

My **imagine** journal

for Teens

My name:



The Imagine Project, Inc.

Because everyone has a story

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.

Because everyone has a story

www.theimagineproject.org

My **imagine** journal

2

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.

Because everyone has a story

www.theimagineproject.org

My **imagine** journal

3

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!

Elena

- Imagine...** your last glimpse of the house you've called home for 10 years.
- Imagine...** feeling all alone when you turn your back.
- Imagine...** wondering if your sadness will last forever.
- Imagine...** everyone telling you it will be ok.
- Imagine...** your new home, everything being different.
- Imagine...** finding new friends and you begin to feel like yourself again.

Mackenzie

- Imagine...** holding your dad's ring in your hand, knowing that when you were born, it could fit around your leg.
- Imagine...** living the first 3 months of your life in an incubator, your parents can only touch you for minutes each day, holding you only when the nurses give them permission.
- Imagine...** being born weighing only 1 pound 12 ounces.
- Imagine...** walking through life a step behind, never knowing if you'll catch up.
- Imagine...** growing and healing, finding you can do things no one thought you would be able to do.
- Imagine...** realizing that if you've survived what life has already given you, you can do anything.



The Imagine Project, Inc.

Because everyone has a story

www.theimagineproject.org

My **imagine** journal

4

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 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 limit; 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 your imagine dreams Into your mind and heart.
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 smart enough to get good grades!
I CAN get into the college I want to go to!
I WILL graduate from college!

I AM... _____
I CAN... _____
I WILL... _____

I AM... _____
I CAN... _____
I WILL... _____

I AM... _____
I CAN... _____
I WILL... _____



The Imagine Project, Inc.

Because everyone has a story

www.theimagineproject.org

My **imagine** journal

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.

Create a plan to make your dreams happen! You can DO anything you set your mind to!

- Examples:
1. Study hard and do my homework everyday.
 2. Practice every day.
 3. Visualize myself speaking another language.

Steps...

1. _____

2. _____

3. _____



The Imagine Project, Inc.

Because everyone has a story

www.theimagineproject.org

My **imagine** journal

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.

Because everyone has a story

www.theimagineproject.org

My **imagine** journal

10

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.

Because everyone has a story

www.theimagineproject.org

My **imagine** journal

11

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.

Because everyone has a story

www.theimagineproject.org

My **imagine** journal

12

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.

Because everyone has a story

www.theimagineproject.org

My **imagine** journal

13

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.

Because everyone has a story

www.theimagineproject.org

My **imagine** journal

14