



A white rectangular box for entering the date.

DATE

A white rectangular box for entering the module name.

MODULE

JOURNAL EXERCISE

What was your opinion of yourself while looking in the mirror?

A large white rectangular area for writing the response to the first question.

How would you like to feel when looking in the mirror?

A large white rectangular area for writing the response to the second question.

Write down 5 I AM statements and say them to yourself in the mirror

A large white rectangular area for writing the response to the third question.