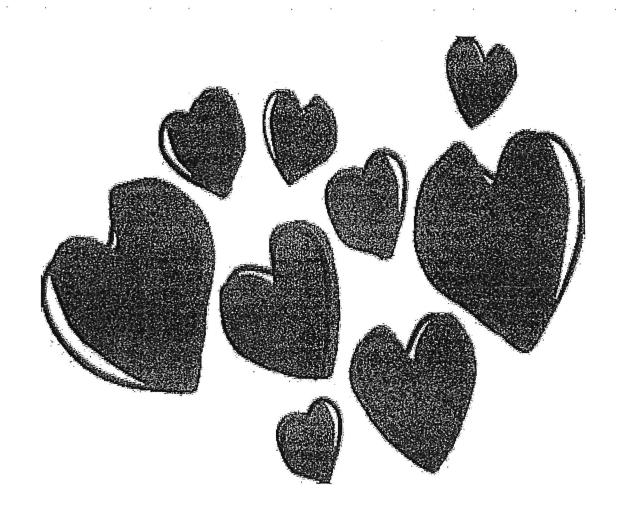
Hi!

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

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

Three Good Things

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One good thing that happened to me today	
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Something good that I saw someone do	
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Something Laccomplished today	. Marine — in the second promotion of the second of
Something I accomplished today	
Something I accomplished today Something funny that happened today	
Something funny that happened today	
Something funny that happened today	

Three Good Things

Something I was thankful for today	
Today I smiled when	
Something about today I'll always want to remer	nber
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Day 4	
One good thing that happened to me today	M 1957 Secretaria de la Secretaria del S
Today was special because	
* · · · · · · · · · · · · · · · · · · ·	
Today I was proud of myself because	

Three Good Things

Something interesting that happene	d today		# 1	e	
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Someone I was thankful for today					o e constant des
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Today I had fun when		· · · · · · · · · · · · · · · · · · ·	* Note Maddings		•
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Something about today I'll always wa	ant to rememb	er	· Pek sa s	m vi ya	4: 00 mm 1: 4: 9: 01:
	* 9	**** * * * * * * * * * * * * * * * * *	· Constitution and an experience of	omerska gry	,
Something funny that happened toda	ay	* * * * * * * * * * * * * * * * * * *	9 mg 20 ab ac	en tini so in ingil	
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My favorite part of today	***************************************	* attended a		oman seu la p	8 B
to a company we was an expense of the second	,				

Three Good Things

Something I was happy about today	
Something good I saw someone do today	
Something I did well today	