

4 Girls

ONLY!

Journal



**"I started writing
as an inward way
to deal with what
I was feeling."**

**-Dr. Marla Shapiro,
Medical consultant/
cancer survivor**





Just a few notes:

This journal includes questions to help you start thinking about your views on some really important things.

Use the questions as a guide to think about the path you want your life to take.

We've also included blank areas throughout the journal for you to doodle, write a poem or a few sentences on how you're feeling! You might look at it one day and wonder what on earth you were thinking when you wrote these things, but remember: your feelings, as you've written them are valid and no one needs to be happy/sad/angry/frustrated/silly all the time.

You might feel better about using this journal if you keep it in a secure, safe place.

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FEELING FINE?

Think about these questions:

Your body, no matter the shape, size or colour of your skin is YOURS. It's easy to criticize what you see as flaws in your own body. Over a long time, this can make you feel very unhappy. Remind yourself of the things you like about your body and your personality! There are some things you can't change about yourself, but try to accept these things and learn to love them!

What does feeling fine mean to you?

When do you feel really good - healthy and full of energy?

Write down five things about your body that you like.



Write down five things about yourself that friends and family have complimented you on.



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STRESSED OUT???



What stresses you out?

How do you deal with the stress?

What are some healthy ways to deal with stress?

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Healthy Relationships ... with yourself

Fact of life: You will live with yourself all your life!

- 1) **Know yourself. Like yourself. Care about yourself.**
I like myself because I:

- 2) **Make sure you have people in your life who care about you and support you.**
My best supports are:

You don't always need to have others around you. Sometimes it helps to be alone for a bit. Think about when you like to be alone. Then think about WHY you like to be alone.

I want to be with other people because:

What are you afraid to do? Why?

What makes you upset?



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Healthy Relationships

with your family and the adults in your life

Who are some of your role models? Think of some adults in your life that you appreciate. Who are they? Parents? Teachers? Mentors? Aunts? Uncles? Grandparents? Elders?

Why do you admire them?

What have they done for you?

Have you ever told them how thankful you are? Why or why not?

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Healthy relationships in the dating world?

Write down the answers to these questions:

- 1. Why do I want to have sex now? Is this what I want?
Or am I doing it to please someone else?**

- 2. Do I know how to protect myself and my boyfriend/girlfriend
from STIs? From pregnancy?**

What do you think? Are you ready for sex? It's ok if you're not. Remember, it takes courage to say "NO." You should be respected for your decisions. You deserve it.

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DREAMING in FUTURE-VISION!

What are your dreams for your future?

Write down here what your dreams are:

**List 5 things you have always wanted to do, but haven't yet.
What's stopping you?**

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