



# **Glow & Grow Girls**

## **My Weekly Journal**

Week of: \_\_\_\_\_

Today my glow is:      ☐ happy    ☐ calm    ☐ proud    ☐ tired    ☐ meh

**Monday** \_\_\_\_\_

**Tuesday** \_\_\_\_\_

**Wednesday** \_\_\_\_\_

**Thursday** \_\_\_\_\_

**Friday** \_\_\_\_\_

**Saturday** \_\_\_\_\_

**Sunday** \_\_\_\_\_

**One good thing this week:**

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*I am growing into someone I am proud of.*