

"I Am Proud Of"

Journal Pages

Use these journal pages to write down things you've done that make you feel proud. It's a great way to celebrate all your accomplishments, big and small!

What Made Me Proud Today

Date: _____

One thing I did really well today:

Someone I helped or was kind to today:

Something new I tried today (even if it was hard):

A way I made myself or someone else happy today:

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My BIG Wins

Date: _____

One of my biggest
accomplishments this week:

Why I am proud of this:

How this made me feel:

Something I want to try next:

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Positive Messages to Myself

Date: _____

Something I want to remind
myself:

A positive message to
cheer myself on:

What makes me special and unique...



Thank you!

Thank you for downloading one of my resources.
We strive for 5 stars, so if you have an issue or need help please contact me so we can resolve the issue before leaving feedback
- hello@spectrumsupport.com.au

For more tips and strategies on supporting those with ADHD or Autism follow me on insta @autism_adhd_support

You can also subscribe to my email list on my website - free products monthly.

Stay in touch!

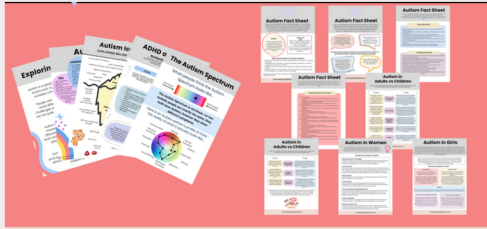
JODI CRONAN-HAMPEL
(BSc, GradDipEd)
www.spectrumsupport.com.au

You may be interested in



SPECTRUM SUPPORT
for Autism and ADHD

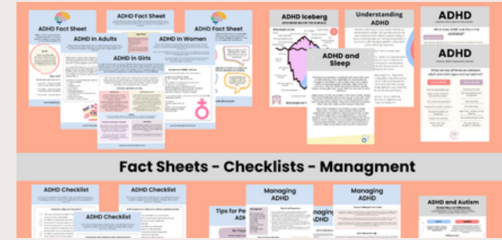
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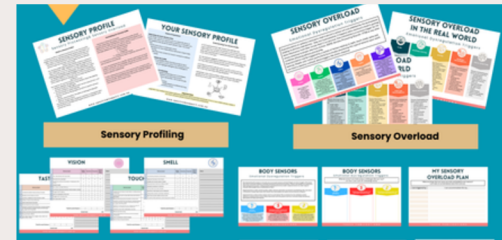
Understanding ADHD



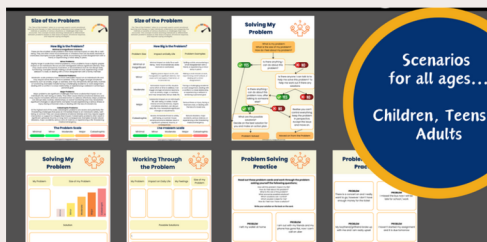
Classroom Help



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Your Sensory Processing



Develop Flexible Thinking



Impulse Control Tools



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Help Kids with Behavior



Visual Poster Pack



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for Autism and ADHD

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Tools to work out your sensory profile?

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- carers
- individuals

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