

me, myself, and i.

a journal to heal

by chloe yang



This journal belongs to you.
and only you.
Within these pages, allow yourself to be vulnerable
to release your pain
and to cry your heart out.
May this journal be your companion, your safe space,
and most importantly, whatever you want it to be.

Remember
Healing is not a linear path.
It is a series of small steps and gentle moments of self-
care.

If you would like to listen to guided exercises, feel
free to visit
memyselfandijournal.com

table of contents

| | |
|------------|------------------------------------|
| page 5-52 | healing, questions, and activities |
| page 53-60 | mindfulness exercises |
| page 61-80 | deep quotes |
| page 81-90 | mood calendar |

Part 1:

questions and activities for you to think, reflect about yourself, and draw.

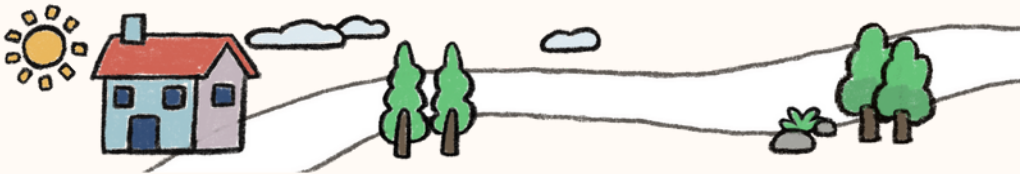
the aim of this section is to heal. think about what to write and think about what you've written. what is the significance? allow your mind to wander.

what do you regret not doing
when you had the chance?



write a list of things that you
enjoy. anything.

- Eating a bowl of lychees ^{↳ ice-cold!} alongside an orange-juice americano on the front porch.
- Blasting 80s music on the car with my dad
- The movie Interstellar (or anything by Christopher Nolan)
- Yogurt bowls
- Farmers markets (wow...the berries)
- Listening to my fav podcasts in the morning while getting ready + reading a chapter of my ever-changing book fixations (currently Kite Runner)
- Roller Coasters.
- Baking Banana Bread ♡
- The smell right after it rains.



cry on this page. when it dries,
draw something around the
stains.



Part 2:

mindfulness exercises to help
you calm down and cope during
times of stress.

whenever you are feeling
emotions that you don't want to
feel, flip to these pages.
practice one of these exercises.

exercise 2: body scan

relax. bring yourself to a comfortable position and close your eyes. bring awareness to different parts of your body, starting from your toes, through your fingertips and moving up to the top of your head. notice any feelings or sensations or areas of tension, and allow yourself to relax and let go of your tension.

when you are ready, open your eyes.



exercise 5: leaves on a stream

find somewhere comfortable to lie, sit, or stand. take a few deep breaths. imagine you are under a clear stream.

begin to visualize leaves falling, one by one, from a tree above, drifting onto the stream. these leaves represent your thoughts. as thoughts come into your mind, place one on each leaf. watch the leaves, with your thoughts on them, gently float away. whenever you feel ready, bring yourself back to the present moment.



Part 3:

deep quotes for you to
reminiscence.
to feel.
let the emotions out.

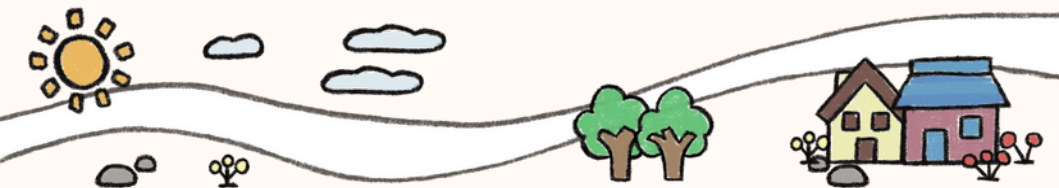
this
is a chapter full of quotes.
if you feel the need to draw,
scribble,
write down your experiences,
or just

SCREAM

do so on these pages.
they're all yours.



some things don't define who
you are. they are something you
experience.
you walk in the rain,
and feel the rain,
but you are not the rain.



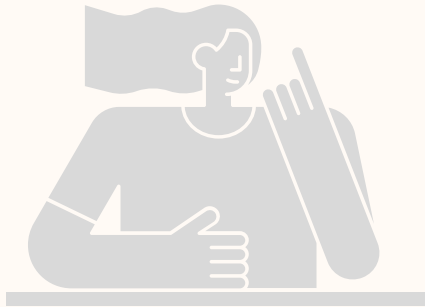
we write down
made-up stories
to tell
the truths we wish we could
say out loud.



part 4:
mood calendar

choose your mood. the left side of the spectrum is for when you are having a horrible day. the right side of a spectrum is when you feel amazing. write about your day in the blank spaces. why do you feel the way you feel today?

how do you feel today?



why?



Chloe Yang (Congjia)

Project title: Me, myself, and i: a mindfulness journal

Dear Chloe,

Congratulations! We are pleased to inform you that your Application for the project Me, myself, and i: a mindfulness journal has been approved under the *School Health Grant for Youth Program* for a grant of \$1420!

Dear Chloe,

Re: West Vancouver Local to Global Youth Initiative Grants

The District of West Vancouver's Youth Advisory Committee in collaboration with the District's Community Grants Advisory Panel has reviewed your application for a Local to Global Youth Initiative grant and has made the following recommendation:

PROGRAM

Me, Myself and I journal for youth

APPROVED

\$650.00

