



This journal belongs to:

MY RECOGNITION JOURNAL



Recognition Routine PLANNER

WHEN WILL YOU WRITE IN YOUR JOURNAL?

WHERE WILL YOU KEEP YOUR JOURNAL SO YOU DON'T FORGET?

WHO CAN REMIND YOU OR JOIN YOU IN JOURNALING?

HOW WILL YOU CELEBRATE IF YOU JOURNAL FOR A WHOLE WEEK?

DATE:

_____ TODAY I SAW SOMEONE: _____

_____ ONE THING I ADMIRE ABOUT THEM IS: _____

_____ I'M PROUD OF MYSELF BECAUSE: _____

_____ ONE GOOD THING I DID TODAY IS: _____

DATE:

_____ TODAY I SAW SOMEONE: _____

_____ ONE THING I ADMIRE ABOUT THEM IS: _____

_____ I'M PROUD OF MYSELF BECAUSE: _____

_____ ONE GOOD THING I DID TODAY IS: _____

DATE:

_____ TODAY I SAW SOMEONE: _____

_____ ONE THING I ADMIRE ABOUT THEM IS: _____

_____ I'M PROUD OF MYSELF BECAUSE: _____

_____ ONE GOOD THING I DID TODAY IS: _____

DATE:

_____ TODAY I SAW SOMEONE: _____

_____ ONE THING I ADMIRE ABOUT THEM IS: _____

_____ I'M PROUD OF MYSELF BECAUSE: _____

_____ ONE GOOD THING I DID TODAY IS: _____

DATE:

_____ TODAY I SAW SOMEONE: _____

_____ ONE THING I ADMIRE ABOUT THEM IS: _____

_____ I'M PROUD OF MYSELF BECAUSE: _____

_____ ONE GOOD THING I DID TODAY IS: _____

DATE:

_____ TODAY I SAW SOMEONE: _____

_____ ONE THING I ADMIRE ABOUT THEM IS: _____

_____ I'M PROUD OF MYSELF BECAUSE: _____

_____ ONE GOOD THING I DID TODAY IS: _____

DATE:

_____ TODAY I SAW SOMEONE: _____

_____ ONE THING I ADMIRE ABOUT THEM IS: _____

_____ I'M PROUD OF MYSELF BECAUSE: _____

_____ ONE GOOD THING I DID TODAY IS: _____

DATE:

_____ TODAY I SAW SOMEONE: _____

_____ ONE THING I ADMIRE ABOUT THEM IS: _____

_____ I'M PROUD OF MYSELF BECAUSE: _____

_____ ONE GOOD THING I DID TODAY IS: _____

DATE:

_____ TODAY I SAW SOMEONE: _____

_____ ONE THING I ADMIRE ABOUT THEM IS: _____

_____ I'M PROUD OF MYSELF BECAUSE: _____

_____ ONE GOOD THING I DID TODAY IS: _____

DATE:

_____ TODAY I SAW SOMEONE: _____

_____ ONE THING I ADMIRE ABOUT THEM IS: _____

_____ I'M PROUD OF MYSELF BECAUSE: _____

_____ ONE GOOD THING I DID TODAY IS: _____

DATE:

_____ TODAY I SAW SOMEONE: _____

_____ ONE THING I ADMIRE ABOUT THEM IS: _____

_____ I'M PROUD OF MYSELF BECAUSE: _____

_____ ONE GOOD THING I DID TODAY IS: _____

DATE:

_____ TODAY I SAW SOMEONE: _____

_____ ONE THING I ADMIRE ABOUT THEM IS: _____

_____ I'M PROUD OF MYSELF BECAUSE: _____

_____ ONE GOOD THING I DID TODAY IS: _____

DATE:

_____ TODAY I SAW SOMEONE: _____

_____ ONE THING I ADMIRE ABOUT THEM IS: _____

_____ I'M PROUD OF MYSELF BECAUSE: _____

_____ ONE GOOD THING I DID TODAY IS: _____

DATE:

_____ TODAY I SAW SOMEONE: _____

_____ ONE THING I ADMIRE ABOUT THEM IS: _____

_____ I'M PROUD OF MYSELF BECAUSE: _____

_____ ONE GOOD THING I DID TODAY IS: _____