

Name: _____

Date: _____



ALWAYS KEEP GROWING



Smudge's journal reminds us that no one is perfect, but it is helpful to know what we want to improve. Even though you are amazing, how could you grow? Write some ideas on the flowers below then color them!

I want to
improve...

I want to
learn...

I know I
can...

Even if there are things you want to get better at doing, there are still lots of things about you that are great. Use the prompts below to celebrate what makes you amazing!



Describe something about yourself that makes you proud.

People like you for who you are. How are you a good friend to other people?

Describe something you are good at or worked hard to learn.

What do you like best about yourself?
