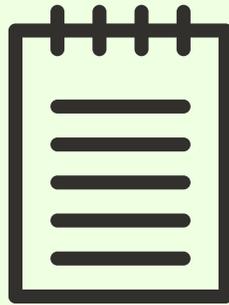


# Finding Your Voice



## 5+ Minute **Journal**

**For Teens**



# 5+ Minute Journal Freewrite

DATE:

THIS JOURNAL WAS ORIGINALLY CREATED TO GO ALONG WITH THE COURSE:  
SPEAK ONLINE BOOK CLUB FOR TEENS ~ MODERN LITERATURE SERIES.

THIS JOURNAL FOLLOWS THE WEEKLY WRITING PROMPTS IN THE COURSE.

THERE ARE FIVE JOURNAL PAGES FOR EACH WEEK.

1. 5+ MINUTE JOURNAL THAT INCLUDES THE WEEKLY WRITING PROMPT.
2. 5+ MINUTE JOURNAL FREEWRITE FOR YOU TO WRITE ABOUT ANYTHING YOU WANT.
3. A WEEKLY CHECK-IN TO JOT DOWN YOUR THOUGHTS ON THE WEEK SO FAR.
4. ANOTHER 5+ MINUTE JOURNAL FREEWRITE.
5. A WEEKLY RECAP OF THE WEEK.

THERE IS ALSO A MONTHLY MOOD TRACKER. IF YOU SEE YOUR MOODS ARE INCREASINGLY SAD, STRESSED, OR ANGRY, PLEASE TALK TO AN ADULT ABOUT IMPROVING YOUR MENTAL HEALTH.

YOU HAVE PERMISSION TO DUPLICATE AS MANY PAGES OF THE JOURNAL AS YOU NEED.



# 5+ Minute Journal Freewrite

DATE:

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[www.literaryadventuresforkids.com](http://www.literaryadventuresforkids.com)



# Mood Tracker

MONTH: \_\_\_\_\_

 EXCITED

 TIRED

 ANGRY

 RELAXED

 HAPPY

 SAD

 STRESSED

 PRODUCTIVE

1.	2.	3.	4.	5.
6.	7.	8.	9.	10.
11.	12.	13.	14.	15.
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# 5+ Minute Journal

## Mid-Week Check-In

DATE:

3 THINGS I AM GRATEFUL FOR TODAY?

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THE BEST PART OF TODAY WAS....

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WHAT CAN I LEARN FROM TODAY'S EXPERIENCES?

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TOMORROW I AM LOOKING FORWARD TO....

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THE RATING I GIVE TODAY IS...







# 5+ Minute Journal Week in Review

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WHAT MADE ME FEEL AT PEACE?

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