



MY PERSONAL JOURNEY

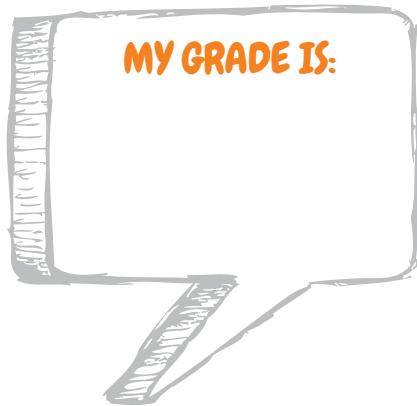
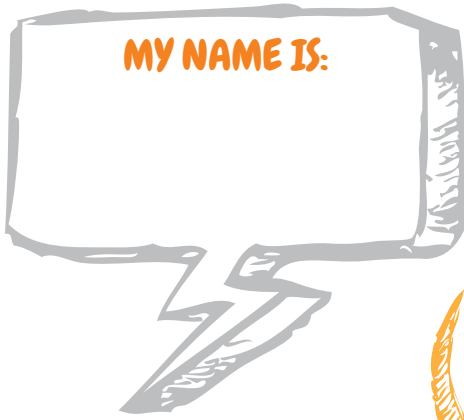


home state health.

Your MO HealthNet
Managed Care Health Plan

Show Me Healthy Kids

MANAGED BY HOME STATE HEALTH



This is your own personal journal

You can use this journal any way you like. You can skip pages, come back to the same pages multiple times, and use the writing prompts to help you think about your feelings and goals.

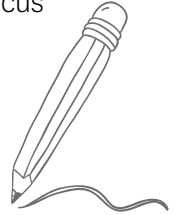
You'll find some ideas for how to process all the emotions you may be feeling and areas to write down your own ideas. You can share your thoughts with your family, friends, or teachers if you'd like.

FOCUSING ON GOOD THINGS OR HAPPY THINGS DURING THE DAY CAN BOOST YOUR MOOD.



They can be big things (I got a new puppy today!) or small things (I got a compliment from a friend today).

Thinking about things you are grateful for can also help you focus on the positive things in your day. You can write what you are grateful for below. It could be having a good friend to talk to, eating your favorite snack, or getting a good grade on a test.



What are 3 good things or 3 things to be grateful for today?

1

Four horizontal lines for writing: a solid top line, a dashed middle line, and a solid bottom line.

2

Four horizontal lines for writing: a solid top line, a dashed middle line, and a solid bottom line.

3

Four horizontal lines for writing: a solid top line, a dashed middle line, and a solid bottom line.

Even though the world can be stressful, there's still a lot to appreciate.

Think about some of the things that you may not have noticed before or some of the good things that you appreciate now (I get to spend more time outside or I have more time to watch movies with my family).



Four horizontal blue dotted lines for writing.



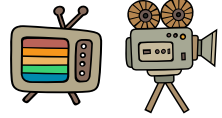
Four horizontal blue dotted lines for writing.



Four horizontal blue dotted lines for writing.



WATCH A MOVIE OR TV SHOW. HOW WAS IT?



Title:

Like / Dislike (circle one)

Your Review:

Music can really help lift your mood.

What are some of your favorite songs you could listen to or sing when you need to feel happy or energized? What are some of the Lyrics that make you feel uplifted?





THINK ABOUT THE BEST DAY YOU'VE EVER HAD.

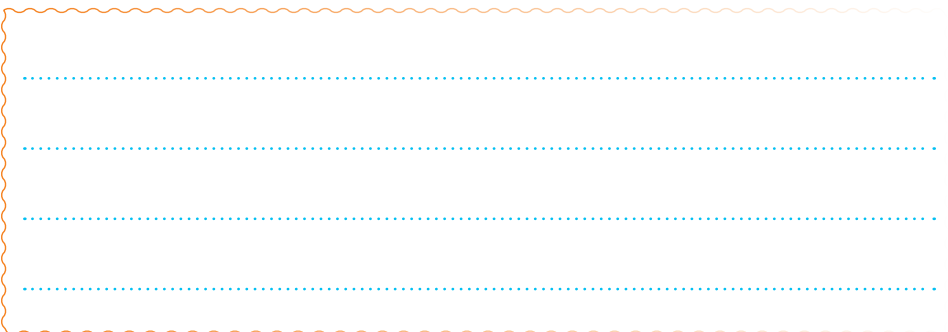
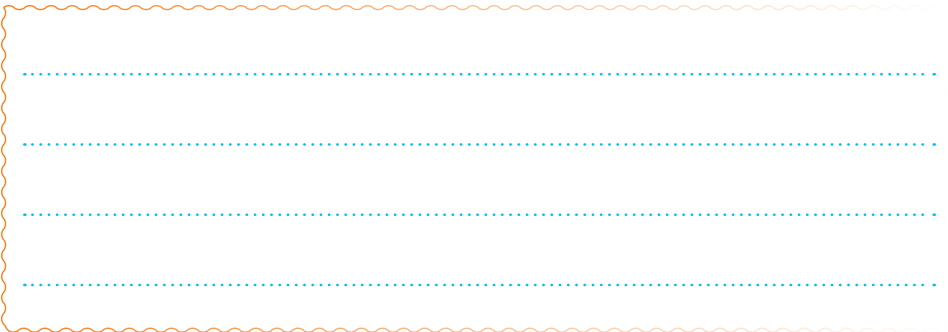
What made it so special? What did you like most about that day? Who was with you and what did you do? Write down your memories below.

A large, light yellow rectangular area containing 20 horizontal blue dashed lines for writing.

Every day can be a great new beginning.

What is something you want to work on or accomplish? It could be getting good grades or making the Honor Roll, or making more new friends.

What are 2 or 3 goals or intentions you would like to work on?



WRITE A NOTE TO YOURSELF IN THE FUTURE.

What do you want to remember in 10 years?
How will you remember this year?

Age Now: Age in 2035:

Dear Future Me....

Lined writing area with blue dotted lines.

Helping other people can be a great way to spread happiness in the world and feel good about yourself.

What are 3 ways you could help someone today? It could be helping a younger brother or sister with their homework, feeding a pet, or listening to a friend when they need support.

3 ways I can help someone today are:

1

2

3

SOMETIMES YOU FEEL SAD, MAD, OR FRUSTRATED.

It's good to have a trusted friend or grown-up to talk to. Think about one or two people you can talk to if you feel upset.

What makes them good people to talk to?



A series of horizontal dotted lines for writing.

It can be fun to do something you enjoy.

That may be playing a sport or game, reading a book, cooking, or talking to someone you care about.

What are 2 things you can do for fun?



Blank writing area for the first response.

Blank writing area for the second response.

WRITE ABOUT A TIME YOU HELPED SOMEONE.

It can be someone you know well or a time you helped a stranger. Why did you decide to help? How did you feel? How do you think the other person felt?

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What did you do to not get bored today?



MORNING

A large, empty white rectangular area with rounded corners, intended for writing activities during the morning.

AFTERNOON

A large, empty white rectangular area with rounded corners, intended for writing activities during the afternoon.

EVENING

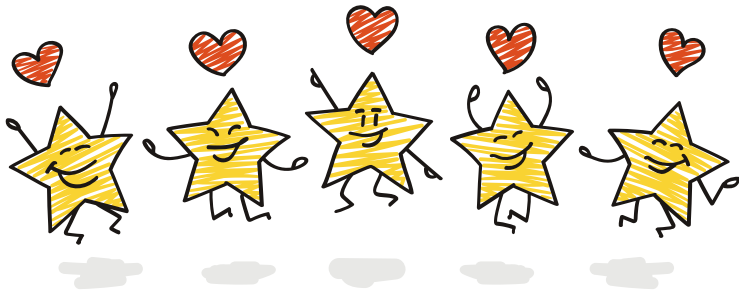
A large, empty white rectangular area with rounded corners, intended for writing activities during the evening.

WHO ARE THE PEOPLE WHO MATTER MOST TO YOU?

What makes them special?

How do you they make you feel when you spend time together?

Handwriting practice lines consisting of a solid top line, a dashed middle line, and a solid bottom line, repeated 12 times.



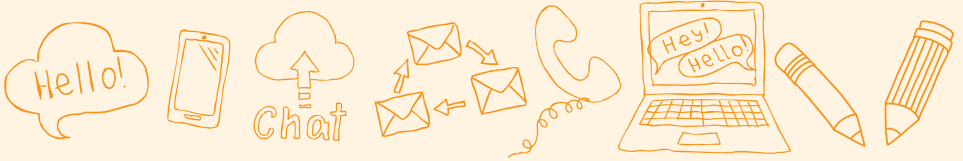
What do you appreciate about

Your Family?

Your Friends?

WHAT CAN YOU DO TO STAY CONNECTED TO FAMILY AND FRIENDS WHO YOU CANNOT SEE RIGHT NOW?

Some people you may be able to see face-to-face such as your family, but others you may need to connect to in various ways. Think about and write down how you can connect in other ways like phone calls, emails, writing letters, or other ideas.



What is something NEW you have learned or realized during the past year?



A series of horizontal dotted lines for writing.

WHAT ARE YOU LOOKING FORWARD TO?

Handwriting practice area with 15 horizontal dotted lines and a large vertical question mark watermark.

Who are the people closest to you?

Write a **THANK YOU** message to these people.

Who?

Who?

Who?





home state health™

Your MO HealthNet
Managed Care Health Plan

Show Me Healthy Kids

MANAGED BY HOME STATE HEALTH

Home State Health: 1-855-694-4663

Show Me Healthy Kids: 1-877-236-1020 | TTY: 711

Monday through Friday, 8am to 5pm | homestatehealth.com



If you, or someone you're helping, has questions about Home State Health, you have the right to get help and information in your language at no cost. American Sign Language interpreter services are available as well. For Show Me Healthy Kids interpreter services, call 1-877-236-1020 (TTY/TDD 711). For Home State Health interpreter services, call 1-855-694-4663 (TTY/TDD 711).

Si usted, o alguna persona a la que ayuda, tiene preguntas sobre Home State Health, tiene derecho a recibir ayuda e información en su idioma sin ningún costo. Además, hay servicios de interpretación en lenguaje de signos americanos. Para los servicios de interpretación de Show Me Healthy Kids, llame al 1-877-236-1020 (TTY/TDD 711). Para los servicios de interpretación de Home State Health, llame al 1-855-694-4663 (TTY/TDD 711).

如果您或者您帮助的人对Home State Health有疑问，您有权免费以您的语言得到帮助和相关信息。我们也提供美国手语口译服务。如果需要Show Me Healthy Kids口译服务，请致电1-877-236-1020 (TTY/TDD 711)。如果需要Home State Health口译服务，请致电1-855-694-4663 (TTY/TDD 711)。