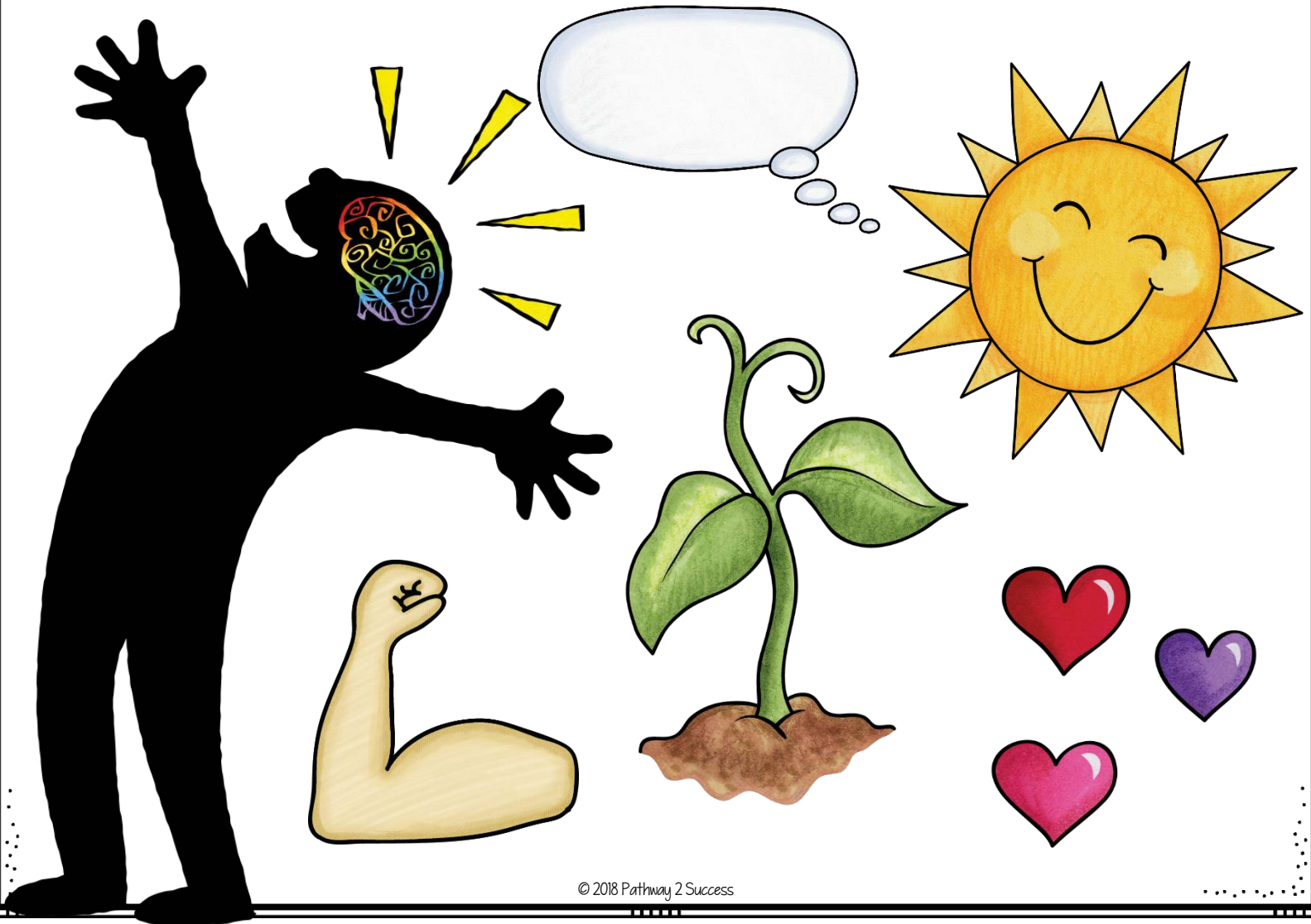


# My Social Emotional Learning Journal

Name: \_\_\_\_\_



Name: \_\_\_\_\_

Date: \_\_\_\_\_

Week  
#1

# Strengths & Challenges

## Monday

You are unique and have your own individual strengths! List, draw, or describe at least five of your biggest strengths. Try to think about what you are great at, what you could teach someone else, or what a friend might say about you.



## Tuesday

Let's debate: Can someone turn a weakness or challenge into a strength over time? Why or why not?

## Wednesday

What academic skills are the biggest challenges for you? What are strategies you use to help you with those challenges?

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Week  
#1

# Strengths & Challenges

## Thursday

Read and respond to the quote. What does it mean to you? Do you agree or disagree? Why?

*"You are strong when you know your weaknesses. You are beautiful when you appreciate your flaws. You are wise when you learn from mistakes."*

## Friday

Our strengths are often great tools to help us achieve our goals and dreams. What are some ways you'd like to use your strengths to achieve your dreams for the future?

