Make your own journal:

☀️ Supplies you'll need: paper (colour, plain, or both), some type of twine or thread, hole punch, colouring materials, scissors

☀️ Optional supplies: decorations like stickers, buttons, bits of ribbon, etc; glue gun

☀️ Choose your cover (colour? plain?) and add however many sheets of paper you'd like (the more you add, the more space you'll have to write or draw every day).

☀️ You may wish to trim your pages a bit to make them slightly smaller than the cover. You can use another sheet of paper to make a straight line to trace; cut along your straight line.

☀ Hold all the paper in place and fold it over in half (line the edges up together to make a straight crease down the centre).
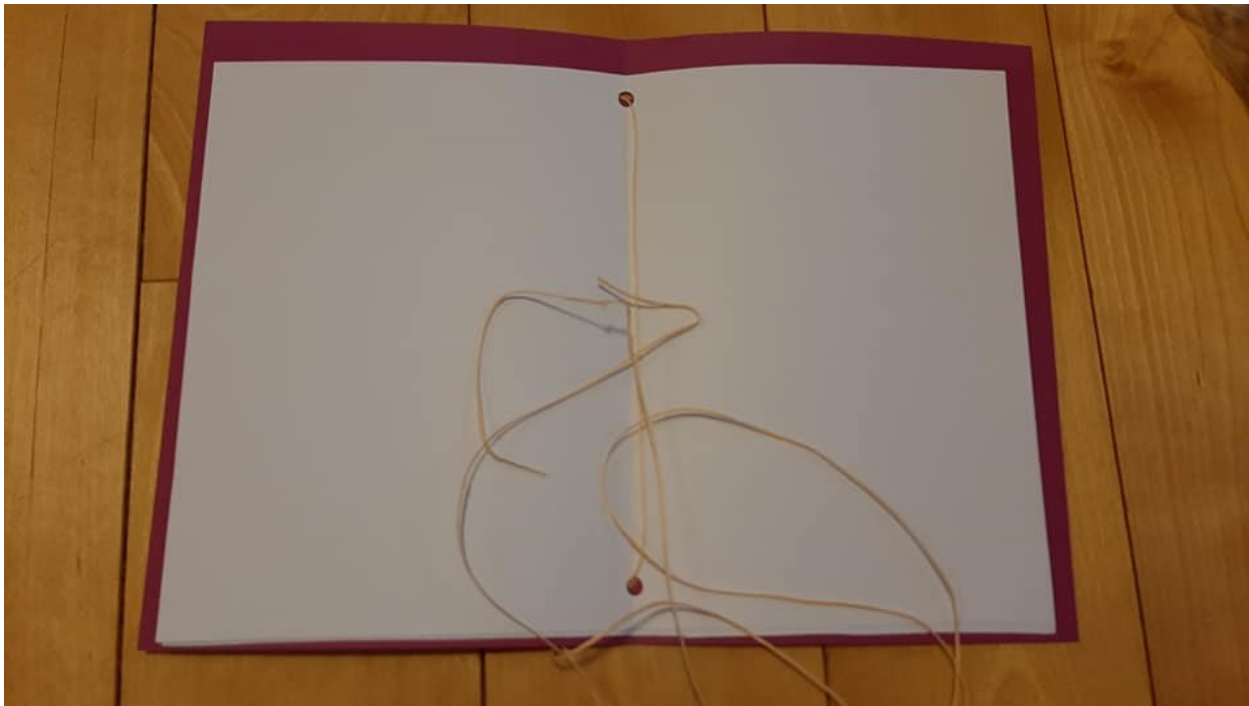
☀ Press down to make a tight crease.

☀️ Use your hole punch to make a hole at the top and the bottom of your crease. (If you don't have a hole punch, you can use a sharpened pencil tip.)

☀️ Thread a piece of twine or ribbon or sewing thread through the two holes.

🌟 It's up to you how you bind your pages together and you can be creative: maybe use different materials or tie big bows. You can even use a stapler on the crease.
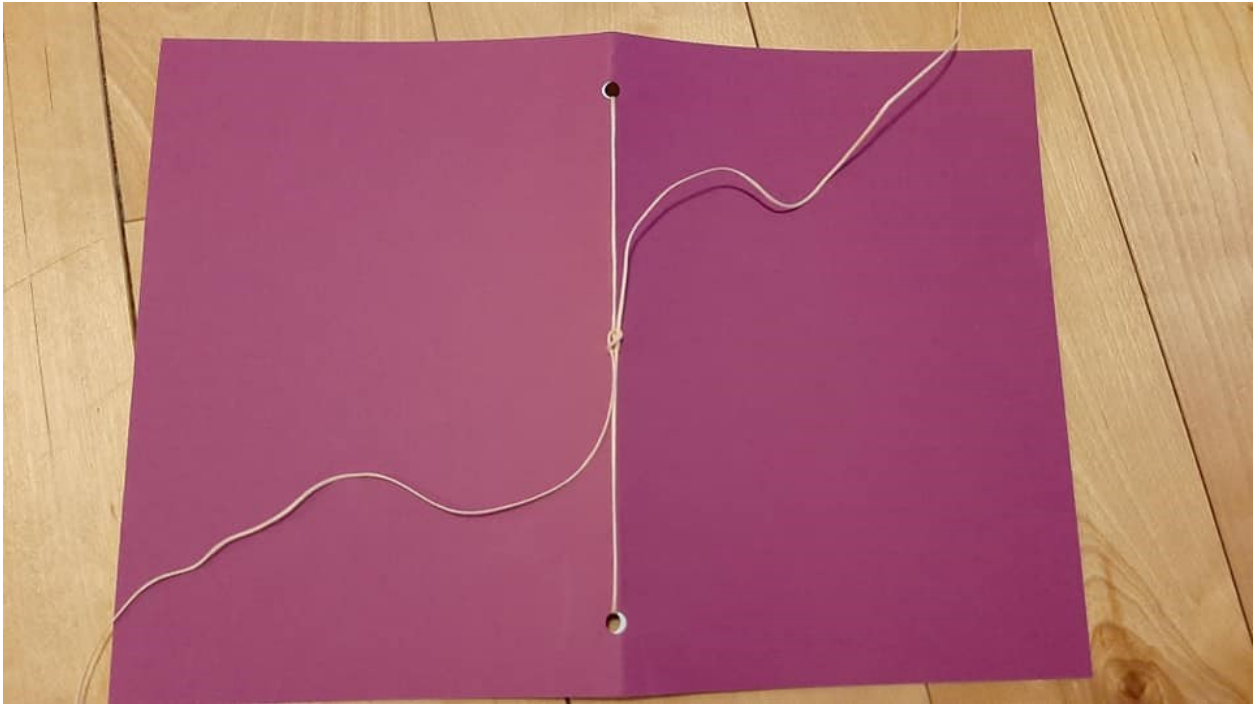
🌟 Decorate your journal however you want: don't use any stickers or use ALL the stickers! Make it yours!

🌟 Use your journal to write or draw whatever you feel. Write or draw as much or as little as you want. This is YOUR journal!

🌟 Here are some writing prompts you can use to get started:

✴ About Me:

✴ What do I think the world needs more of?

✴ What is 1 time I felt brave?

✴ What is 1 new thing I've learned about myself?

✴ How can I help someone I love right now?

✴ What are 3 words that describe me today?

✴ What's 1 memory that makes me happy?

✴ What am I looking forward to?

✴ How will I take care of myself?