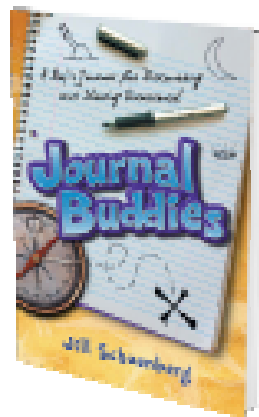


**Here's Your
FREE sample journal
entry from the
award-winning**

*Journal Buddies: A Boy's
Journal for Discovering
and Sharing Excellence*



www.JournalBuddies.com

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Example of a Journal Entry

Journal Entry



Today's buddy is: *Jerry*
Today's date is: *September 23*

Focusing on your positive qualities, traits and talents takes a lot of courage.

List three qualities, traits or talents that your buddy loves, likes or enjoys about you!

1. *He's smart.*
2. *kind*
3. *really funny*

List three qualities, traits or talents that you love, like or enjoy about your buddy!

1. *He's good at sports.*
2. *outgoing*
3. *tells great jokes*

And, courage is what makes a lion's roar a ROAR!

What's In Each Journal Entry

Each journal entry has four parts to it:

1. A thought for the day — things like words of advice and helpful reminders.

2. Qualities, traits and talents — where you and your buddies write down things that you like about each other (there are instructions and an example on the following pages).

3. A focus word for the day — an idea to explore or simply a word to think about. You can talk about it, write about it, draw a picture about it... or you can choose to do nothing about it. It's up to you!

4. Blank pages — some are lined and some are not. These pages are for your thoughts and feelings, or your drawings, art, poetry or any other creative journaling ideas that you might want to try. **What you think** and **how you feel** is important. And how you **choose to express** your thoughts and feelings is totally up to you! Remember, there are tons of creative journaling ideas on pages 24 - 31 to experiment with. You can journal about the thought for the day, the focus word, what's happening in your life, or anything else that you want to investigate or remember. You can even have your buddy write or draw in your journal if you like.

Journal Entry



Today's buddy is:

Today's date is:

Anyone who says that it's not cool for boys to be nice and kind is very confused.

List three qualities, traits or talents that your buddy loves, likes or enjoys about you!

1.
2.
3.

List three qualities, traits or talents that you love, like or enjoy about your buddy!

1.
2.
3.

After all, I happen to know — and I'm sure you do too — that there are tons of boys around who are nice and kind and cool.

Today's focus word is: Kind

