



Reignbow Journey

A 90-day journal companion for girls ages 9-15



Belongs to

Hi, my friend.

This journal is a soft place. No one has to see it but you.

For the next 90 days, you'll check in with your feelings, notice little things to be grateful for, whisper a prayer or a kind word to yourself, and share one question with your mom or dad.

You'll also have space to dream out loud, doodle, and figure out who you're becoming. There are no wrong answers here.

Some days you'll write a lot. Some days you'll draw one heart. Both count.

You are wonderfully made. Let's go.

— with love, *ReignBow*

My Dreams

One dream I want to whisper to God:

A dream that feels too big to say out loud:

Who I want to become in 5 years:

My Objectives

Something I want to learn this week:

A habit I want to build:

A person I want to grow closer to:

A kindness I want to practice:

Day 1

Date _____

TODAY I FEEL

Happy

Calm

Anxious

Sad

Excited

Tired

Loved

Confused

because...

THREE THINGS I'M GRATEFUL FOR

1. _____
2. _____
3. _____

PRAYER / AFFIRMATION

God, help me see myself the way You see me.

GIRL TALK PROMPT

What made me feel most like myself today?

ASK MOM OR DAD

"What were you like at my age?"

DOODLE / DREAM SPACE

Day 2

Date _____

TODAY I FEEL

Happy

Calm

Anxious

Sad

Excited

Tired

Loved

Confused

because...

THREE THINGS I'M GRATEFUL FOR

1. _____
2. _____
3. _____

PRAYER / AFFIRMATION

Thank You for this new day. Guide my heart.

GIRL TALK PROMPT

One thing my body did well for me today.

ASK MOM OR DAD

"What's a mistake that taught you something?"

DOODLE / DREAM SPACE

Day 3

Date _____

TODAY I FEEL

Happy

Calm

Anxious

Sad

Excited

Tired

Loved

Confused

because...

THREE THINGS I'M GRATEFUL FOR

1. _____
2. _____
3. _____

PRAYER / AFFIRMATION

Give me courage to be kind, even when it's hard.

GIRL TALK PROMPT

A kind thing I said to myself.

ASK MOM OR DAD

"How did you know your best friend was your best friend?"

DOODLE / DREAM SPACE

Day 4

Date _____

TODAY I FEEL

Happy

Calm

Anxious

Sad

Excited

Tired

Loved

Confused

because...

THREE THINGS I'M GRATEFUL FOR

1. _____
2. _____
3. _____

PRAYER / AFFIRMATION

Help me love the people around me well.

GIRL TALK PROMPT

A friend I want to check on this week.

ASK MOM OR DAD

"What do you wish someone had told you at 12?"

DOODLE / DREAM SPACE

Day 5

Date _____

TODAY I FEEL

Happy

Calm

Anxious

Sad

Excited

Tired

Loved

Confused

because...

THREE THINGS I'M GRATEFUL FOR

1. _____
2. _____
3. _____

PRAYER / AFFIRMATION

Quiet my mind. Steady my heart.

GIRL TALK PROMPT

Something I saw online that made me feel weird. Why?

ASK MOM OR DAD

"What's your favorite memory of me so far?"

DOODLE / DREAM SPACE

Day 6

Date _____

TODAY I FEEL

Happy

Calm

Anxious

Sad

Excited

Tired

Loved

Confused

because...

THREE THINGS I'M GRATEFUL FOR

1. _____
2. _____
3. _____

PRAYER / AFFIRMATION

I am wonderfully made. Help me believe it today.

GIRL TALK PROMPT

A compliment I received. Do I believe it?

ASK MOM OR DAD

"What scares you about being a parent?"

DOODLE / DREAM SPACE

Day 7

Date _____

TODAY I FEEL

Happy

Calm

Anxious

Sad

Excited

Tired

Loved

Confused

because...

THREE THINGS I'M GRATEFUL FOR

1. _____
2. _____
3. _____

PRAYER / AFFIRMATION

Bless my family, my friends, and my future.

GIRL TALK PROMPT

One thing I want to stop comparing.

ASK MOM OR DAD

"What's one thing you love about our family?"

DOODLE / DREAM SPACE

You did it.

Look back at where you started.

The girl on Day 1 didn't know how brave she'd become.

Keep going, sweet friend. You are wonderfully made.

My Life & School Toolkit

*Weekly planner · homework routine · sports calendar
electronics agreement · peer pressure · goal planner*

Print these pages as many times as you need.

My Weekly Planner

Week of _____

Monday

Must do:

Something fun:

Something kind:

Tuesday

Must do:

Something fun:

Something kind:

Wednesday

Must do:

Something fun:

Something kind:

Thursday

Must do:

Something fun:

Something kind:

My Weekly Planner

Week of _____

Friday

Must do:

Something fun:

Something kind:

Saturday

Must do:

Something fun:

Something kind:

Sunday

Must do:

Something fun:

Something kind:

Notes and reminders:

My Homework Routine

Same order every day means less arguing with yourself about starting.

I start homework at: _____ *My homework spot:* _____

- ☐ Snack and water first
- ☐ Phone in the basket
- ☐ Write down every assignment
- ☐ Hardest subject first
- ☐ 25 minutes of work, 5 minute stretch
- ☐ Check it over before packing the bag
- ☐ Pack the backpack for tomorrow
- ☐ Tell someone one thing I learned

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Today's assignments:

What I need help with:

One thing I learned today:

My Sports Calendar

Practices, games, and meets, so nobody forgets the water bottle.

Sport or activity: _____ *Coach:* _____

Date _____

Time

Practice or game

Where

What I want to get better at this season:

Gear checklist before I leave the house:

Our Electronics Agreement

Fill this out with a parent, then both of you sign it. It is a promise, not a punishment.

School day screen time: _____ Weekend: _____ Screens off at: _____

- ☐ Screens go off during homework and at the dinner table
- ☐ My phone charges outside my bedroom at night
- ☐ My parents know my passcodes
- ☐ I only message people I know in real life
- ☐ I never share my full name, school, or address online
- ☐ No photos of my body, ever, for anyone
- ☐ If something feels weird or scary, I tell a grown up the same day
- ☐ I ask before downloading a new app
- ☐ I speak online the way I would speak in person

...

Apps I am allowed to use:

If the agreement is broken, here is what happens:

My signature

Parent signature

Date: _____

Peer Pressure Practice

Saying no is a skill, and skills get easier with practice. Read these out loud until they sound like you.

If they say: Everyone is doing it

"That's okay, I'm good. I don't want to."

If they say: Just try it once

"No thanks. Once is still a choice, and I'm choosing no."

If they say: Don't tell anyone

"If it has to be a secret, I'm not doing it."

If they say: Send me a picture

"I don't do that. Please don't ask me again."

If they say: You're being boring

"I'd rather be boring than be someone I'm not."

If they say: Are you scared?

"I'm not scared, I just have a limit and that's it."

If they say: Come on, we're leaving

"I need to check with my mom or dad first."

If they say: Being teased for saying no

"That's your opinion. My answer is still no."

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The pressure that is hardest for me:

My safe person to call: _____ *Our family code word:* _____

A time I stood up for myself, and how it felt:

My Objective & Goal Planner

One goal, five small steps. Progress beats perfect every single time.

My goal (be specific):

Why it matters to me:

I want this done by: _____

My five steps

- ☐ 1.
-
- ☐ 2.
-
- ☐ 3.
-
- ☐ 4.
-
- ☐ 5.
-

Days I practice: _____ *How I'll know I did it:* _____

Who is cheering for me:

...

Weekly check-in: what worked, what I'll change:
