

“Invest your time and energy where it feels right for you. Choose to focus on experiences that are life-sustaining not life draining.”

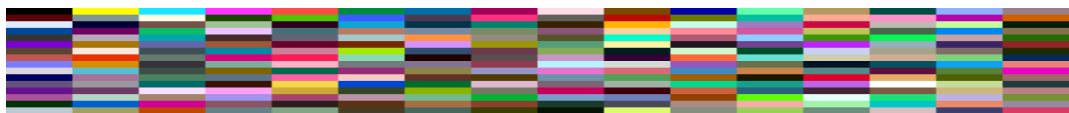
-Anonymous-

Day 8

Date _____



What is your favorite color? How does that color make you feel? Explain why in detail.



Day 9

Date _____

What color would you use to describe your feelings right now? Why?

Do you want to change the color of your feelings? If yes, what can you do to change the color? What color do you want to change it to? Explain why?

Day 10

Date _____

What is something new that you would like to learn how to do? Explain why.

Set some goals to make that new learning happen?

- 1.
- 2.
- 3.



Day 11

Date _____

Write a letter to yourself about the past 3-6 months. What would you tell yourself about your life during those months? How did it go? How have you changed over the past 3-6 months? What have you accomplished during that time? What are your goals for the next month. These are just some ideas, you can include your own ideas. Be ***positive*** and ***encouraging*** to yourself.

Love,

_____(sign your name)

Day 12

Date _____



What are some things that make you happy? Try to list at least 3-5. Explain why they make you happy.



Day 13

Date _____

How was your day? What did you do today? Write about something that made you happy today.



Day 14

Date _____

What is your happy place? A happy place does not have to be a physical location, but something that gives you warm fuzzies on the inside. Write about your happy place.



WEEK THREE

"Today, I accept and let go of the things that I can't control and focus my energy on the things that I can."

-Anonymous

Day 15

Date _____

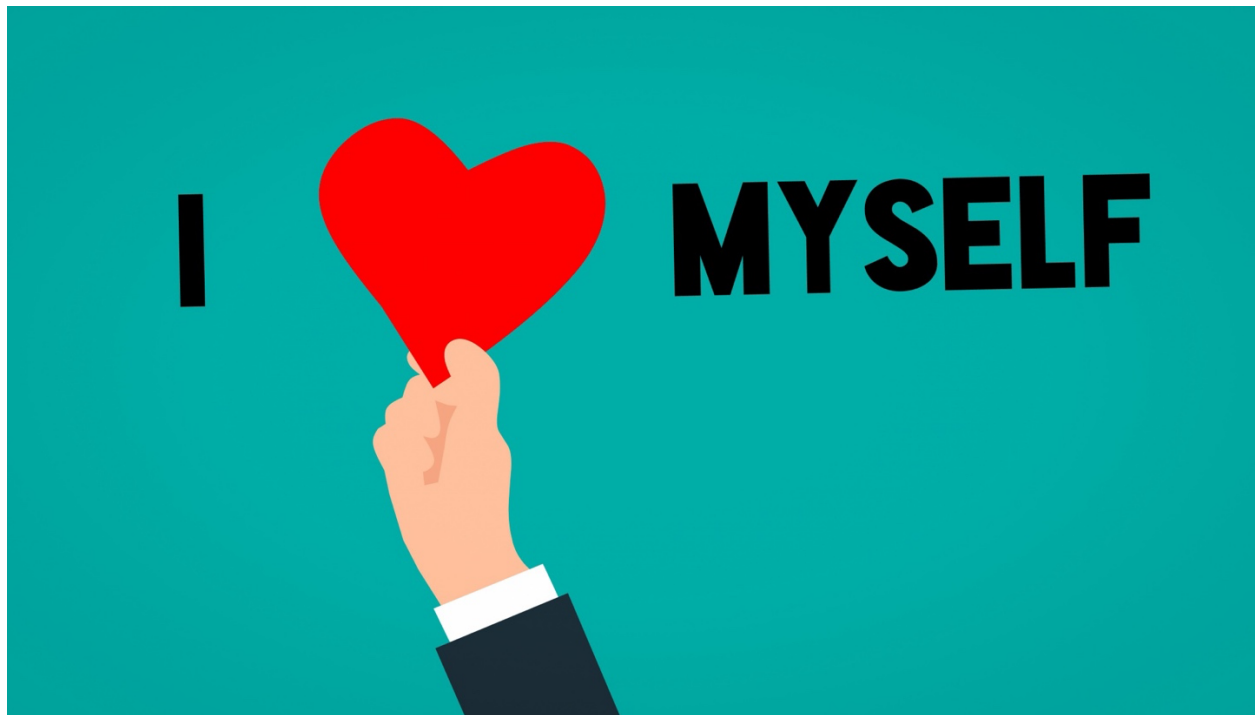
Inside the heart, write **ALL** the reasons why You LOVE Yourself.



Day 17

Date _____

What's something about yourself you're proud of that you couldn't have said 2-3 months ago?



Day 18

Date_____

What song describes your vibe right now and why?



If you want to change that vibe what can you do?



Day 19

Date_____

Are you a morning, afternoon, evening, or night owl person, and what is your favorite part about that time of day?



Day 20

Date_____

What are some boundaries you need to start setting for yourself and why?

When will you start setting these boundaries for yourself?

What are you trying to achieve with these boundaries?

Day 21

Date _____

How would you like to wake up tomorrow? Explain why and tell what you can do to make that happen?



WEEK FOUR

"Give yourself the attention no one else will!"

-Anonymous-

Day 22

Date _____

How have you practiced productivity today? What was the outcome?



Day 23

Date _____

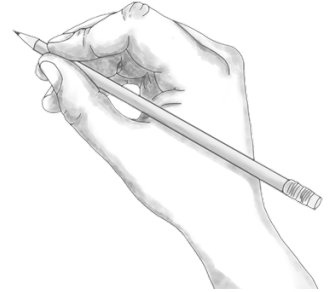
What do you value most and why? Explain in detail.



Day 24

Date _____

It is said that a picture is worth a thousand words.
Draw a picture that shows what made you happy today.



Day 25

Date_____

What are you most proud of at this very moment?
Explain in detail why?



Day 26

Date _____

You are your own Best Friend. Encourage yourself today.



Day 27

Date _____

Who is someone you look up to, and why? What can you learn from them? What have you already learned from them?



WEEK FIVE

“Setbacks are a part of the journey. They’re not signs to stop. It might hurt a little but serve a greater purpose which you will discover once you make it to the other end, don’t give up on yourself!”

-Anonymous-

Day 29

Date _____

What is currently your biggest priority right now. Why is it your biggest priority today? Explain in detail.



Day 32

Date _____

What is the relationship you have with yourself? If it is bad, what are at least three things you can do to make it better? Explain how you will implement those things.



Day 34

Date _____

What's a sentence that can make your day? Explain in detail why.

Day 35

Date _____

List the small things that make you happy!

-
-
-
-
-



Quotes for Encouragement

"When you focus on the good, the good gets better."

-Anonymous-

"I am open to every opportunity that comes my way, I am in the right mindset to attract abundances in my life."

-Anonymous-

"Mistakes are proof that you're trying, don't fear failure. Fear being in the exact same place next year as you are today!"

-Anonymous-

"We cannot become what we want by staying where we are."

-Anonymous-

