WATKINS THERAPY GROUP | ürspace

A SPACE TO PAUSE AND GROW

Gratitude & Reflection Journal

AGES 11–16

A calmer mind. A brighter perspective.
A more confident you.



PAUSE • REFLECT • GROW

Progress over perfection.

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START HERE

This Journal Is for You

Make it your own. There is no perfect way to reflect.

A quick note before you begin

- You do not have to be positive all the time.
- It is okay to leave out a question or come back later.
- Your answers can be honest, messy and completely your own.
- You can talk with a trusted adult or counsellor when you need support.

What do I hope to get out of this journal?

One intention or question is enough.

Privacy: this PDF does not send your entries to WTG or UrSpace.

01 • NOTICE

Daily Gratitude & Check-In

Take a moment to pause and recognise what matters.

What I am grateful for ...

What felt good recently ...

Something I want to remember ...

02 • FEELINGS

Where I Am at Today

You can feel more than one thing at the same time.

How am I feeling today?



Happy ☐



Calm ☐



Okay ☐



Worried ☐



Upset ☐

What might be contributing to how I feel?

What could support me today?

03 • AWARENESS

My Body & My Mood

Physical clues can help you notice your emotional state.

When I feel stressed, I notice ...

Things that help my body settle ...

A signal that I may need a break ...

04 • THINKING

Thoughts in Perspective

A thought can feel convincing without telling the whole story.

What happened?

What did I tell myself?

What could be a fairer or more helpful view?

One next step, if I need one ...

05 • PRESSURE

When Life Feels Full-On

Notice what is manageable and where you could use support.

What is taking up my headspace right now?

What parts are in my control?

What could I share, change or ask for help with?

06 • SELF-KINDNESS

Talking to Myself Differently

Try words that are realistic without being harsh.

A thought that has been hard on me ...

What I might say to a friend instead ...

A kinder message I can practise ...

07 • VALUES

What Matters to Me

It is okay for your priorities to change as you grow.

Three things I really value ...

A way I already show these values ...

One choice I could make that fits my values ...

08 • BELONGING

People & Connections

Think about what makes a connection feel healthy and supportive.

People I feel comfortable being myself around ...

What I appreciate about these connections ...

One connection I would like to strengthen ...

09 • BOUNDARIES

Respecting My Limits

Boundaries can help you look after your time and wellbeing.

Something that drains my time or energy ...

A boundary that might help ...

A respectful way I could communicate it ...

10 • SUPPORT

Someone I Can Talk To

Asking for support can be a practical step, not a weakness.

People I can talk with when things are hard ...

What makes it easier for me to reach out ...

How I might start that conversation ...

11 • GROWTH

Goals Without the Pressure

Choose one meaningful goal and break it into smaller pieces.

One thing I want to work towards ...

A realistic first step ...

Something or someone that could help ...

12 • ROUTINE

My 7-Day Habit Tracker

Track the effort, not just the result.

My small habit or goal ...

My small step this week

Mon	Tue	Wed	Thu	Fri	Sat	Sun
☐	☐	☐	☐	☐	☐	☐

What did I notice during the week?

13 • WELLBEING

What Restores My Energy

Notice what fills your cup and what uses your energy.

Something that helps me recharge ...

Something that wears me down ...

A small change I could make ...

14 • BALANCE

School, Study & Expectations

Make room for effort, rest and realistic expectations.

One school or study pressure on my mind ...

What is one part I can approach differently?

What support or break would be helpful?

15 • CONFIDENCE

Strengths I Sometimes Forget

You are more than marks, achievements or other people's opinions.

Something I am proud of handling ...

A quality I bring to my friendships or family ...

Something new I am learning about myself ...

16 • PERSPECTIVE

A Note to Future Me

Write something your future self might appreciate hearing.

Dear future me ...

Advice, encouragement, reminders or questions.

One thing I want to keep practising ...

17 • REFLECTION

Reflect & Reset

What is worth keeping, changing or trying next?

Something that has been going well ...

Something I would like to change ...

My next realistic step ...

18 • OPEN PAGE

Your Space, Your Words

Write whatever is on your mind. It does not need to be polished.

Anything worth getting out of my head ...