

My Emotional Diary

Monday to Friday

13 - 17 May 2019

ODU Vlado Tasevski School

SWOT
SCOUTS
PROJECT
Skopje



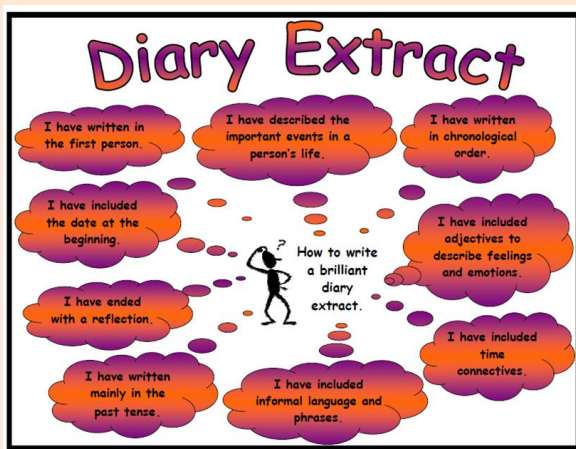
SWOT Scouts

NAME AND SURNAME

INTRODUCTION - Dear Swot Scouts Participants ☺

Writing in a Diary Helps you to:

- Clarify your thoughts and feelings
- Know yourself better
- Reduce stress and manage emotional challenges
- Solve problems more effectively
- Resolve disagreements with others
- Boost your creative expression abilities
- Achieve your goal and face the fear of failure
- Express ideas, thoughts and nurture the values
- Make you self-aware and help you self-improve



We hope that you will actively fill in your diary on a daily basis and share some your personal feelings and views so that we can learn all from each other and be smarter in managing emotions and feel happy ☺
On the next page we offer some starting ideas to boost your writing, hope you will enjoy ☺