

Strengths



Health Promotion
UNIVERSITY OF COLORADO **BOULDER**

MY STRENGTHS

SKILLS I AM PROUD OF

THINGS PEOPLE LIKE ABOUT ME

ACHIEVEMENTS

DREAMS AND GOALS

WHY I DESERVE TO BE HERE



Mood



Health Promotion
UNIVERSITY OF COLORADO BOULDER

DATE:

TODAY IN ONE WORD:

FIVE THINGS I LIKED ABOUT MYSELF TODAY:

SOMETHING NICE I WANT TO REMEMBER ABOUT TODAY:

I AM GRATEFUL FOR:

I AM PROUD OF THIS:

**POSITIVE NOTE TO
MY FUTURE SELF:**

DATE:

MY CURRENT MOOD:

FIVE THINGS I HAVE ACHIEVED IN MY LIFE SO FAR:

FIVE THINGS I AM REALLY GOOD AT:

MY FAVORITE MEMORY OF TODAY:

FAVORITE THING ABOUT ME TODAY:

**POSITIVE NOTE TO
MY FUTURE SELF:**

Goals



SATURDAY

SUNDAY

Achievements

