

Growing Butterflies: Success Journal

Success Journal



Success



Journal

Start off Every Day RIGHT!!!



Remind yourself of why you do this.
Invest energy in positive activities.
Grin—it's contagious.
Hang out with positive people.
Take time to reflect and renew.

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Date _____

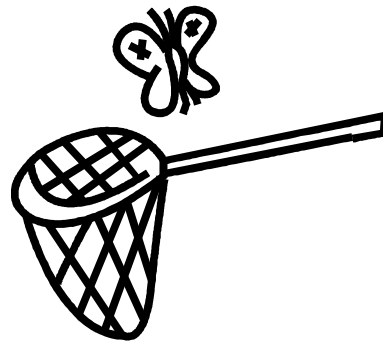
Event/Location _____

Successes or Positive Things that Happened





Supporting Butterflies Who Are Growing





Successes with my Students

Random Thoughts and Musings.....



Creative Thoughts....



Motivational Quotes or Sources



Vision Letter

Date/Goal/Event:

Dear _____;

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Everyday Heroes



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Inspirational Books	



Inspirational Movies	



Positives List



Week of :				
Monday	Tuesday	Wednesday	Thursday	Friday
1.	1.	1.	1.	1.
2.	2.	2.	2.	2.
3.	3.	3.	3.	3.
4.	4.	4.	4.	4.
5.	5.	5.	5.	5.

Note: List at least five positive things that happen each day. Keep a daily list, and refer to it so you can be reminded that there are good things happening! You can also add this to your Success Journal.