

# Journal Worksheets



When Teen Pregnancy Prevention (TPP) project facilitators take time each day or week to reflect, they're better able to show up for participants and take care of themselves.

Journaling—the practice of writing down your thoughts and observations—can help you reflect and work through feelings, including moderate distress. Use this set of worksheets to find the journal technique that works best for you:

- Free-flowing journaling
- Guided reflection journaling
- Gratitude journaling

**Instructions:** Use one or more of these worksheets to reflect on your facilitation at the end of each day or week. Before you begin, find a place where you feel comfortable, relaxed, and able to reflect without interruptions. If you're in a shared workspace or there is a lot of background noise, consider listening to soothing sounds or music to help you focus and relax.

## Free-flowing journaling

*Use the space below to write or draw about your day or week.*

## Guided reflection journaling

*Use the space below to reflect on your day or week.*

What went well?

What could I have done better?

What are my strengths as a facilitator?

Who inspires me as a facilitator? How can I emulate them?

What are some steps I can take to improve my facilitation?

When was I the most purposeful and connected today / this week?

## Gratitude journaling

*Use the space below to reflect on what you are grateful for today or this week.*

What are 3–5 things that I am grateful for? No matter how small.

What is one thing that happened that made me happy? Why?

Who am I grateful for? Why do I appreciate them?

What personal strengths am I grateful for?

What is one challenge that I overcame? What did I learn?