

# My **imagine** journal

for Kids

My name:



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# Step 1

## Celebrate!

What makes you happy in your life?  
What are you proud of?

Use this space to write what you feel good about in your life.

It makes me happy that

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

I am proud of

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Write or draw how these things make you feel.



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# Step 2

## Reflect

What has happened in your life that has been difficult for you, past or present?

What makes you feel sad? Angry? Mad?

Use this space to write down the things that make you feel upset.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Write or draw a few words or pictures describing how these things make you feel.



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# Step 3

## Imagine

### 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**...

Start by picking one difficult time in your life, past or present, 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 have lots of pages to write! This is free writing so don't worry about spelling, grammar, or punctuation.

(See that sample stories on page 16).

**Imagine...**

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**Imagine...**

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**Imagine...**

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# Step 3

## Imagine

Keep writing more of your story!

Imagine...

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Imagine...

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Imagine...

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Imagine...

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# Step 3

## Imagine

Keep writing or draw a picture about your story.

Imagine...

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# Step 4

## Dreams/Goals

**Now it's time to dream about what you want to do in your life! It's time to create a new story!**

What do you want to do in your life? Do you want to travel and see cool places?

Go to college? Have a family? Have lots of friends? Help kids who are hungry and poor? Take some time to think about what would make you happy? Write some imagine sentences about what you would like to do in the future. The sky's the limit! You can draw a picture in the space on page 8 too if you'd like.

**Imagine...** anything is possible!

Examples: **Imagine...** working hard in school.

**Imagine...** becoming a musician.

**Imagine...** becoming a doctor.

When you **Imagine**, everything is possible!

**Imagine...**

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**Imagine...**

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**Imagine...**

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**Imagine...**

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# Step 4

## Dreams/Goals

Keep writing your **imagine** dreams.

Imagine...

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Imagine...

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Imagine...

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# Step 5

## I am, I can, I will!

Now take your **imagine** dreams and turn them into “I” statements. Write them down and then say these out loud with power in your voice so you believe you can!

Examples: **I AM** smart enough to go to college!  
**I CAN** work hard in school.  
**I WILL** be a teacher some day!

**I AM...** \_\_\_\_\_  
**I CAN...** \_\_\_\_\_  
**I WILL...** \_\_\_\_\_

**I AM...** \_\_\_\_\_  
**I CAN...** \_\_\_\_\_  
**I WILL...** \_\_\_\_\_

**I AM...** \_\_\_\_\_  
**I CAN...** \_\_\_\_\_  
**I WILL...** \_\_\_\_\_



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# Step 6

## Do

Now that you have your **imagine** dreams, what do you think you will need to do to make them happen? Write and draw the steps you need to make sure you can accomplish your **imagine** dreams.

- Examples:
1. I will work hard and study every day.
  2. I will practice piano every day.
  3. I will eat healthy and get lots of sleep.

### Steps...

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_



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# 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 \_\_\_\_\_



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## 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 \_\_\_\_\_



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## 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 \_\_\_\_\_



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## 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 \_\_\_\_\_



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## 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 \_\_\_\_\_



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## Sample **imagine** stories

### Aaron, 7 years old

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- Imagine...** Hearing your parents fight a lot. Wishing they would stop.
- Imagine...** Worrying about your mom because she cries a lot when they fight.
- Imagine...** Your parents telling you they are not going to be married anymore.
- Imagine...** Selling your house and having to move around a lot.
- Imagine...** Moving into your grandmother's house.
- Imagine...** Your parents get along better now than when they were married.
- Imagine...** Going to spend time with your mom and dad in their own homes.
- Imagine...** Knowing one day, you, you mom and your brother will have your own home again.

### Billy, 8 years old

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- Imagine...** Having great friends but knowing that you're hardly ever going to see them again.
- Imagine...** Seeing your friends cry for you but you can't truthfully say that its going to be fine.
- Imagine...** Going to your new school and there is so much homework to do that you don't have time for any of your new friends or your old ones.
- Imagine...** After a while you get used to getting so much homework that take you less time.
- Imagine...** That you can finally see your old friends and say it's all right. Then they cry tears of joy and then you start crying too.

### Kate, 10 years old

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- Imagine...** Being friends with a girl one moment and being bullied the next.
- Imagine...** Not knowing what you did.
- Imagine...** Feeling sad and upset.
- Imagine...** Not telling your mom, thinking she might get angry.
- Imagine...** When she finds out, she's comforting and not angry.
- Imagine...** Getting more friends and loving school again.
- Imagine...** Letting go, being free, being you.



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