

A large yellow pencil graphic is positioned vertically on the left side of the page, with its tip pointing upwards. The pencil's body extends across the top of the page, forming a horizontal border. The eraser is pink and the ferrule is silver. The main body of the pencil is yellow with a black outline. The page is framed by a thick yellow border.

Journal Activity

Write about a time when you used positive self-talk to get through a challenge. How did it help?