Instructions

(Participants must be 3-21 years of age)

Practice Self-Reflection

Decorate the cover, complete two check-in exercises and six journal prompts to improve your self-reflection and awareness. You can submit up to 3 Self-Reflection Journals each month.

- When you've completed it, make sure your name and contact information are on this Instructions page. Turn in your self-reflection journal to Child, Youth, and Family Mental Wellness (CYF, 4033 76th Pl NW Tulalip, WA 98271).
- You'll be entered into a raffle to win a prize! There will be two winners each month. **Raffle entries roll over** into the next month the more journals you submit, the more chances you have to win!
- Drawings happen at the end of: September, October, and November
- Pick up a "My Self-Reflection Journal" in the CYF lobby or print off the Tulalip Health System website.

If you're struggling with mental health challenges please reach out for help:

Tulalip Mobile Crisis Unit 360.502.3365

Child, Youth, and Family Mental Wellness 360.716.4224

Adult Mental Wellness 360.716.4400

Mental Health Crisis line 988



To think, draw, and reflect

Name:	Age:
Preferred Phone number:	
Do you want to keep your self-reflection journal? * ☐ Yes ☐ No	
*If you've chosen "No," the Self-Reflection journal will be destroyed to protect your information. If you've chosen "Yes," we will contact you when it is available for pick-up. We will destroy it after two weeks if it has not been picked-up.	

Start Check-In Date:	
How are you feeling today? Use words, en	mojis, and/or drawings to help you express it.
Mood:	
En augus Lavral (1, 10).	Class Ovelitz (Deers / OV / Cood).
Ellergy Level (1–10):	Sleep Quality (Poor / OK / Good):
Something I'm grateful for today:	
One thing I hope happens today:	

Use this space to d	, ,	·	g ,	

Check-in Prompts Date:
Pick any of the following prompts or make-up your own, and journal in the space below using words and/or drawings:
• What made me smile or laugh today?
• What's something that was hard for me today?
• What helped me feel better or calm?
Who did I talk to today? How did that feel?
•Your own prompt:

Feelings & Emotions Date:
Pick any of the following prompts or make-up your own, and journal in the space below using words and/or drawings:
• When I feel, I usually
• What does being calm feel like in my body?
• What do I do when I feel overwhelmed?
• What's one emotion I've felt this week, and why?
•Your own prompt:

Strengths & Growth Date:
Pick any of the following prompts or make-up your own, and journal in the space below using words and/or drawings:
• Something I'm proud of is
• One thing I'm getting better at is
• I feel strong when I
• What's something I've learned about myself?
•Your own prompt:

Relationships & Kindness Pick any of the following prompts or make-up your own, and journal in the space below using words and/or drawings:
• Someone I care about is Why?
• What's something kind someone did for me?
• What's something kind I did for someone else?
What do I like most about my friends or family?
•Your own prompt:

Hopes & Coping Date:
Pick any of the following prompts or make-up your own, and journal in the space be using words and/or drawings:
• What do I wish for myself this week?
• What's something I can do when I feel worried?
What's something I'm looking forward to?
• If I could give advice to someone having a hard day, I'd say

•Your own prompt:

Finish Check-In Date:		
How are you feeling today? Use words, emojis, or drawings to help you express it.		
Mood		
Mood:		
Energy Level (1–10):	Sleep Quality (Poor / OK / Good):	
Something I'm grateful for today:		
something in graterarior today.		
One thing I hope happens today:		