

**This journal belongs to:** \_\_\_\_\_

This journal follows along with the Emerging Relationships program, which is all about becoming the best version of yourself and having healthy relationships.

The lessons will help you:

- Have **Character**: decide what you want and learn how to control your actions.
- Be **Caring**: learn to understand feelings and be nice to others.
- Feel **Confident**: learn more about yourself and know what your strengths.
- Be **Connected**: know what good friendships look like and learn how to make new friends.
- Feel **Competent**: learn how to set limits to keep yourself safe.
- Make a **Contribution**: use what you learned to give back to your community and be a good leader.

## TABLE OF CONTENTS

<b>Feelings Check-in</b> .....	1	<b>Lesson 5</b>	
<b>Lesson 1</b>		My Intentions Deserve Boundaries.....	9
Setting an Intention to Reach Your Goal.....	2	Boundary Toolbox .....	10
<b>Lesson 2</b>		<b>Lesson 6</b>	
How Would I Feel If? .....	3	Continue Emerging!.....	11
My Plan for Managing Feelings.....	4	<b>Take Away</b> .....	12
<b>Lesson 3</b>		<b>Glossary</b> .....	15
My Awesome Body: Inside and Out .....	5		
I Am Awesome.....	6		
<b>Lesson 4</b>			
Sunny Relationships .....	7		
Sunny or Stormy .....	8		

