









My Migrant Diary



My Morning



Today I woke up feeling...

Circle how you feel











Very Well

Well

Normal

Not very well

Awful

What do you want to accomplish today? Write down what you intend to do today:
Example: Today I will complete all my activities.

How do y	ou want to feel today? Write down how you would like to fe	el:
	Example: I would like to feel cheerful.	

Thought of the day:

Example: Today I choose to be happy.



Plan your week



Write down your activities for the week here

	Monday	Tuesday	Wednesday
	Thursday	Friday	Saturday
*			
	Write here what motivates you	Sunday	Positive things that happened
	to move forward:		to me this week:



You can do it!



Dear diary

Here's a space to let off steam.
Write down here how you feel, how it was your day, your emotions.

Monday
Tuesday
Wednesday
Thursday



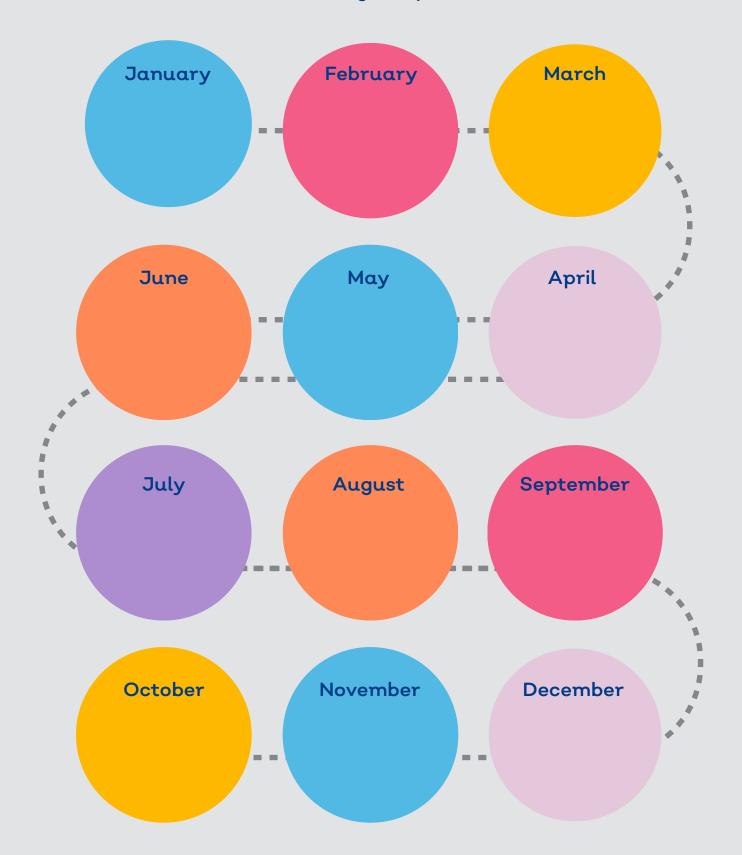


Friday			
Saturday			
Sunday			
Notes			



Goals for the year

Write here your goals to fulfill, like starting a new project or taking a trip.



TOPIC: "My Migrant diary"

General objectives: The main objective of the dissemination of this educational material by PROBEM JALISCO is to offer the migrant public a didactic resource under the principles of the mission and vision of the social and academic spirit of PROBEM JALISCO at the binational level and thus ensure access to psycho-educational knowledge, with equal opportunities, respecting the identity and cultural diversity of these vulnerable groups.

Psychological aspects: This diary seeks to offer a space where migrants on any state of movility, can feel safe to express their feelings and emotions, as well as help them establish goals and remember their motivations.

Intelectual propierties: The content of this material represents the intellectual property of the authors, who in coordination with PROBEM JALISCO developed it for the entire migrant population.

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