



My  
**positive**  
journal

A creative journal to encourage  
**reflection, self-discovery** and  
**positive action**



**FIRST NATIONS** OF QUEBEC  
AND LABRADOR HEALTH  
AND SOCIAL SERVICES  
COMMISSION





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This journal belongs to



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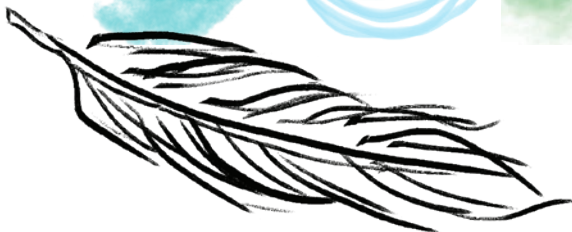
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# Introduction

This tool was produced by the First Nations of Quebec and Labrador Health and Social Services Commission (FNQLHSSC) within the framework of the 29th National Suicide Prevention Week.

The goal of this journal is to empower those using it to **get to know themselves better through positive and inspirational activities** and can be used throughout the year. Besides motivating you to conduct a **personal review**, this journal will also allow you to:

Take time for yourself;



Set personal goals;



Promote your overall well-being.

This tool and its contents were inspired by the four elements of the medicine wheel: **mental, physical, emotional** and **spiritual**. Every element is addressed to enable you to practice each of them in order to improve your personal well-being.



## How to use the tool

This journal is designed to be used individually by one person. However, you are allowed to ask a friend or family member to participate. Sections and activities are suggestive and can be personalized.

**In addition to writing**, you can also **draw** or **attach images**. Once completed, you will be able to add pages, copy them or be inspired by them to create your own journal.



# The importance of self-esteem

**Self-esteem is the opinion, the general perception we have about ourselves.**

Positive self-esteem implies confidence and self-acceptance. It is what secures a feeling of pride in oneself as an individual, but also with respect to all of our actions.

So positive self-esteem promotes personal balance and contributes to our mental health. It puts us in a position of strength to confront difficulties and obstacles.



**Getting to know yourself is often the first step to boosting self-esteem.**

Every person is unique and deserves to be loved. Knowing how to forgive yourself for various past mistakes is also crucial. Rather than focus on the negative, we must try to **focus on our successes and our positive qualities** in order to have a positive attitude about ourselves.



# Get to know yourself

Knowing what we like or do not like and what motivates us allows us to build a feeling of pride and personal accomplishment.

My qualities

.....  
.....  
.....

My favourite dish

.....  
.....  
.....

My pride

.....  
.....  
.....

A person who inspires me

.....  
.....  
.....

My weaknesses

.....  
.....  
.....

I would bring to a deserted island...

.....  
.....  
.....

My passions

.....  
.....  
.....

My pastimes

.....  
.....  
.....

What makes me happy

.....  
.....  
.....

My favourite song

.....  
.....  
.....

My favourite movie

.....  
.....  
.....

My talents

.....  
.....  
.....

My physical characteristics

.....  
.....  
.....

What makes me unique

.....  
.....  
.....



How others describe me

.....  
.....  
.....

Three words that describe how I currently feel about myself

.....  
.....  
.....

Place(s) in the world I would like to discover

.....  
.....  
.....

My best friend

.....  
.....  
.....

My biggest accomplishment

.....  
.....  
.....

My favourite word

.....  
.....  
.....

Favourite season

.....  
.....  
.....

My biggest fear

.....  
.....  
.....

What makes me laugh

.....  
.....  
.....

What I do best at work

.....  
.....  
.....

My greatest strengths

.....  
.....  
.....

My biggest wish

.....  
.....  
.....

Animal that represents me

.....  
.....  
.....

Something I do not have and would like to have

.....  
.....  
.....



# Protective factors



Various factors, such as the **environment in which a person grows up and lives or family and interpersonal relationships, have a direct impact on mental health and quality of life.** These elements are also called protective factors and can be of a personal, social, cultural or environmental nature. The presence of several protective factors can increase resilience and considerably reduce the risks of suicide among individuals. Protective factors include:

## What is resilience?

Write or draw your passions, your greatest pleasures or your reasons for living that you can refer back to when experiencing a difficult time.



## My personal protective factors

Write or draw your **passions**, your **greatest pleasures** or your **reasons for living** that you can refer back to when experiencing a difficult time.





# Introspection

1. What are **some things that are currently not going as well as I want** in my life?

.....

.....

.....

2. Two or three **priority** things that I want to change in my life in the next year?

.....

.....

.....

3. What are **my tips** to help me achieve them?

.....

.....

.....





# Seeking balance



**What do I want to do to improve my personal well-being?**

Write something in each quarter of the circle.



# My forest of values

## Did you know that...?

**Our values are our internal compass and guide us in our choices.** We have a tendency to be at odds with our deepest values when we have an imbalance and nothing seems to be going right.

It is therefore important to take the time to think about the values that are most important to us and refer to them constantly.

**Write the values that are most important to you** in the blank spaces or encircle those suggested in the background.

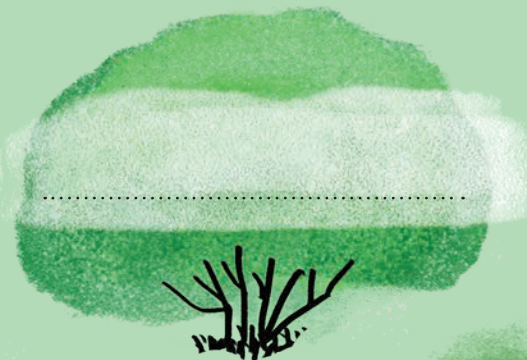
Transmission of traditions



Sincerity



Hope



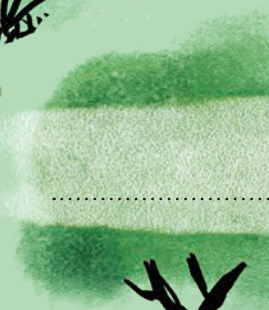
Pride



Love



Family



Respect

Courage





Compassion

Responsibility

Friendship

Self-confidence

Generosity

Forgiveness

Kindness

Autonomy

Humour

Loyalty

Humility

Happiness

Territory

Empathy

Honesty

Balance

Sharing

Wisdom

Success



# My culture and I

Does my culture, my history and traditional knowledge have a place in my life every day?

**Identify aspects of your culture that make you proud or that you want to explore and know more about.** You can encircle them, write down others or draw them.

Yes

No



Sunrise ceremony



Sweat lodge ceremony



Teachings on traditional medicines



Creation story for the children



Sing and drum



Sharing circle



Snowshoeing



Sessions with an elder or spiritual healer



Interpret our dreams



Learn how to hunt/fish/tan



Traditional community meal



Stories and legends



Sharing of knowledge about our community's history and the origins of our culture



Teachings about wellness and the medicine wheel



Language teaching





## In my canoe

We meet many people during our lifetime. Every day that passes and every event that occurs creates memories that have an impact on the course of our life. **We must always keep the best people and the best memories close to us throughout our journey.**

---

Inside the canoe, write down the names and draw or attach photos of people who are important to you or your fondest memories that have made a positive difference in your life.





# The Seven Teachings<sup>1</sup>

First Nation traditional concepts of **respect and sharing** are the foundation for the way of life and are built around the seven natural laws, or sacred teachings. The teachings honour the basic qualities for a full and healthy life.

The Seven Sacred teachings are represented by animal's that is meant to represent the embodiment of that particular teaching. The animal world teaches us how to live connected to the earth and the respect of all life.

**Love/Eagle:** The Eagle is able to reach the highest point of all creatures. This teaching recognizes that true love is connected to the Creator. Love that is given to the Creator is expressed through love of self as without the love of self it is impossible to love others.

**Respect/Buffalo:** The Buffalo is highly respected by First Nations as it gives its life and shares every part of its being to the people. It is a reciprocal relationship of respect. It provides the gifts of shelter, clothing and utensils. Native peoples developed a sustainable relationship with the Buffalo resulting in a relationship that was rooted in utmost respect.

**Courage/Bear:** The Bear is both gentle and ferocious and teaches us the importance of having the mental and moral strength to overcome fears that may prevent us from living our true spirit as human beings.

**Honesty/Saabe:** Long ago there was a giant called Saabe who walked among the people to remind them of the importance of being honest to the laws of the Creator as well as one another. Honesty is when we are able to keep the promises made to the Creator, self and others.

**Wisdom/Beaver:** The Beaver uses its gifts as a way to survive. If he did not use his teeth in the way he does to build his home they would grow until they were not useful to him. The Beaver teaches us that communities are built upon the gifts of each of its members. These gifts given by the Creator are important and necessary to use as a way to create communities of health and peace.

**Humility/Wolf:** To recognize and acknowledge the higher power of the Creator is considered to be truly humble. To express deference and/or submission to the Creator through recognizing and accepting that all beings are equal captures the essence of the spirit of humility. The consideration of others before ourselves is also an expression of humility. The Wolf teaches this lesson. He bows his head in the presence of others out of deference and will not take food until it can be shared with the other members of his pack. The Wolf lacks arrogance and respect for his community which is the Aboriginal way.

**Truth/Turtle:** To know the truth is to know and understand all of the original laws as given by the Creator and to be faithful to them. Grandmother Turtle was present when the Creator mad man and gave him the seven sacred laws. It was the Grandmother Turtle who was to ensure that the laws would not be lost or forgotten.

<sup>1</sup> Manitoba Trauma Information and Education Centre, Cultural Practices:  
<http://trauma-informed.ca/trauma-and-first-nations-people/cultural-practices/>.



1. Among the Seven Sacred Teachings, **which represents me the most** and why?

.....

.....

.....

.....

2. What teaching should I integrate in my life to inspire me? To give me more strength?

.....

.....

.....

.....



# What I like to do and makes me feel good

On this page, write down or draw things that help boost your morale and you like to do. In short, what makes you happy on a daily basis?

---

What I like to do  
and what makes me  
happy



# My comprehensive personal review

Evaluate each of the proposed elements and pick the colour that best represents you. This exercise will prove useful to you later when setting goals for yourself in the exercise on page 26.

	Color
 Healthy diet	
 Sufficient and quality sleep	
 Overall physical health	
 Consumption (alcohol, drugs, tobacco, etc.)	
 Social media use	
 Physical activity	
 My mood	
 Social life	
 Love life	
 Personal esteem	
 Self-confidence	
 Relationships with my circle of family and friends	
 Motivation	
 Energy level	
 Professional life	



**Green**

I am satisfied with this element



**Yellow**

I am somewhat satisfied with this element



**Red**

I have to work on this element





## Write down and move on

Like art, many people write not only to express emotions, but also as a way to free themselves from those who are negative and harmful to their personal well-being.

**Putting thoughts down on paper to express our regrets, setbacks or reasons for our pain is a kind of instant therapy.**

**On the next page, write or draw things that make you suffer or sad and from which you want to release. You can then begin a new chapter in your life.**

When you are done, tear the page where indicated and destroy it. You can tear it up and throw it away or even burn it.

The destruction of this page is symbolic and in a way represents the first step in your healing process, in short a fresh start.





(To be detached)

A series of horizontal dotted lines for writing, spanning most of the page width.





Handwriting practice area with 20 horizontal dotted lines.



Handwriting practice area with 5 horizontal dotted lines.





# My goals

Setting realistic goals based on what you want to accomplish is an excellent way to focus on the positive in your life and embark on the changes that will lead you to a better future.

You can use answers you have provided on previous pages to do this, especially those elements you identified as things you want to change in your life. Feel free to refer to them as needed.

## Where to begin?

The first step to take when we want to set goals is to **know what we want to accomplish, what goal we want to achieve**. After determining this, we will have the means to accomplish it. Carrying out these various steps allows us to reach our goals.





# My goals

Determine your goals here, three things you want to work on first and foremost in order to improve your life.

## Exemples:

- Start a project I always wanted to do
- Spend less time on social media
- Get back in shape

1

2

3



# My goals



Write down **why each goal** identified is important to you.

**How** will accomplishing these goals allow you to improve your life?

What changes will you notice **after accomplishing them**?



# My goals

You can now specify your goals and identify how you plan to accomplish them.

## Here are some tips:



1

**Prioritize what is really important for you and what you really want to change.** It will then be a lot easier for you to be motivated and get going.



2

**Give yourself the time** you need based on the nature of your goal.



3

Starting with your main goal, **identify smaller, more short-term goals.** For example, make changes one week at a time, two weeks, a month, etc.



4

**Make a list of steps** to follow to accomplish your goals.



5

**Monitor your progress and reward yourself** when you complete each of the steps you have identified. Feel free to reset yourself as needed.





# Annual mood tracker

	January	February	March	April	May	June
1						
2						
3						
4						
5						
6						

Use different colours below to keep track of your mood and state of mind throughout the year. A wonderful way to focus on positive emotions!



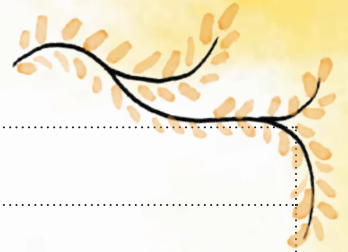
	January	February	March	April	May	June	July	August	September	October	November	December
1												
2												
3												
4												
5												
6												
7												
8												
9												
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26												
27												
28												
29												
30												
31												





# Gratitude

Identify the things for which you are thankful every day.



1		16
2		17
3		18
4		19
5		20
6		21
7		22
8		23
9		24
10		25
11		26
12		27
13		28
14		29
15		30



# 20 things to tell yourself daily

Here are some positive words and thoughts **to repeat** at will **to build self-confidence**.

I am strong

I am proud

I am loved

I am capable  
of succeeding at  
everything I do

If I fall down,  
I will get back up

I deserve  
to be happy

I grow stronger  
every day

I can do it

I know who I am

I know my worth

I am fearless

I am unique

I have the power  
to change the course  
of my life

I have  
the courage  
to say no

I believe in myself

Every day is  
a new opportunity

I am brave

I do my best

I will not give up

It is never  
too late





# Self-care

Here are some daily rituals and habits to adopt that take less than 2 minutes to do!



When you are not feeling well, force yourself to smile while taking several deep breaths. Keep smiling for 2 minutes and send negative emotions packing!



Take the time to stretch every morning when getting out of bed to release stress and recharge your batteries.



Mediate or pray for a few minutes every day and take the time to express gratitude for the people and things in your life that make you happy.



Have a tea or coffee break with yourself in a calm spot that you like, take the time to reflect and unwind.



Breathe in deeply through the nose/hold for 3 seconds—breathe out through the mouth.



Head outside for a fresh air break and take the opportunity to walk, run or simply breathe deeply.

1. Which of these suggestions do I want to try?

.....

.....

.....

2. What have I already done to take care of myself?

.....

.....

.....



# Simple tips to maintain your physical health



## Drink water

For **optimal health**, it is recommended that an adult drink **eight glasses of water or 1.5L daily**. Since the human body is composed of 60% water, it is important to maintain this proportion with an adequate supply of liquid. The body will become dehydrated without it and that can lead to headaches and fatigue.



## Move

It is a fast, efficient and safe way over the long term to increase endorphin production in the body. **Endorphins relieve stress, increase pleasure, improve the quality and amount of sleep, not to mention reduce the time required to fall asleep.** You can release endorphins by practicing some of the activities below:

- Take a walk alone or with friends
- Go on a hike or go snowshoeing
- Run or jog
- Bike or canoe
- Swim
- Team sports (basketball, hockey, volleyball, etc.)



## Eat well

The idea is not to deprive oneself, but rather to **make good choices daily**. Here are some tips:

- Cook your own meals, alone or with your family and friends.
- Try new recipes
- Limit salt and sugar consumption



## Get enough sleep

An adult should get **7 to 8 hours of sleep a night** to be in good shape the next day. In order to optimize sleep quality, it is recommended **to avoid cell phone use at least 30 minutes before going to bed** and avoid caffeine and nicotine, which stimulate the nervous system and impede rest.



# Tips to help pick you up

Here are examples of things to do to help you feel better when you are having a difficult time.







Handwriting practice lines consisting of 20 horizontal dotted lines.

# Resources

Free, anonymous and confidential services,  
available 24 hours a day, 7 days a week.

## TEL-JEUNES

(French only)  
1 800 263-2266  
teljeunes.com

## KIDS HELP PHONE

1 800 668-6868  
<https://kidshelpphone.ca/live-chat/>

## FIRST NATIONS AND INUIT HOPE FOR WELLNESS HELP LINE

1 855 242-3310  
Hope for Wellness chat: [hopeforwellness.ca](http://hopeforwellness.ca)

## LIGNE DES CENTRES DE PRÉVENTION DU SUICIDE

1 866 APPELLE (1 866 277-3553)

## INTERLIGNE

A first response centre that provides help  
and information to those concerned with  
sexual orientation and gender diversity.

Help line: 514 866-0103 (Montreal region)  
or 1 888 505-1010 (toll free)  
Chat: [interligne.co/clavardage/](http://interligne.co/clavardage/)  
Email support: [aide@interligne.co](mailto:aide@interligne.co)

## Other resources

### WAPIKONI MOBILE

[wapikoni.ca](http://wapikoni.ca)

### WE MATTER

(English only)

Feeling down? Feeling hurt? We Matter  
is a place Indigenous youth can turn to for an  
uplift, for positive support, or for a reminder  
that you matter.  
[wemattercampaign.org/](http://wemattercampaign.org/)

### WISEPRACTICES.CA

(Bilingual site)

Wise practices to live your life to the fullest.





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