

## It's My Life ~ Social Explorations Weekly Journal

Mental Health America  Name:	_
For the Week of:	
Please write a few paragraphs about what you did this week and how you fee about it:	:

Goal(s) I worked on this week:
What I did:
What kind of transportation did I need to get there:
What happened when I got there:
What I liked:

What I wish was different or what might I have done differently:
How did I feel about it later and/or right now:
Skills that I have learned:
Skills that I used:
How do I feel about these skills:
What skills would I like to learn:
My plans for next week:
my plans for flext week.

Thank you for taking your valuable time to write your weekly journal!







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