

Everyone makes mistakes, makes bad choices, has bad days and has fears. It is important to work through these things so we can forgive ourselves and move forward. By talking and writing about experiences, we can learn from them and we can accept and allow ourselves to be exactly who we are.

Activity: Fill out a diary page (or pages) in the same format as Lucky's Diary.

Example from Lucky's Diary:

Dear Diary,

I chewed my daddy's favorite shoe.

But I am not a "Slipper Ripper".

I am "Lovable Lucky" and I made a bad choice.

Next time I will try to chew my toy instead.



PITTY PAWFESSORS

Dear Diary,

Sometimes I make mistakes or bad choices.

But I am not a (make up a silly "label" that you are NOT)

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I am (make an inspirational name for yourself)

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I will keep trying my best.