

4-15-20

Hi!

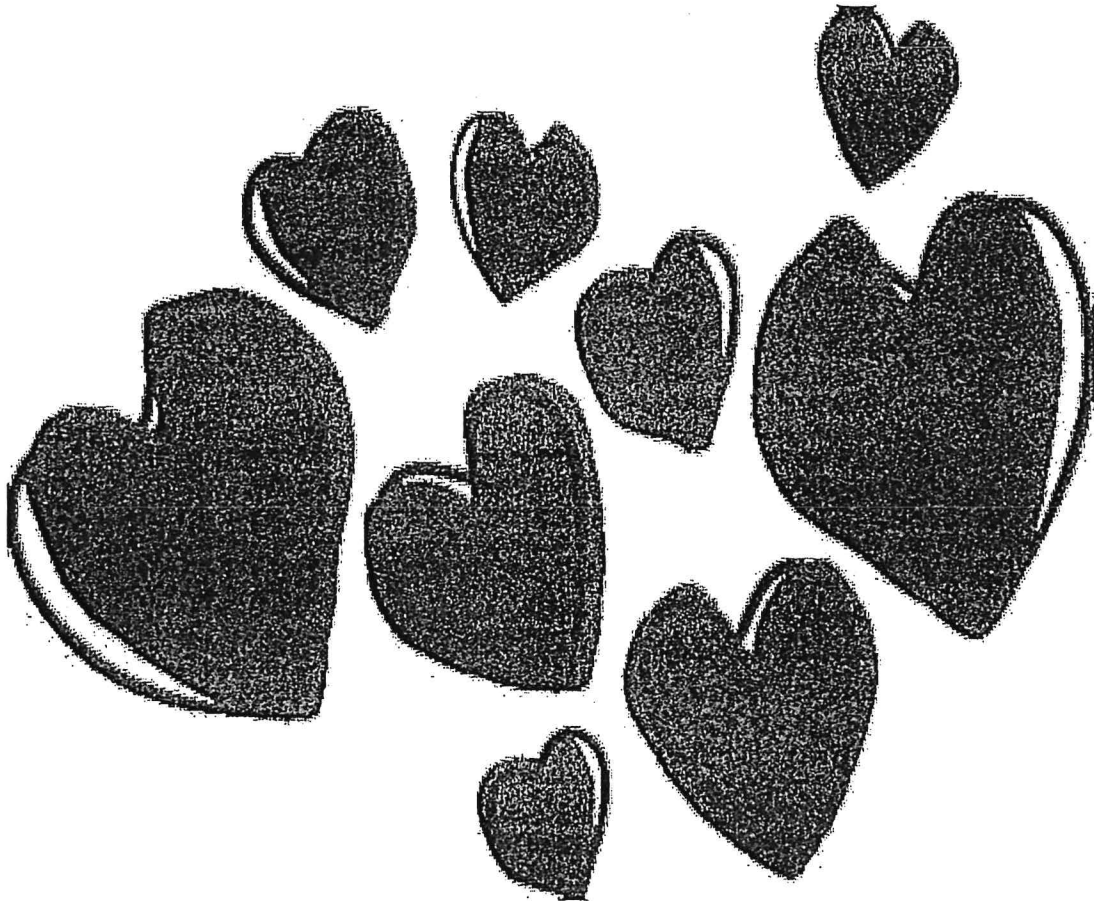
I hope you are doing GREAT! For this AMI packet, I've included a short, daily self-esteem journal and a gratitude journal so you can focus on the positive. This is optional. Do it only if you want to. There is no need to turn it in.

I want you to remember that I love you and miss you and can't wait to see you in August! Please feel free to fill out the "Checking In With Mrs. Nix" google form I sent to your email as many times as you want. You can also email or call me. We will get through this and be stronger for it.

Much Love,



Mrs. Nix



# Self-Esteem Journal

<b>MON.</b>	Something I did well today...	
	Today I had fun when...	
	I felt proud when...	
<b>TUE.</b>	Today I accomplished...	
	I had a positive experience with...	
	Something I did for someone...	
<b>WED.</b>	I felt good about myself when...	
	I was proud of someone else...	
	Today was interesting because...	
<b>THUR.</b>	I felt proud when...	
	A positive thing I witnessed...	
	Today I accomplished...	
<b>FRI.</b>	Something I did well today...	
	I had a positive experience with (a person, place, or thing)...	
	I was proud of someone when...	
<b>SAT.</b>	Today I had fun when...	
	Something I did for someone...	
	I felt good about myself when...	
<b>SUN.</b>	A positive thing I witnessed...	
	Today was interesting because...	
	I felt proud when...	

# Gratitude Journal

## Three Good Things

### Day 1

One good thing that happened to me today...

Something good that I saw someone do...

Today I had fun when...

### Day 2

Something I accomplished today...

Something funny that happened today...

Someone I was thankful for today...

# Gratitude Journal

## Three Good Things

### Day 3

Something I was thankful for today...

Today I smiled when...

Something about today I'll always want to remember...

### Day 4

One good thing that happened to me today...

Today was special because...

Today I was proud of myself because...

# Gratitude Journal

## Three Good Things

### Day 5

Something interesting that happened today...

Someone I was thankful for today...

Today I had fun when...

### Day 6

Something about today I'll always want to remember...

Something funny that happened today...

My favorite part of today...

# Gratitude Journal

## Three Good Things

### Day 7

Something I was happy about today...

Something good I saw someone do today...

Something I did well today...