



Recrea
Educación para refundar 2040

 Educación



My Migrant Diary



Here you can write down how you feel every morning!

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 you want to feel today? Write down how you would like to feel:

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

Sunday

Write here what motivates you to move forward:

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Positive things that happened 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

*Remember that you can print as many sheets as you need.





Friday



Saturday

Sunday

Notes



Goals for the year

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

January

February

March

June

May

April

July

August

September

October

November

December

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.

Intellectual proprieties: 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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