



Just Me
and My
Thoughts



Hi there!

Thank you for purchasing this awesome writing journal! The kids in your life are going to love it!

While "Just Me and My Thoughts" and its companion journal, "Me, My Thoughts, and I", are terrific stand-alone writing journals, they are also part of a fantastic one-year homeschool curriculum called "Ignite!" that was created to ignite your kids' love of learning!

"Ignite!" is designed to be used in a mom school or a co-op. To learn more about Ignite, visit www.AHeartFullofJoy.com/Ignite



Printing Instructions

Cover: Print the first two pages (cover and inside of cover) on white cardstock, double-sided.

Insides: Then beginning with page 1, print all of the pages double sided on regular white paper.

(Be sure that page 1, "Welcome to Your Very Own...", starts on the right hand side, or in other words, it is on the front of the paper. And then page 2 - a blank page - will be on the back of page 1, and on the left hand side of your journal. So that page 3 will begin on the right hand side of the journal.)

Back Cover: Use a blank colored piece of cardstock for the back cover.

Finishing: Sandwich the inside writing pages between the front and back covers, and have it spiral bound on the left side. This writing journal looks terrific printed in color as well as in black & white.

Important Legal Stuff...

Purchase of this journal grants the purchaser the right to print copies of it for use with your own immediate family and/or for the students of your class that you teach. Please do not share it with others.

Instead, if others are interested, please direct them to my blog, AHeartFullofJoy.com, where they can purchase their own copy.

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Thank
you!
&
Enjoy!



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www.AHeartFullOfJoy.com



Welcome to your very own "Just Me and My Thoughts" Journal!



This book was made just for you, to give you a place to put your awesome thoughts. Feel free to make it what you want it to be! You can be creative, colorful, simple... whatever you'd like. Just be sure to give it your best and when you've completed it you will have a journal to cherish!



Here are a few tips:

- Remember, 1-2 word answers are ok for basic lists, but for everything else, be sure to use more descriptive and full sentences.

- **Buff-Brain Vocabulary:** Each word has something to do with having a Growth Mindset. Find the very best definition you can find that teaches you awesome things in relation to having a growth mindset and write that one down.

- **Tell it Your Way:** Read the story prompt and have fun writing the rest of the story! Tell it your way!

- **Photo Responses:** Describe what you think is happening in the photo or write *Flash Fiction* which is to write a really short story about what's happening in the photo.

- **Fact-Opinion:** For the topic presented, write a fact and your opinion about it.

- **And just for some helpful ideas,** opinions can be started with words like:

'I feel...'

"Everyone should..."

'I think...'

'...is better than... because'

'I believe...'

'The best thing about...'

'In my opinion...'

'If you liked... then you will love...'

ABOUT ME

Your full name

What is one of the funnest things you did this summer?

Write 3 positive words that describe you

Favorite Books

Favorite Movies

YOUR FAVORITE MUSIC

Favorite animal

Favorite Sport

What do you want to be/do when you grow up?

Number of Brothers & Sisters

Names of some of your good friends

favorite holiday

What makes a good friend?

What are you looking forward to in school this year?

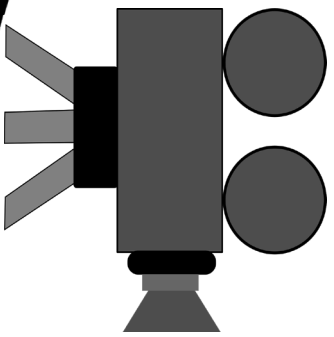
Your favorite smell

who is one of your real life heroes and why?

YOUR FAVORITE FOODS

your birthdate

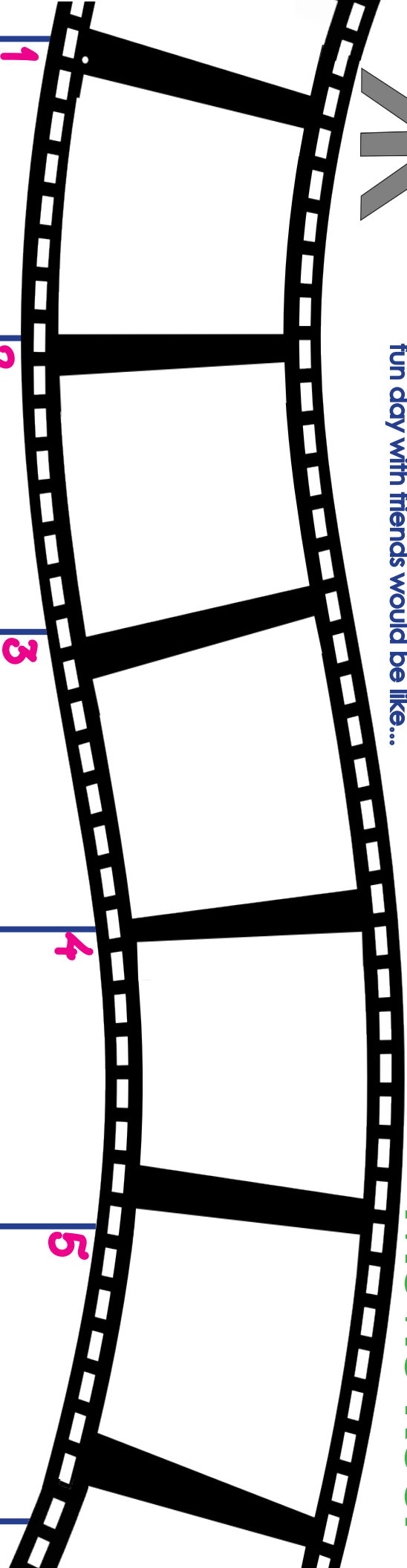
YOUR FAVORITE SUPERHERO



The Perfect Fun Day with Friends

Movie Reel

Draw and describe what the perfect fun day with friends would be like...



1

2

3

4

5

--	--	--	--	--

This is Me



Have someone help you trace a silhouette of your head/profile onto this paper. Ask 4-5 people to say 2 words each of something nice about you. Write those words nicely somewhere on this page. Color/decorate this page as you like.



I can't
IMAGINE
life without...



Photo Response

FACT / Opinion

~ music ~

Fact: _____

Opinion: _____

WOULD YOU RATHER...

...be completely bald or covered from head to toe with hair?

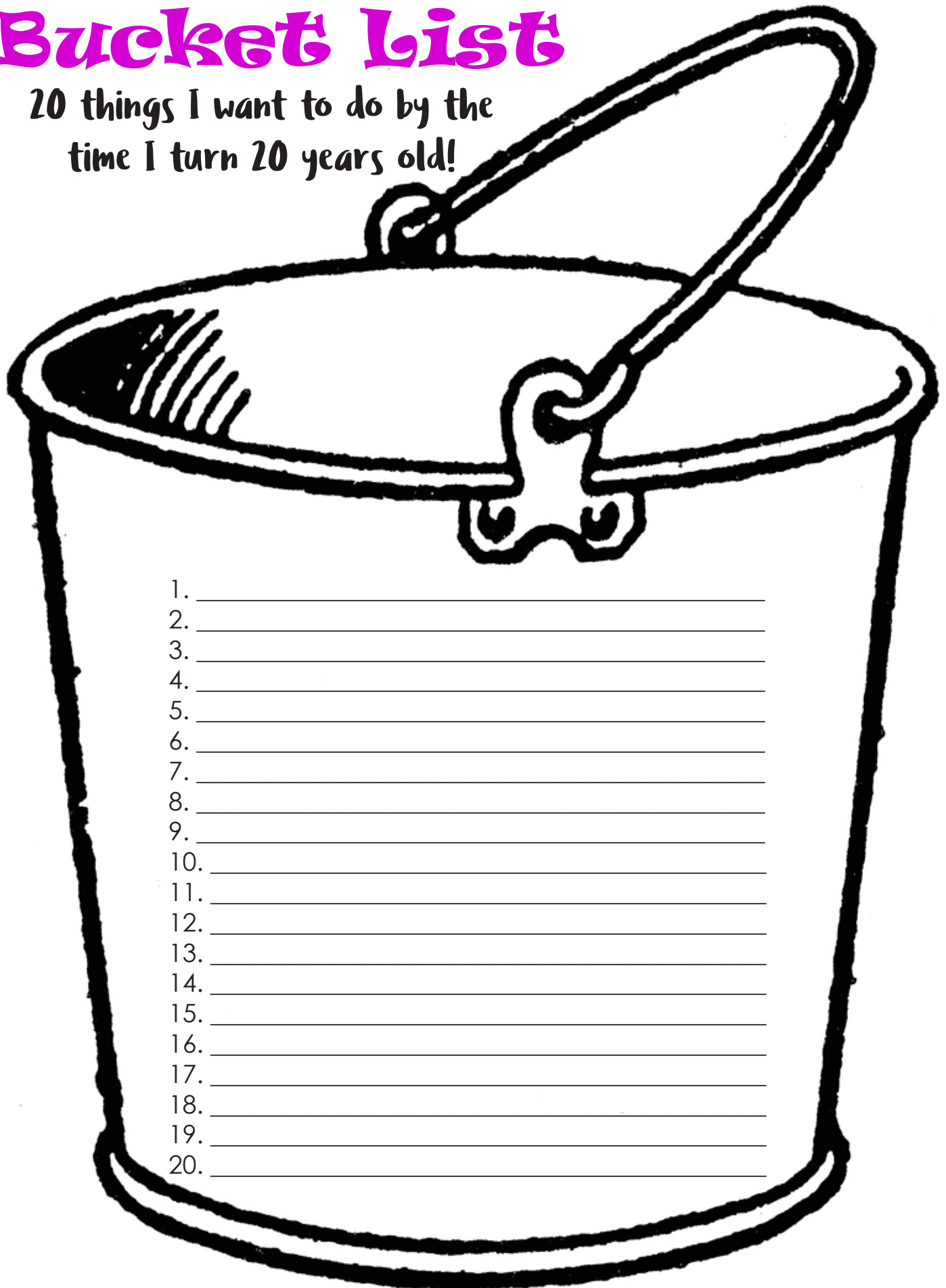
Things my **HANDS** like to do...



Trace one or both of your hands and fill the page with words and drawings that show what your hands like to do...

Bucket List

20 things I want to do by the
time I turn 20 years old!



1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____



Photo Response

FACT / Opinion

~ movies ~

Fact: _____

Opinion: _____

WOULD YOU RATHER...

...be invisible or be able to fly?



20 THINGS I LOVE!

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

Create an *Acrostic Poem* of your name.

You can use the list of awesome words at the end of this book to give you ideas of what words to use!





Photo Response

FACT / *Opinion*



~ airplanes ~

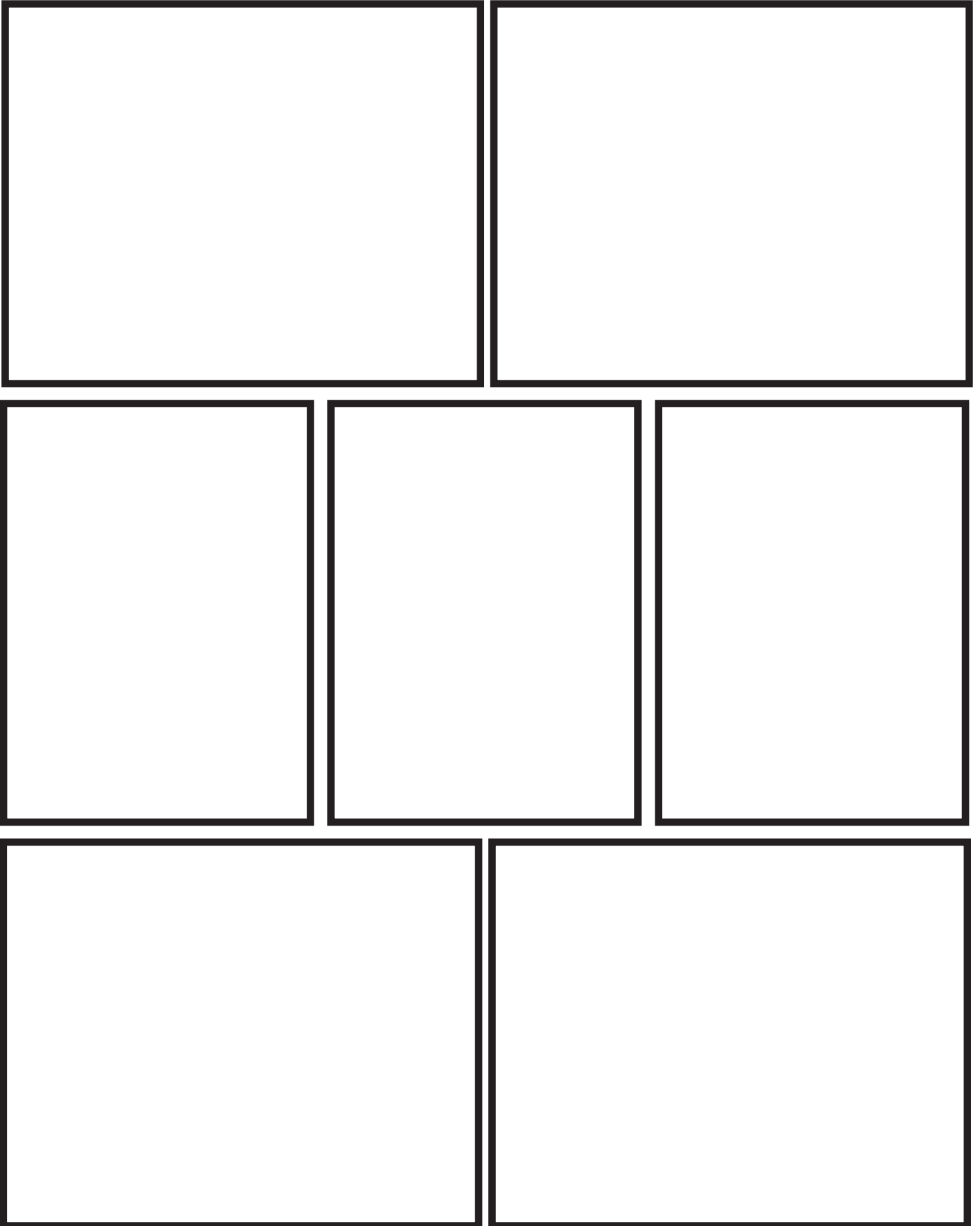
Fact: _____

Opinion: _____

WOULD YOU RATHER...

...be able to control the weather or be able to talk to animals?

Create a **Comic Strip** of a scene from a book you've read, or from something interesting that happened to you recently. You can add quote bubbles  or thought bubbles  where you'd like.



The form consists of seven empty rectangular panels arranged in three rows. The top row has two panels of equal size. The middle row has three panels of equal size. The bottom row has two panels of equal size. All panels are outlined with a thick black border and are currently blank.

A central orange circle with a black outline contains the text "I am Grateful for...". The circle is surrounded by 18 radiating lines, each consisting of a solid black line and a dotted black line. The background is a light blue gradient.

I am
Grateful
for...



Photo Response

FACT / *Opinion*

~ camping ~

Fact: _____

Opinion: _____

WOULD YOU RATHER...

...find out your parents are secretly spies or aliens?

Here's a list of *Awesome Words* to describe yourself
to help you write your *Acrostic Poem* on page 24.

You can use these words or come up with ones you like better!

A

adaptable
adventurous
affable
affectionate
agreeable
ambitious
amiable
amusing
artistic

B

beautiful
bold
brave
bright
brilliant
broad-minded

C

calm
careful
charming
communicative
compassionate
conscientious
considerate
courageous
courteous
creative
curious

D

decisive
delightful
determined
diligent
diplomatic
discreet
dynamic

E

eager
easygoing
energetic
enthusiastic
exceptional
extraordinary
exuberant

F

fair-minded
faithful
fearless
forceful
frank
friendly
fun
funny

G

generous
genius
gentle
glad
good
graceful
grateful
gregarious

H

happy
hard-working
helpful
high-spirited
honest
humorous

I

imaginative
impartial
independent
intellectual
intelligent
intuitive
inventive

K

kind
knowledgeable

L

lively
loveable
loving
loyal

M

magnificent
marvelous
memorable
merry
mindful
modest

N

neat
needed
nice
noble
nurturing

O

open
open-minded
open-hearted
optimistic
original
outstanding

P

passionate
patient
persistent
pioneering
philosophical
placid
plucky
polite
powerful
practical
pro-active

Q

quick-witted
quiet

R

radiant
rational
reliable
remarkable
reserved
resilient
resourceful
responsible

S

self-confident
self-disciplined
sensible
sensitive
sincere
sociable
straightforward
stellar
successful
sympathetic

T

thankful
thoughtful
tidy
tough
triumphant
trusting

U

unassuming
understanding
unique
unlimited

V

valuable
versatile
vibrant
victorious
vivacious

W

warmhearted
wealthy
willing
wise
witty
wonderful

Y

young-at-heart
yummy

Z

zippy
zestful

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