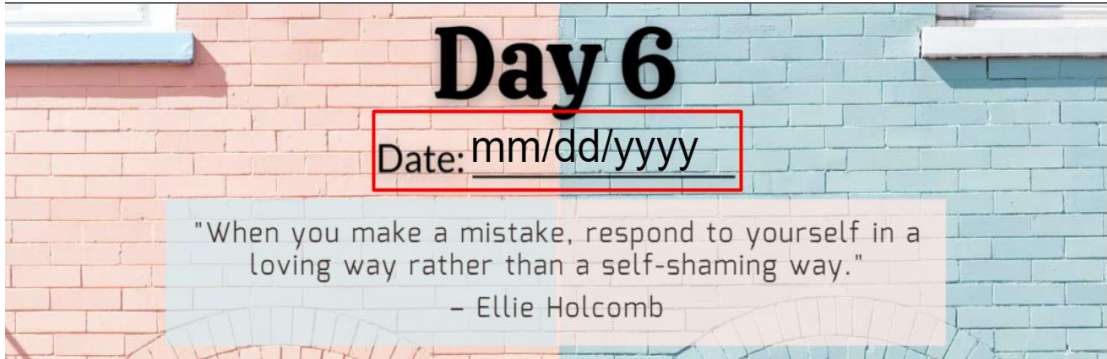
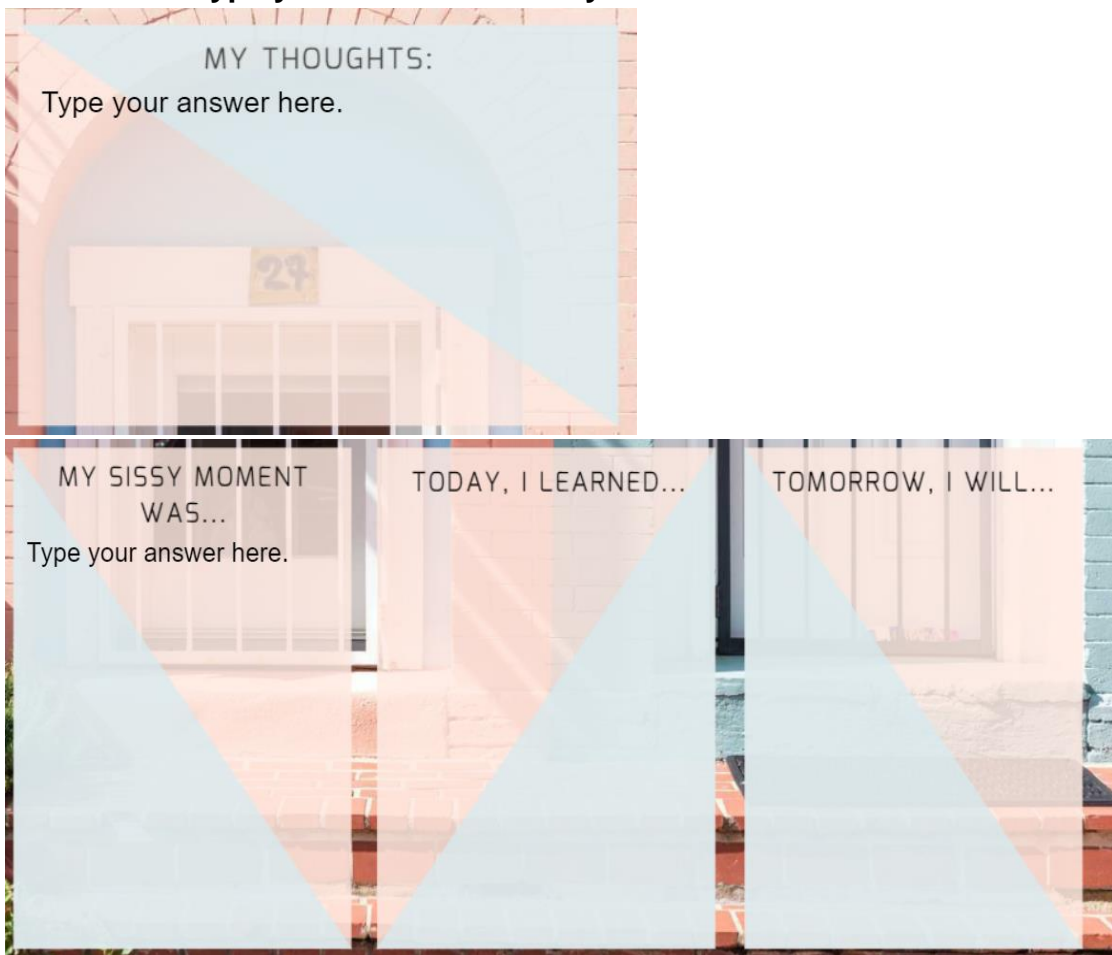


Journal Instructions for the Digital Version:

1. First, download the **Digital copy of the ME FIRST Journal**. Open it using any PDF file viewer you have in your device. By the way, you can use any device to answer this Journal.
2. You can **type in the Date** in the same format as suggested in the journal OR you can use whatever formats you want.



3. You can also **type your answers directly** on this Journal PDF.



Note: Delete the "Type your answer here" instructions first before typing your own answers. :)

4. Click on the lower part of the **Emojis** and the center of the **Circles** to check your chosen emojis and mark the tasks you've completed for that day.

TODAY I FEEL...

I ACCOMPLISHED...

<<< Click on the circle to check and unclick to uncheck. Type your answer here.

Note: The first emoji and the first circle has already been checked for your reference. You can uncheck them by clicking them again.

5. Last but not least, GO CRAZY AND HAVE FUN WITH IT! :D

Journal Instructions for the Print Version:

1. Download the PDF of the Print version of the Journal. (Please be patient because it may take a while depending on your internet's speed.) Print it using whatever size of paper you have. If you have the Letter bond paper size, much better!
2. Staple them together or tuck them inside a folder for safe keeping.
3. Write your answers in whatever color of pen or other writing materials you choose! Write, Draw, Doodle! Who cares! Do whatever you want, but most importantly, HAVE LOTS OF FUN!