

JournalSpark.app
SPARK YOUR STORY

The Girl I'm Becoming

A guided journal for *tween* & *teen* girls.

I choose
me.

I am...
capable
confident
strong
unstoppable

Big dreams.
Bold steps.
Bright future.



30 reflections • 10 creative studio pages

My Kind of me

There is no single right way to be *you*.

Collect *five clues* about you: a favorite thing, a strength, a question, a doodle, and a tiny wish.

Favorite thing

A strength

? A question

A doodle

A tiny wish



The shelf of me

Imagine a shelf that tells a visitor about you. Fill it with real objects or invented ones.

Something I *love*

Something I *made*

Something I *wonder* about

One thing on my shelf has a story. *Here it is:*



My inner weather

If your feelings were weather, what would the forecast look like today?



Draw your inner forecast. Mixed weather is welcome.

Something that may have influenced my weather:

One thing I might need today:



Two ideas, one problem

Two friends have different ideas for weekend plans. Draw their conversation and a possible plan.

My idea

Your idea

A possible plan

Let's try it

They can try an imperfect solution and check how it works.



CREATIVE STUDIO

My possibility board.

Use words, sketches, or paper scraps. Include experiences, ideas, and qualities you want to explore.

Something to learn



Something to experience

A quality to practice



A tiny action to try

