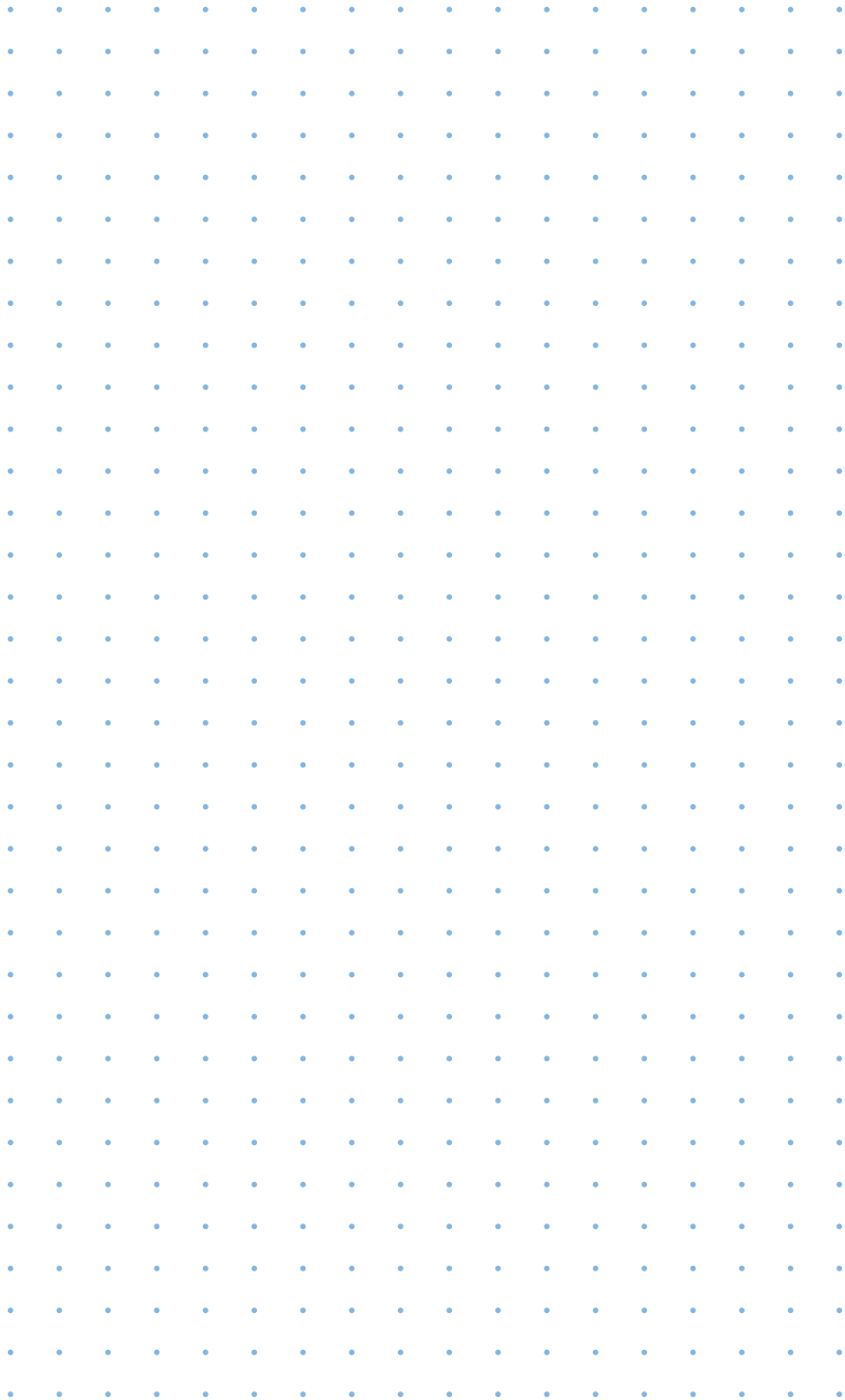




GUIDE *to* WELLNESS

REFLECTION JOURNAL

ROOM *to* BREATHE



Life can be a lot sometimes.

In these moments, one of the best things we can do for ourselves is create some room: room to reflect, to plan, to breathe.

This is the beauty of keeping a journal. Just by putting pen to paper, we have the power to express and process emotions, work toward goals, stay on top of tasks, spark creativity, learn about ourselves, and take a much-needed break.

So when life feels overwhelming, this journal is yours. There's no right way to use it; you can start anywhere and take your time completing pages.

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Reflect on the things that make you, you.



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Get the creative juices flowing.



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ROOM TO REST

Make space for your mental health.



CHAPTER 1

ROOM TO BE ME

TIME CAPSULE

Reflect on some of your favorite things. Revisit this page down the road to see how you've changed and grown!

MY FAV:

.....
musician/band

.....
song

.....
book

.....
place I've traveled

.....
movie

.....
tv show

.....
clothing brand

.....
hobby

.....
comfort food

.....
sport, activity, or club

THINGS I...

Did you know practicing gratitude can improve your wellbeing and help you become more generous, kind, and caring? Take a moment to reflect on the things you're grateful for.

love about myself:

.....
.....
.....
.....

am passionate about:

.....
.....
.....
.....

am grateful for:

.....
.....
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.....

MY YEAR IN MOODS

Mood tracking can help you create space to feel your feelings, identify emotional patterns, and communicate your feelings more effectively.

DIRECTIONS:

Color the boxes of the key below and assign each an emotion (reference the wheel below.) Each day, fill in the grid (right) using the key.



☐ _____
 ☐ _____
 ☐ _____

☐ _____
 ☐ _____
 ☐ _____

☐ _____
 ☐ _____
 ☐ _____

☐ _____
 ☐ _____
 ☐ _____

MONTHS ▶

▼ DAYS

	J	F	M	A	M	J	J	A	S	O	N	D
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2												
3												
4												
5												
6												
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30												
31												

THE ENNEAGRAM

When we have a deeper understanding of ourselves, we grow in all sorts of new ways. Self-discovery is important; and a great place to start is with the Enneagram, a personality test with nine unique personality types. **Remember: your results aren't final. They're just a snapshot of who you are right now!**



SCAN THE QR CODE TO TAKE THE TEST



Allow yourself 15-20 minutes to take the test. Encourage your friends to take the test and compare results!

PERSONALITY TYPES

TYPE 1: THE REFORMER

Rational, idealistic, principled, conscientious, perfectionist.

TYPE 2: THE HELPER

Caring, friendly, empathetic, generous, people-pleasing.

TYPE 3: THE ACHIEVER

Competent, self-assured, charming, ambitious, image-conscious.

TYPE 4: THE INDIVIDUALIST

Sensitive, reserved, expressive, creative, self-absorbed.

TYPE 5: THE INVESTIGATOR

Perceptive, curious, insightful, inventive, independent.

TYPE 6: THE LOYALIST

Hardworking, trustworthy, reliable, loyal, cooperative.

TYPE 7: THE ENTHUSIAST

Optimistic, extroverted, spontaneous, adventurous, scattered.

TYPE 8: THE CHALLENGER

Assertive, strong, self-confident, persuasive, stubborn.

TYPE 9: THE PEACEMAKER

Stable, accepting, trusting, easy-going, complacent.

.....

What type(s) are you?
Did your results surprise you?



CHAPTER 2

ROOM TO GROW

BUCKET LIST

List the things you're excited to do and cross them off as you go!

Places I want to visit

People I want to meet

Books I want to read

Experiences I want to have

☐	☐
.....	
☐	☐
.....	
☐	☐
.....	

Movies I want to watch

☐	☐
.....	
☐	☐
.....	
☐	☐
.....	

Shows I want to watch

GOAL GETTER

What goals are you excited to work toward?

Goals for the term:

[illegible]

Goals for the year:

[illegible]

Long-term goals:

[illegible]

BREAK IT DOWN

Breaking down your goals can make them feel clearer and more approachable—and give you some extra motivation!

6 STEPS to achieve your goals

1

Write your goals down.

2

Break larger goals into smaller steps.

3

Create a timeline for each milestone.

4

Identify obstacles and create a plan to navigate them.

5

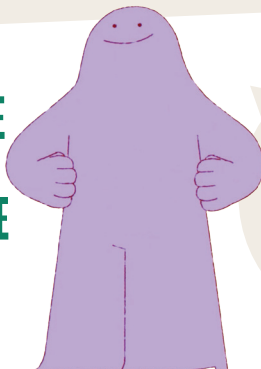
Turn to trusted adults and peers for support and encouragement.

6

Reward yourself for completing small steps along the way!



SCAN THE QR CODE FOR MORE PAGES



Get specific!
"I want to exercise three times a week" vs. "I want to be more active."

BREAK IT DOWN

GOAL ACTION PLAN

GOAL

.....

.....

.....

.....

.....

☐ **COMPLETE**

WHY

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START DATE

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DEADLINE

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REWARD

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OBSTACLES TO OVERCOME

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RESOURCES

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BIG STEPS

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LITTLE STEPS

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NOTES

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BREAK IT DOWN

GOAL ACTION PLAN

GOAL ☐ COMPLETE		WHY
START DATE	DEADLINE	REWARD
OBSTACLES TO OVERCOME		RESOURCES
BIG STEPS	LITTLE STEPS	NOTES

BREAK IT DOWN

GOAL ACTION PLAN

GOAL ☐ COMPLETE		WHY
START DATE	DEADLINE	REWARD
OBSTACLES TO OVERCOME		RESOURCES
BIG STEPS	LITTLE STEPS	NOTES

BULLET JOURNALING

A bullet journal allows you to plan, journal, draw, and stay on top of tasks all in one place. Take some time to design your own bullet journal system.

SAMPLE ENTRIES:

Friday

- Algebra HW
- Donate clothes
- Volleyball
- Tara b-day party

Saturday

- Volunteer - AM
- Coffee with Emma
- Help with dinner

Sunday

- Study Group
- Read - 30 mins
- Go for a run
- Store w/ mom
- Biology HW

Water Intake

 cups	1	2	3	4	5	6	7
--	---	---	---	---	---	---	---

Remember!

- Dad's b-day Nov 15
- Paper due Nov 20
- Band Concert Dec. 2
- Refill prescription

Future Dog Names

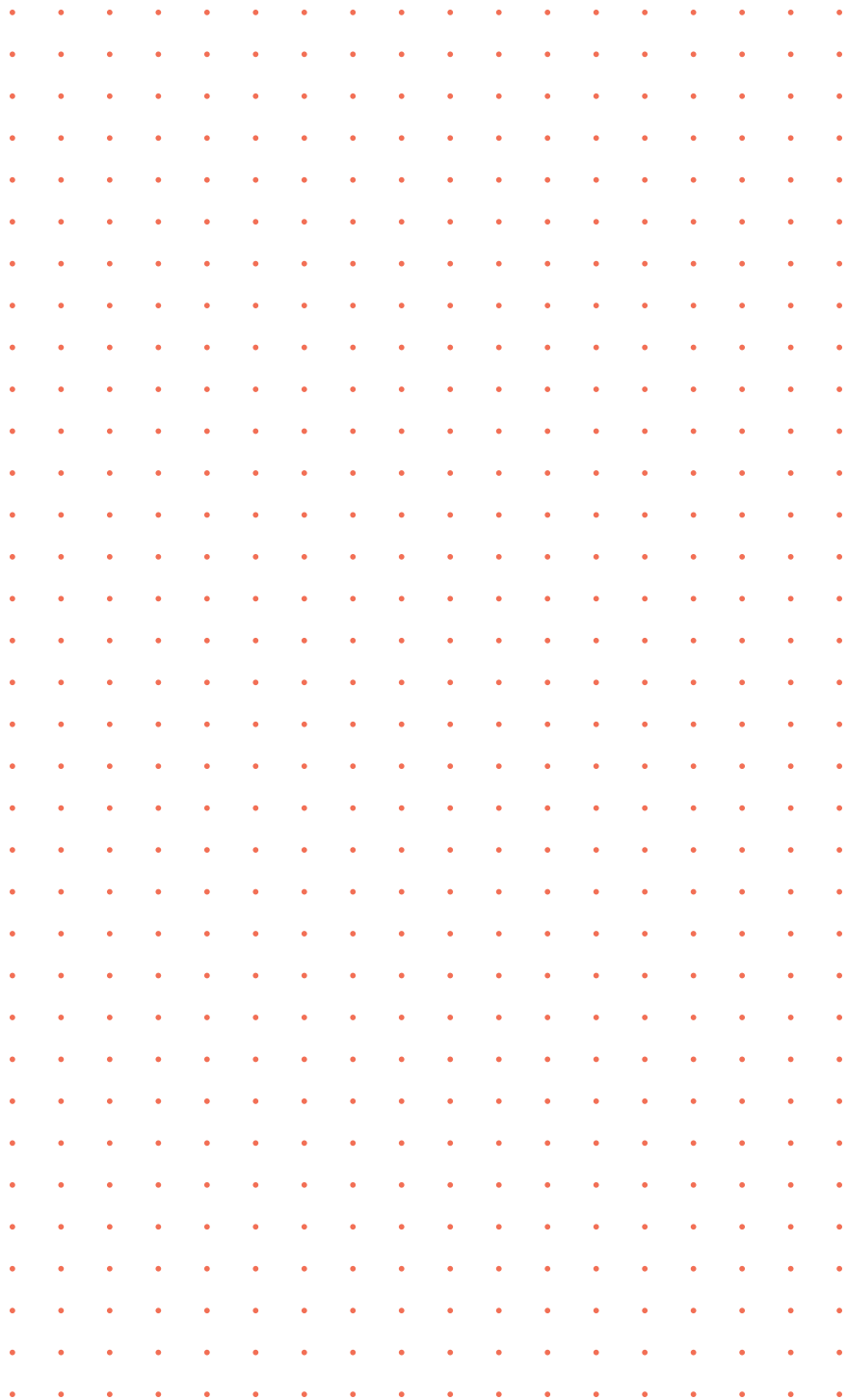
Andrew	Bark Twain
Mr. Bologna	Ollie
Sadie	Winnie



SCAN THE
QR CODE
FOR MORE
PAGES



Examples of things to track: art ideas, new movies you've watched, states you've visited, etc. Get creative with it!





CHAPTER 3

ROOM TO EXPLORE

BRANCHING OUT

Getting involved in your community is a great way to meet new friends, make a positive impact, and support your overall wellbeing. Start by reflecting on the things you're passionate about.

My interests: (Ex: Gaming, writing, running)

.....

.....

.....

.....

Ways I recharge: (Ex: Listening to music, yoga, volunteering)

.....

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.....

.....

Issues I care about: (Ex: Mental health, anti-vaping, environment)

.....

.....

.....

.....

.....



Become an advocate for youth health and wellness! Head to our website to learn more and get involved.

LOCAL LOVE

Looking for new music, books, and content? Look no further than your own backyard! Take some time to discover Minnesota-based artists and creators. Below are some examples to get you started.

MUSICIANS

Miloe Ber

.....

.....

.....

.....

COMEDIANS

@samsched

@alisultancomedy

.....

.....

.....

FINE ARTISTS

@ashleymaryart @adamfurman

.....

.....

.....

CONTENT CREATORS

@gabis_vintage

@oneminutetours

.....

.....

.....

BOOKS/AUTHORS

St. Paul Stories - F. Scott Fitzgerald

Out of Character - Jenna Miller

.....

.....

.....

HERITAGE SPOTLIGHT

Minnesota is home to 11 tribal nations, each with their own rich history and enduring traditions. Kailani, a Minnesotan student, describes what heritage means to her.

BEING NATIVE IS EVERYTHING.

It's the beautiful artwork that my people make, from the smallest pair of beaded earrings to the biggest murals.

It's the way our dancers tell a story while being so graceful.

It's the singing that sends chills down your spine, and the way you can feel the beat of the drum throughout your whole body at a powwow.

It's the prayers and the thoughts that you have while in ceremony.

It's the way that all of us respect and care for mother nature.

It's the way that we use our sacred medicines.

It's the feeling you get seeing other natives in public.

It's the way that all our aunties laugh and slap you on your arm.

It's the teachings and the stories that have gotten passed on for generations.

It's the way that all of the tribes are unique but still connected.

It's the way that all of us can come together to fight for a cause.

It's the way that culture can be anything, but is everything to me.

Kailani Lawrence, 16
Indigenous Peoples Task Force
Ikidowin Youth Program

MY HERITAGE

Heritage is a core part of our identity. It connects us to our roots, our family, and our unique cultural traditions. Take a moment to reflect.

What does your heritage mean to you?

.....

.....

.....

Who has influenced you most in your life?

.....

.....

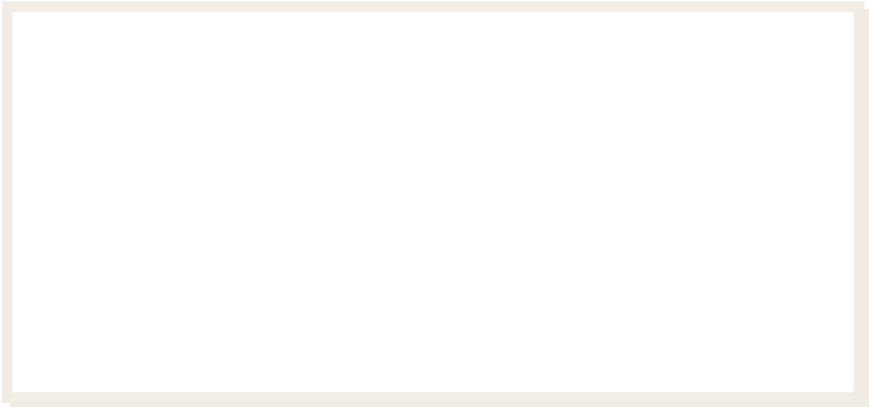
What stories have been passed down to you?

.....

.....

.....

Draw your web of connection, a map of the people you're closest to (family, friends, mentors, etc).



ASK AN ADULT

Interview an adult you're close to. You'll be amazed at how much you learn! Use the questions below to guide your conversation.

Where and when were you born?

.....

.....

How did your parents meet?

.....

.....

.....

Where did you grow up?

.....

.....

.....

What was your home like growing up?

.....

.....

.....



Interviewing more than one person? Use the QR code to print out extra pages.

What was school like for you?

.....

.....

What did you like to do in your free time?

.....

.....

What was your favorite toy or game?

.....

.....

What did you want to be when you grew up?

.....

.....

Tell me about your favorite memory.

.....

.....

.....

What is your greatest accomplishment?

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.....

What advice would you give to someone my age?

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CHAPTER 4

ROOM TO CREATE

Look into a mirror and draw yourself
without looking down at the paper.



If your name was a logo, what would it look like?

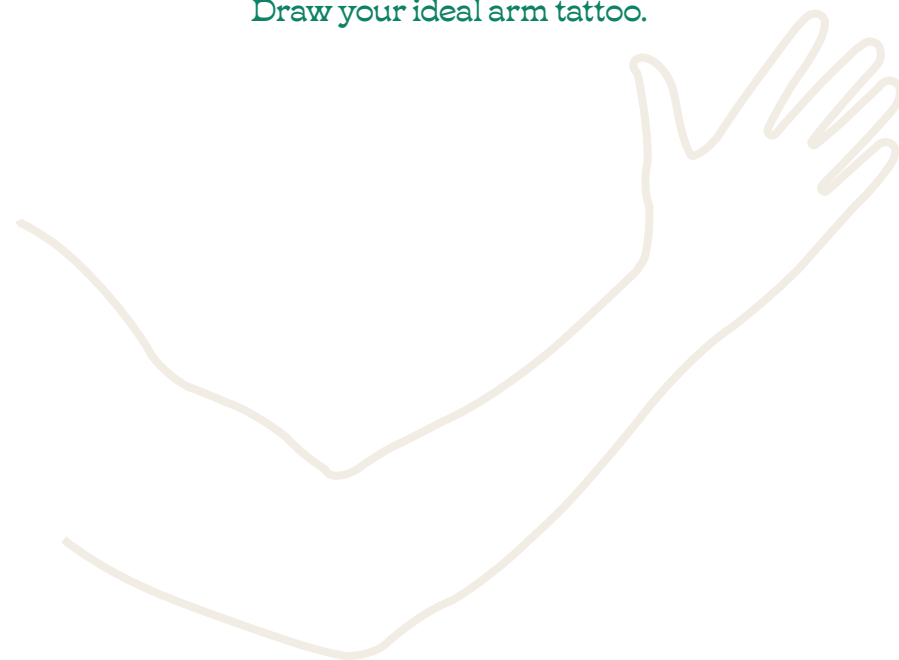
If you were a musician, what would
your album art look like?

The sun and moon are in deep discussion.
Write the dialogue.

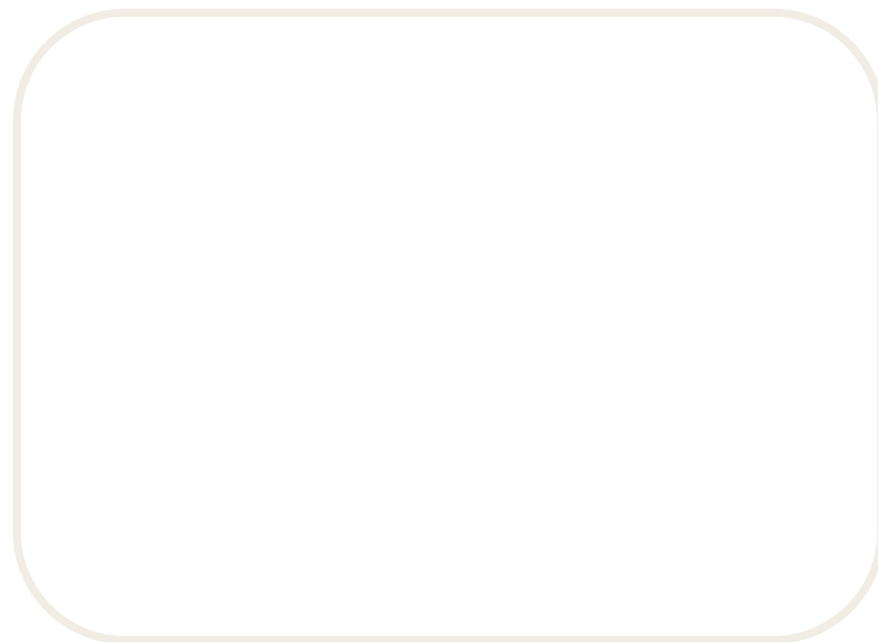
CELEBRATE ASIAN HERITAGE

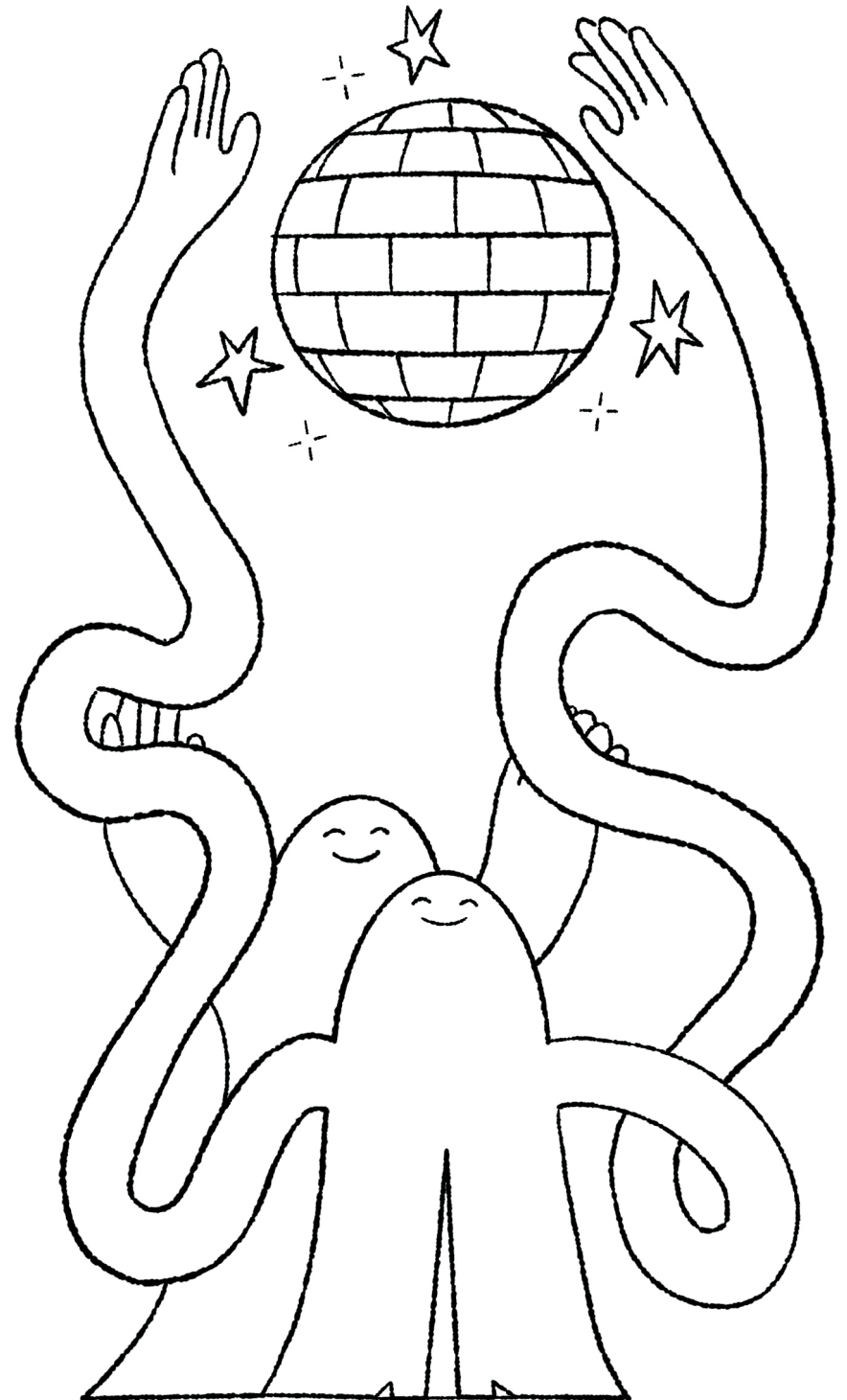


Draw your ideal arm tattoo.



Grab a nearby object and flip it around until it's at an angle it isn't typically viewed at, then draw it.





Write a compelling story in just 6 words.

.....

.....

.....

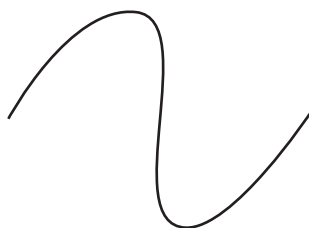
.....

Review a book you've recently read, #Booktok style.

[illegible]

Collage page! Paste wrappers, cutouts, or other items you find throughout your day to create your masterpiece.

Draw a picture using the squiggle as a starting point



You're on Shark Tank. What's your business idea?

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Describe the color yellow to someone who hasn't seen it before.

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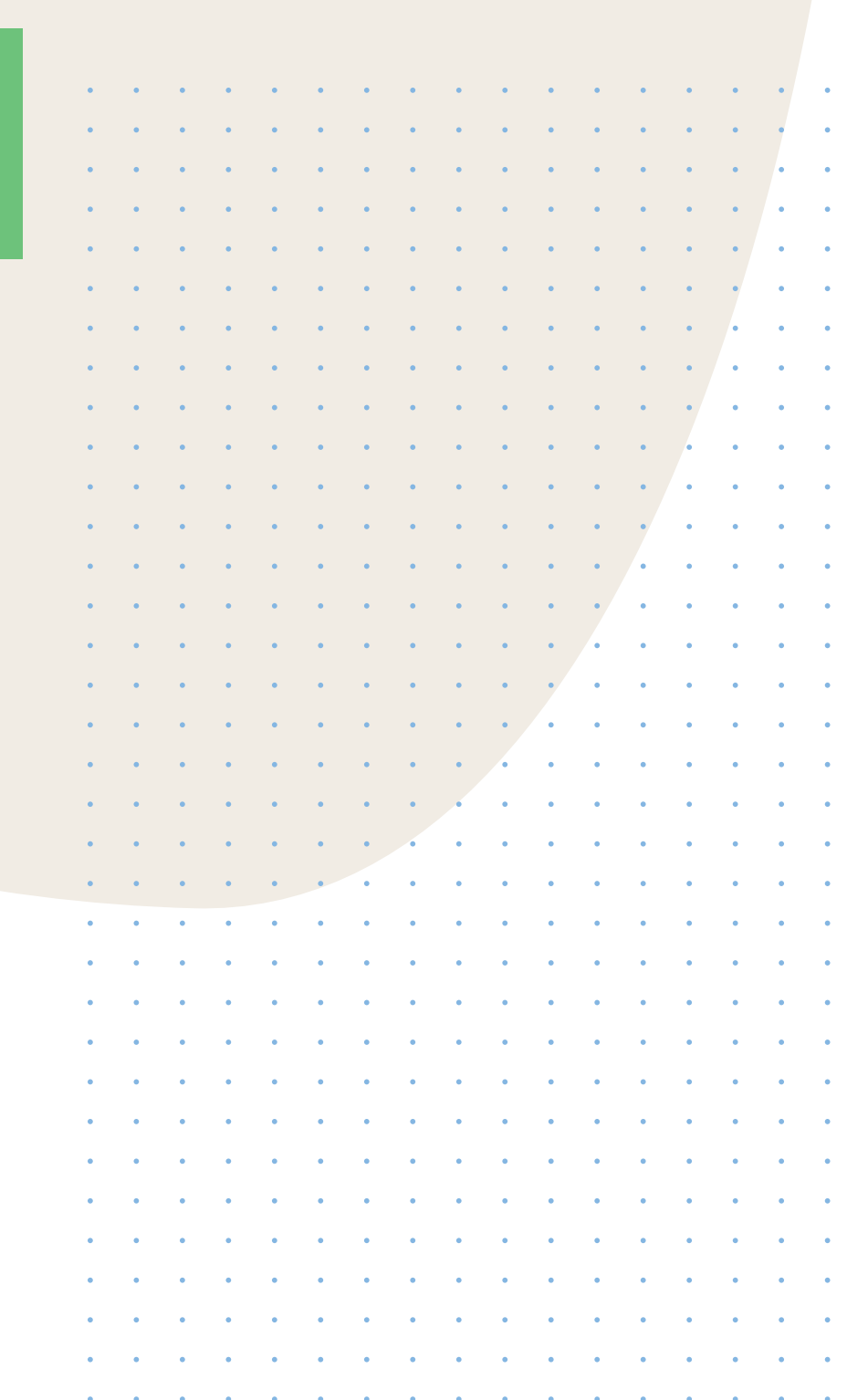
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CHAPTER 5

ROOM TO REST



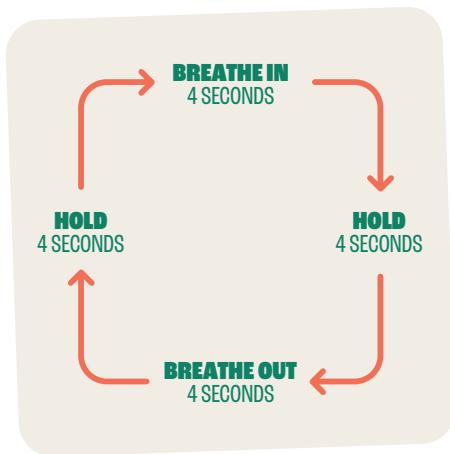
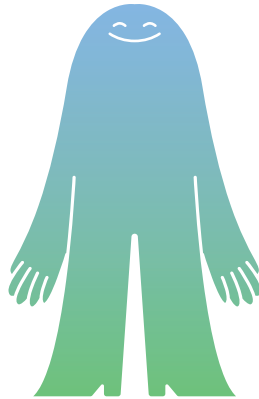
MEDITATION 101

Meditation is the act of focusing your attention and being in the present moment. It can help you feel clearer, more centered, and more relaxed after just a few minutes. Below are some exercises to help you get started.

BODY SCAN

In your head? Ground yourself by focusing on sensations in the body.

- Take a deep breath and close your eyes.
- Curl your toes as tightly as you can. Hold this for five seconds, then relax. Notice how your body feels.
- Working your way up the body, move to the next set of muscles and repeat the process.



BOX BREATHING

Inhale, hold, exhale, and hold, counting to four at each step. Complete this cycle four times.

MINDFULNESS IN MUSIC

Scan the QR code. Close your eyes and focus on the music.

- How many different instruments can you hear?
- What sounds and melodies do you notice?
- How does the music make you feel?



LABYRINTH

Unlike mazes, labyrinths have a single winding path that leads to the center. The path symbolizes the journey of life, with its twists and turns, and the center representing a place of peace and enlightenment.



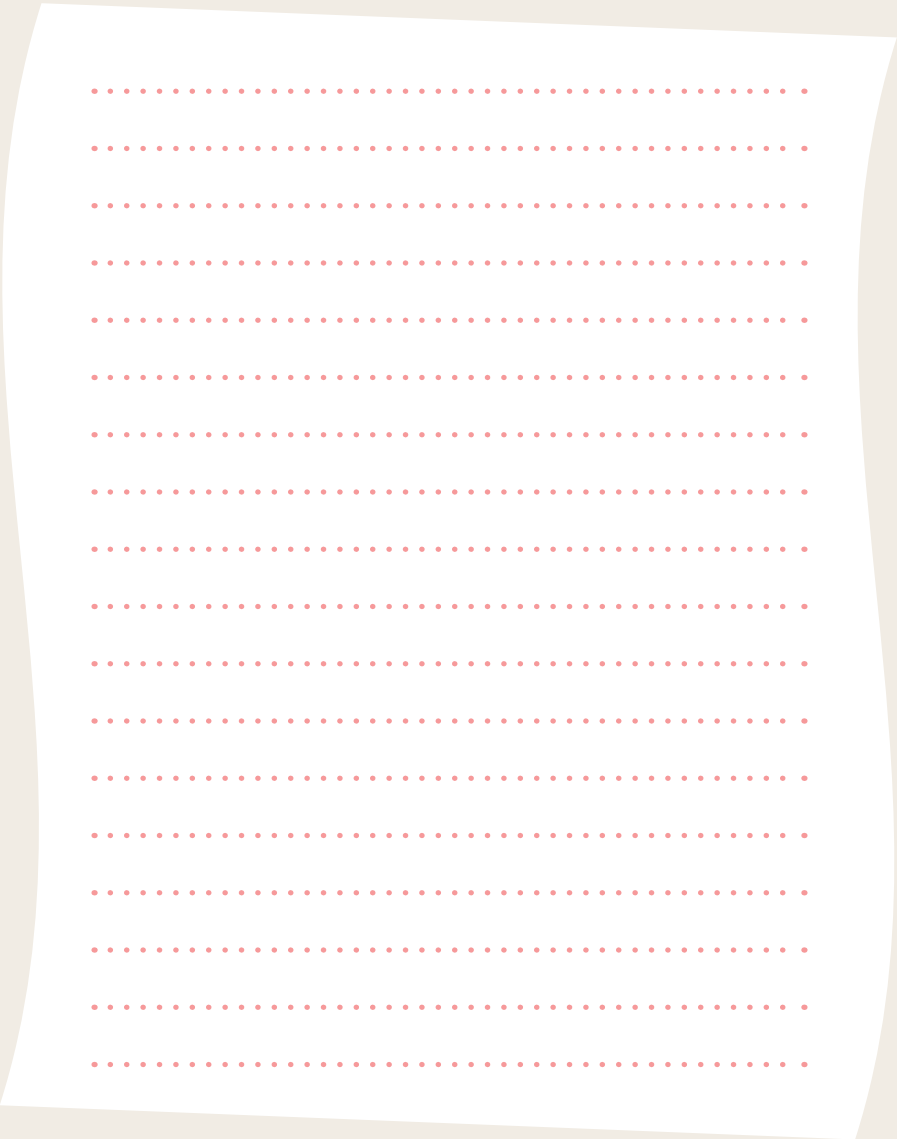
HOW TO USE

Lightly follow the labyrinth's path from the outside to the inside. As you work toward the center, let go of any unhelpful thoughts or concerns. Follow the path back outwards with similar intention.

LETTER TO

MY YOUNGER SELF

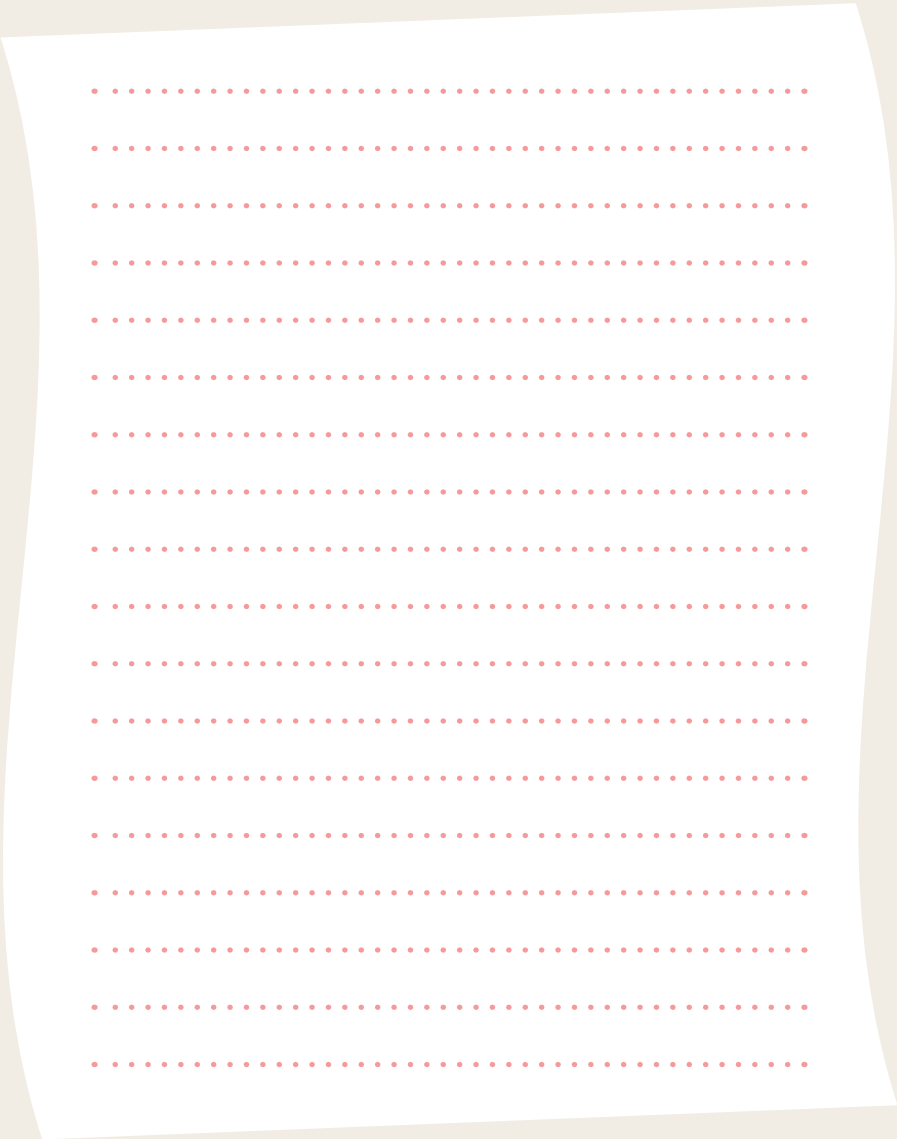
Think back to a time when you could have used advice from a wiser you. What would you say to that version of yourself?



LETTER TO

MY OLDER SELF

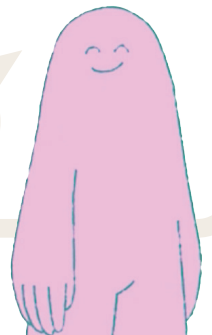
Now, write a letter to your older self. Start by reflecting on the present, then share your vision of the future. You can even make some fun predictions! Store this letter somewhere safe so you can revisit it down the road.



VISION BOARD

A vision board can help you identify your goals and keep you motivated. Start by gathering materials like magazines and art supplies. Then, search for words and pictures that support your vision of the future. Paste them in the space below!

Revisit this page whenever
you need some motivation!



FINDING THE GOOD

Did you know practicing positive thinking can help relieve stress and improve your mental health? Take a moment to reframe a recent negative experience.

What happened?

.....

.....

.....

.....

.....

.....

.....

.....

Acknowledge the negativity. I'm upset because...

.....

.....

.....

.....

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.....

.....

.....

Reframe the situation. If I had to spin this positively...

.....

.....

.....

.....

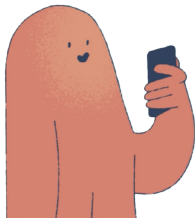
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SCAN FOR
MORE PAGES



Practice gratitude. Something that resulted from this that I appreciate is...

.....

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Identify growth. Next time, I will...

.....

.....

.....

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.....

.....

.....

.....

Seek support. I can always rely on...

.....

.....

.....

.....

.....

.....

.....

.....

DREAM JOURNAL

Have you ever woken up from a dream and felt the urge to write it down? The prompts below can help you log your next dream in detail.

Date: **Description:**

Type of dream:

☐ Recurring

☐ Lucid

☐ Nightmare

☐ Symbolic

☐ Fantasy

☐ Realistic

☐ Neutral

☐ Other:

My emotions: **Sketch:**

.....

.....

.....

.....

.....

My interpretation:

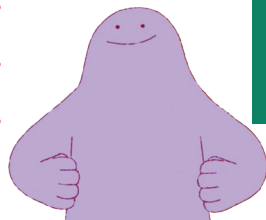
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SCAN FOR
MORE PAGES



DREAM JOURNAL

Date: **Description:**

Type of dream:

☐ Recurring

☐ Lucid

☐ Nightmare

☐ Symbolic

☐ Fantasy

☐ Realistic

☐ Neutral

☐ Other:

My emotions: **Sketch:**

.....

.....

.....

.....

.....

My interpretation:

.....

.....

.....

.....

MY BOUNDARIES

Identifying what *is* and *isn't* acceptable in a relationship is important. By establishing boundaries, we create healthier dynamics and protect our peace, time, and overall wellbeing.

TYPES OF BOUNDARIES

- PHYSICAL** > Limits related to your personal space, body, and physical needs.
- EMOTIONAL** > Limits that protect your emotional energy and make you feel safe.
- FINANCIAL** > Limits around money—how it’s earned, spent, saved, or shared with others.
- TIME-BASED** > Limits on how you spend your time, helping prioritize commitments and avoid burnout.
- SPIRITUAL** > Limits that protect your beliefs, practices, and values related to your spirituality or religion.

EXAMPLES OF BOUNDARIES

- PARENTS** > Respectfully communicate where you’d like more support or more privacy.
- FRIENDS** > Reflect on the type of interactions that bring you energy. Communicate when things make you uncomfortable.
- RELATIONSHIPS** > Communicate openly and honestly about your feelings, needs, wants, and physical, emotional, and time-based boundaries.
- TECHNOLOGY** > Identify when time on your phone feels fun and find other activities when you catch yourself mindlessly scrolling.

Who do I struggle to set boundaries with?

.....

.....

.....

Types of boundaries I struggle to set with this person:

☐ Emotional ☐ Financial ☐ Spiritual

☐ Physical ☐ Time ☐ Other: _____

What am I afraid will happen if I set boundaries with them?

.....

.....

.....

In what ways is not setting boundaries affecting me?

.....

.....

.....

How would I feel if I set healthy boundaries?

.....

.....

.....

An affirmation that gives me courage:

.....

.....

.....

MY SUPPORT

Take a moment to reflect on the people in your corner.

PRACTICAL SUPPORT

Who would drive you to the hospital?
Loan you something?

Who supports you?

.....

.....

.....

Who do you support?

.....

.....

.....

COMPANIONSHIP

Who is good company? Who will take
a walk with you, or share your joys?

Who supports you?

.....

.....

.....

Who do you support?

.....

.....

.....

ADVICE OR INFORMATION

Who do you ask for advice if you are ill
or don't understand something?

Who supports you?

.....

.....

.....

Who do you support?

.....

.....

.....

EMOTIONAL SUPPORT

Who do you share your feelings with?
Who encourages you or lifts you up?

Who supports you?

.....

.....

.....

Who do you support?

.....

.....

.....

MORE RESOURCES

When you're in need of support, check out the free resources below.

Room to Breathe

A Minnesota-based resource for learning about
the harms of vaping and finding quit support.

 aroomtobreathe.org

My Life, My Quit™

A free and confidential program designed to help
teens quit smoking, vaping, or using nicotine.

 mn.mylifemyquit.org

 Text *Start My Quit* to 36072

The Trevor Project

An organization that provides crisis intervention and
suicide prevention services to LGBTQ+ youth.

 thetrevorproject.org/get-help

 1.866.488.7386

988 Suicide and Crisis Lifeline & Native and Strong Lifeline

A free, 24/7 national hotline that provides
confidential support for people in emotional
distress, experiencing suicidal thoughts, or facing a
mental health or substance use crisis.

 988lifeline.org

 Dial 988 for the
Suicide and Crisis Lifeline
Dial 988 +4 for the
Native and Strong Lifeline

CREDITS

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Parker Smith

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Haberman

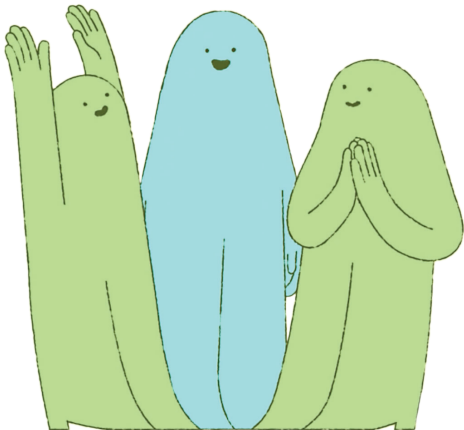
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aroomtobreathe.org