

My imagine journal

for Adults



.....
THIS JOURNAL BELONGS TO



The Imagine Project, Inc.

Giving kids a voice for positive change

www.theimagineproject.org

Step 1

Celebrate!

Celebrate, remember and give thanks.

Use this section to celebrate and embrace your successes and what you love about your life. Think back on the major triumphs, accomplishments and other amazing experiences that have shaped you. Write them down.

No triumph is too big or too small. Write them all down!

Be proud as you write!

1. _____
2. _____
3. _____
4. _____
5. _____

Write a few words that describe how these experiences make you feel (happy, joy, proud, etc.). You can draw a picture about your experience too if you'd like!



The Imagine Project, Inc.

Giving kids a voice for positive change

www.theimagineproject.org

My **imagine** journal

5

Step 2

Reflect

Take time to reflect on the difficult times in your life.

Use this section to look back on your life. Reflect on the challenges, recently or in the past, that have shaped your life. Write them down.

There are no right or wrong answers. Relax and write whatever you are feeling.

1. _____
2. _____
3. _____
4. _____
5. _____

Write down a few words that describe how these experiences make you feel (sad, angry, ashamed, etc.). You can draw a picture about your experiences too if you'd like.



The Imagine Project, Inc.

Giving kids a voice for positive change

www.theimagineproject.org

My **imagine** journal

6

Step 3

Imagine

Now it's time to write your **imagine** story.

It's time to choose one challenging experience in your life and write an Imagine story about it. Begin each sentence in your story with the word Imagine...

Begin by picking one difficult time in your life, past or present (refer to Step 2 if you need to) and tell the story of that experience. Start the story with your first memory—what your heart and mind think of first when the incident comes to mind.

Continue writing until you are done telling the story. You may find a natural shift, moving into the positive side of the story, if not, you can write this in Step 4. This is free writing so don't worry about spelling, grammar, or punctuation.

Let your heart speak. Keep writing, you have 3 pages to write on!

Karina

- Imagine...** growing up in a home so violent you decide to try your luck on the streets.
- Imagine...** studying all day at school, going to the library and studying until it closes, then going back to your school because it's the only place you have to call home.
- Imagine...** taking the cardboard out of one dumpster and putting it on the decomposing garbage of another dumpster just so you have a warm place to sleep at night.
- Imagine...** living in the dumpster behind your high school for six months through the dead of winter.
- Imagine...** no one knowing until the day before you graduate.
- Imagine...** graduating top in your class and receiving a full scholarship to the university of your choice.
- Imagine...** graduating college in four years.
- Imagine...** owning a home and running your own business.
- Imagine...** giving birth to your first child.
- Imagine...** knowing your life is worth every struggle you've been through.
- Imagine...** making a mark on a world that didn't even know you existed.



The Imagine Project, Inc.

Giving kids a voice for positive change

www.theimagineproject.org

My **imagine** journal

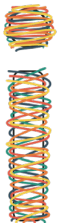
7

Step 3

Imagine

Tyler

- Imagine...** challenging yourself to compete in an ironman competition—competing and finishing!
- Imagine...** continuing to train and push yourself—riding your bike daily.
- Imagine...** while riding on a country road, the driver of a commercial truck intentionally crosses the center line, honking and flashing his lights at you, playing chicken.
- Imagine...** your shock and fear as he turns around, hits you and sends you flying off the road.
- Imagine...** quitting cycling because you're afraid, but still consuming 4500 calories a day.
- Imagine...** 8 months later you look in the mirror and you don't recognize the person you see.
- Imagine...** bursting into tears as you admit the horror of all you've lost.
- Imagine...** realizing that in losing everything, anything you gain is something.
- Imagine...** packing your car and finding yourself on a road trip of a lifetime.
- Imagine...** the fear of asking the first stranger, "Can I help you?" and the relief when they say, "Yes."
- Imagine...** repeating this process 65 days in a row.
- Imagine...** meeting and helping people who haven't spoken to a soul in months.
- Imagine...** finding yourself again by helping others.
- Imagine...** learning so much from life's obstacles, realizing anything is possible.



The Imagine Project, Inc.

Giving kids a voice for positive change

www.theimagineproject.org

My **imagine** journal

8

Step 3

Imagine

Begin each sentence of your story with the word **imagine...**

Imagine...

Imagine...

Imagine...

Imagine...

Imagine...

Imagine...

Step 3

Imagine

Keep going! Begin each sentence of your story with the word **imagine...**

Imagine...

Imagine...

Imagine...

Imagine...

Imagine...

Imagine...

Step 3

Imagine

Keep going! Begin each sentence of your story with the word **imagine...**

Imagine...

Imagine...

Imagine...

Imagine...

Imagine...

Imagine...

Step 4

Possibilities

It's time to **imagine** new possibilities in your life.

What would you like to create in your life? What would you like to do, go, be?

The sky's the limited; allow yourself to **dream BIG!** "Imagine..." anything is possible!

Examples: **Imagine...** traveling around the world.

Imagine... having a loving family.

Imagine... having unlimited abundance in my life!

Imagine...

Imagine...

Imagine...

Imagine...

Imagine...

Step 5

I am, I can, I will!

Now it's time to anchor your imagine dreams into your mind and hearts.

Take at least one of the dreams you have for your future and create an 'I' statement about it.

After you do, say these statements out loud with power, so you believe you can!

Examples: I AM able to stay healthy for the rest of my life.

I CAN eat right and take care of myself.

I WILL be healthy!

I AM... _____

I CAN... _____

I WILL... _____

I AM... _____

I CAN... _____

I WILL... _____

I AM... _____

I CAN... _____

I WILL... _____



The Imagine Project, Inc.

Giving kids a voice for positive change

www.theimagineproject.org

My **imagine** journal

13

Step 6

Do

Now it's time to anchor **your imagine dreams** with 3 steps you need to make them happen. Write down 3 things you will do to bring these possibilities into your life.

- Examples:
1. Take good care of my body.
 2. Practice every day.
 3. Visualize myself speaking another language.

Steps...

1. _____

2. _____

3. _____



The Imagine Project, Inc.

Giving kids a voice for positive change

www.theimagineproject.org

My **imagine** journal

14

Step 7

30-day Imagine Challenge

This is your 30-day Imagine, gratitude, and kindness challenge!

Every day for the next 30 days, take a few minutes each day to write at least 3 things you want to Imagine in your life, 3 things you are grateful for in your day (big or small), and do one act of kindness to a stranger, friend, or family member. You will feel and see the difference in your life!

Day 1 ♥

Imagine _____ I am grateful for _____
Imagine _____ I am grateful for _____
Imagine _____ I am grateful for _____

Day 2 ♥

Imagine _____ I am grateful for _____
Imagine _____ I am grateful for _____
Imagine _____ I am grateful for _____

Day 3 ♥

Imagine _____ I am grateful for _____
Imagine _____ I am grateful for _____
Imagine _____ I am grateful for _____

Day 4 ♥

Imagine _____ I am grateful for _____
Imagine _____ I am grateful for _____
Imagine _____ I am grateful for _____



The Imagine Project, Inc.

Giving kids a voice for positive change

www.theimagineproject.org

My **imagine** journal

15

Day 5 ♥

Imagine _____ I am grateful for _____
Imagine _____ I am grateful for _____
Imagine _____ I am grateful for _____

Day 6 ♥

Imagine _____ I am grateful for _____
Imagine _____ I am grateful for _____
Imagine _____ I am grateful for _____

Day 7 ♥

Imagine _____ I am grateful for _____
Imagine _____ I am grateful for _____
Imagine _____ I am grateful for _____

Day 8 ♥

Imagine _____ I am grateful for _____
Imagine _____ I am grateful for _____
Imagine _____ I am grateful for _____

Day 9 ♥

Imagine _____ I am grateful for _____
Imagine _____ I am grateful for _____
Imagine _____ I am grateful for _____

Day 10 ♥

Imagine _____ I am grateful for _____
Imagine _____ I am grateful for _____
Imagine _____ I am grateful for _____

Day 11 ♥

Imagine _____ I am grateful for _____
Imagine _____ I am grateful for _____
Imagine _____ I am grateful for _____



The Imagine Project, Inc.

Giving kids a voice for positive change

www.theimagineproject.org

My **imagine** journal

16

Day 12 ♥

Imagine _____ I am grateful for _____
Imagine _____ I am grateful for _____
Imagine _____ I am grateful for _____

Day 13 ♥

Imagine _____ I am grateful for _____
Imagine _____ I am grateful for _____
Imagine _____ I am grateful for _____

Day 14 ♥

Imagine _____ I am grateful for _____
Imagine _____ I am grateful for _____
Imagine _____ I am grateful for _____

Day 15 ♥

Imagine _____ I am grateful for _____
Imagine _____ I am grateful for _____
Imagine _____ I am grateful for _____

Day 16 ♥

Imagine _____ I am grateful for _____
Imagine _____ I am grateful for _____
Imagine _____ I am grateful for _____

Day 17 ♥

Imagine _____ I am grateful for _____
Imagine _____ I am grateful for _____
Imagine _____ I am grateful for _____

Day 18 ♥

Imagine _____ I am grateful for _____
Imagine _____ I am grateful for _____
Imagine _____ I am grateful for _____



The Imagine Project, Inc.

Giving kids a voice for positive change

www.theimagineproject.org

My **imagine** journal

17

Day 19 ♥

Imagine _____ I am grateful for _____
Imagine _____ I am grateful for _____
Imagine _____ I am grateful for _____

Day 20 ♥

Imagine _____ I am grateful for _____
Imagine _____ I am grateful for _____
Imagine _____ I am grateful for _____

Day 21 ♥

Imagine _____ I am grateful for _____
Imagine _____ I am grateful for _____
Imagine _____ I am grateful for _____

Day 22 ♥

Imagine _____ I am grateful for _____
Imagine _____ I am grateful for _____
Imagine _____ I am grateful for _____

Day 23 ♥

Imagine _____ I am grateful for _____
Imagine _____ I am grateful for _____
Imagine _____ I am grateful for _____

Day 24 ♥

Imagine _____ I am grateful for _____
Imagine _____ I am grateful for _____
Imagine _____ I am grateful for _____

Day 25 ♥

Imagine _____ I am grateful for _____
Imagine _____ I am grateful for _____
Imagine _____ I am grateful for _____



The Imagine Project, Inc.

Giving kids a voice for positive change

www.theimagineproject.org

My **imagine** journal

18

Day 26 ♥

Imagine _____ I am grateful for _____
Imagine _____ I am grateful for _____
Imagine _____ I am grateful for _____

Day 27 ♥

Imagine _____ I am grateful for _____
Imagine _____ I am grateful for _____
Imagine _____ I am grateful for _____

Day 28 ♥

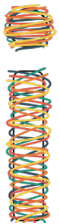
Imagine _____ I am grateful for _____
Imagine _____ I am grateful for _____
Imagine _____ I am grateful for _____

Day 29 ♥

Imagine _____ I am grateful for _____
Imagine _____ I am grateful for _____
Imagine _____ I am grateful for _____

Day 30 ♥

Imagine _____ I am grateful for _____
Imagine _____ I am grateful for _____
Imagine _____ I am grateful for _____



The Imagine Project, Inc.

Giving kids a voice for positive change

www.theimagineproject.org

My **imagine** journal

19