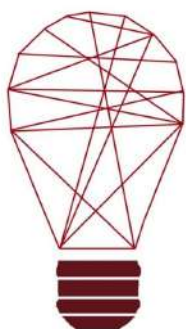


MY REFLECTION JOURNAL

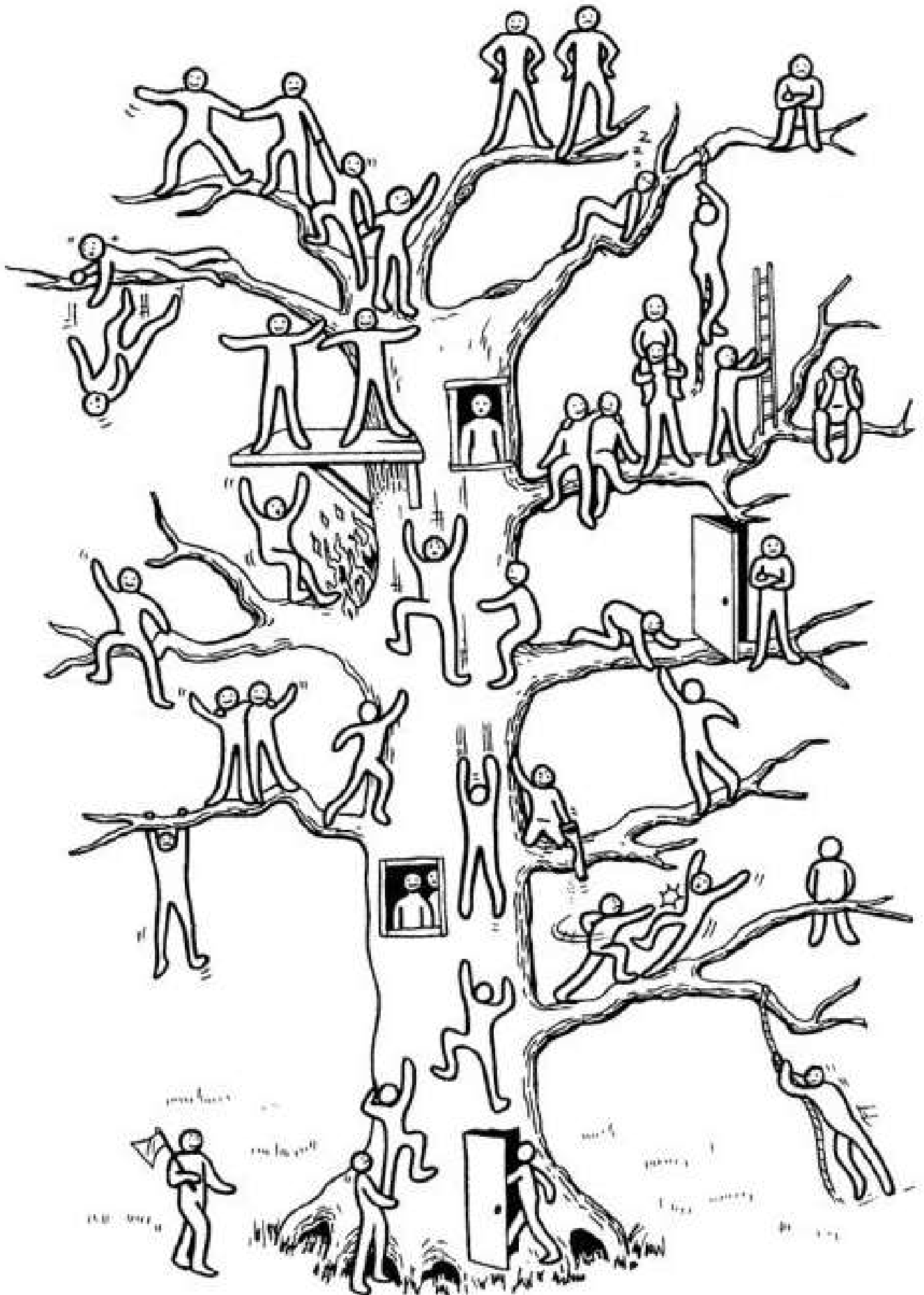
BE KIND TO YOUR MIND

THIS JOURNAL BELONGS TO _____



creative
youth^{MT}

DAILY TASK - COLOUR IN ONE PERSON REFLECTING HOW YOU FEEL TODAY



DAY 1

I love myself today because

Today I will try my best to

Today I am looking forward to

During this youth exchange I want to

This week I will challenge myself by

Reflection and additional notes



DAY 2

Yesterday you met and got to know our group better.
What impression did the group give you?

What impression of you do you think the group has?

Anything special you would like to achieve during this week?
eg. Developing a working relationship with someone; get to know
someone's life story; learn a something new from someone

DAY 3

Draw something that will make you smile



DAY 4

What are the top 3 learning points from this exchange so far?

1

2

3

DAY 5

Life is full of ups and downs

What were your most and least favourite moments so far?

What can I change in my behaviour to develop further?



DAY 6

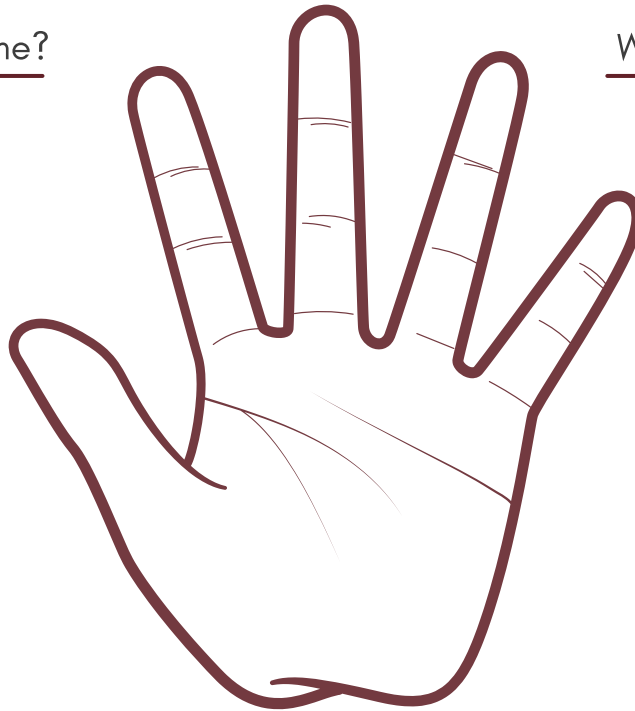
What did not satisfy me fully?

What I will take with me?

What was really good?

A little detail I realised

Important moments for me



DAY 7

Take some time to look through the journal. This is your journey.

How did your mood change? Were your expectations met?

Did you overcome your fears?

Empty rectangular box for additional remarks.

Additional remarks

Empty rectangular box for additional remarks.

