



THE *Celebration* *Journal*

A guided workbook for your wins, milestones, proud moments, hard days survived, and memories worth keeping.

WRITE IT DOWN - FEEL IT - KEEP IT

★ Talk_Sense_02

WELCOME

This Journal Belongs To

name

Started on: Feeling:

Celebrating is a skill. Most of us were taught to chase the next goal and skip the pause where we notice how far we have come. This journal is that pause.

How to use this workbook

1

Go at your pace

Skip around. Use a page when it fits the day. There is no wrong way to do this.

2

Be specific

'I finished the report' beats 'I did well'. Details make wins feel real.

3

Include the hard days

Surviving is an achievement. Those pages matter just as much as the wins.

4

Do the exercises

Gold ribbons mark short practices - 5 to 10 minutes each.

5

Look back often

Re-read old pages on days you forget what you are capable of.

What is inside

1 Wins & Pride - 2 Emotional Milestones - 3 Hard Days Survived - 4 Memory Keeper - 5 Reset & Reward - Daily, weekly and monthly trackers



SECTION 1

Wins & Pride

Small wins. Big wins. Quiet wins. All of them count.

DAILY WIN LOG

Today I Celebrate...

Write the date, then catch at least one thing worth celebrating.

Date:

Energy:



MY WIN OF THE DAY

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HOW IT FELT

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WHAT I DID TO MAKE IT HAPPEN

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SMALL VICTORIES (even tiny ones)

☐

☐

☐

A KIND THING I DID FOR MYSELF

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Tomorrow I am looking forward to:

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Tomorrow I am looking forward to:

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WIN WALL

My Win Wall

List ten wins from this month - big, small, silly, brave. Colour a star for how big each one felt.

1		☆☆☆☆☆
2		☆☆☆☆☆
3		☆☆☆☆☆
4		☆☆☆☆☆
5		☆☆☆☆☆
6		☆☆☆☆☆
7		☆☆☆☆☆
8		☆☆☆☆☆
9		☆☆☆☆☆
10		☆☆☆☆☆

smallest star = quiet win

biggest star = I could burst!

Pattern I notice in my wins: _____

PRIDE

Things I Am Proud Of

Pride is not bragging. It is noticing what you did that mattered.



SOMETHING I OVERCAME

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HOW I TREATED SOMEONE

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SOMETHING I LEARNED

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A RISK I TOOK

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A QUALITY IN ME I AM GRATEFUL FOR

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.....

Finish this sentence out loud, then write it:
"I am proud of myself because..."





EXERCISE

The Celebration Wheel

Rate each area of life from 1 (centre) to 5 (edge) by colouring in. Then circle the area you most want to celebrate.

★ EXERCISE



MY BIGGEST CELEBRATION AREA AND WHY

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.....

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EXERCISE

Strengths Spotter

Tick every strength you have used in the last three months. Then star your top five.

★ EXERCISE

☐ Brave ★	☐ Kind ★	☐ Curious ★
☐ Patient ★	☐ Funny ★	☐ Honest ★
☐ Creative ★	☐ Loyal ★	☐ Determined ★
☐ Calm ★	☐ Generous ★	☐ Organised ★
☐ Resilient ★	☐ Warm ★	☐ Wise ★
☐ Playful ★	☐ Hardworking ★	☐ Forgiving ★
☐ Thoughtful ★	☐ Adventurous ★	☐ Gentle ★
☐ Focused ★	☐ Hopeful ★	☐ Open-minded ★
☐ Leader ★	☐ Listener ★	☐ Problem-solver ★
☐ Encouraging ★	☐ Humble ★	☐ Passionate ★
☐ Reliable ★	☐ Grateful ★	

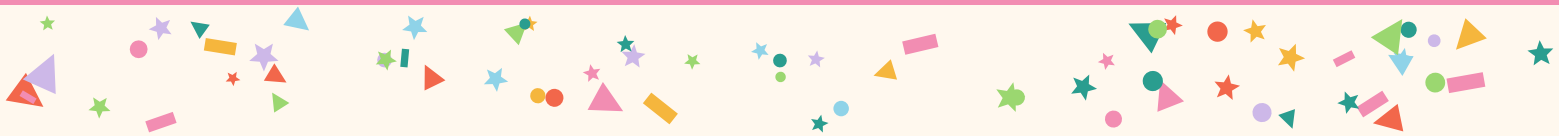
A TIME I USED MY TOP STRENGTH

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EXERCISE

Compliment Collector

Write down kind things people have said about you. Read them when you doubt yourself.

★ EXERCISE

Who said it:

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.....

Who said it:

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Who said it:

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Who said it:

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Who said it:

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Who said it:

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A COMPLIMENT I GIVE MYSELF TODAY

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.....
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SECTION 2

Emotional Milestones

The moments that changed how you feel, think, or see yourself.

★

MILESTONE MAP

My Emotional Timeline

Mark six turning points - a first, a healing moment, a decision, a goodbye, a breakthrough.

When: _____

1

When: _____

2

When: _____

3

When: _____

4

When: _____

5

When: _____

6



MILESTONE PAGE

One Milestone, Up Close

Choose one moment from your timeline and look at it from every angle.

The milestone:

BEFORE

What was I feeling or thinking?

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.....

.....

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.....

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DURING

What did I do? Who helped?

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.....

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AFTER

What changed in me?

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WHAT THIS MILESTONE TAUGHT ME ABOUT MYSELF

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.....

.....

The emotion I want to remember:



Proud



Relieved



Joyful



Brave



Peaceful

EXERCISE

Then and Now

See how far you have grown. Fill both sides, then read across.

★ EXERCISE

ONE YEAR AGO

HOW I FELT ABOUT MYSELF

.....

.....

.....

WHAT SCARED ME

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.....

.....

WHAT I BELIEVED ABOUT MY FUTURE

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.....

.....

WHAT I DID FOR FUN

.....

.....

.....

WHO I LEANED ON

.....

.....

.....

TODAY

HOW I FELT ABOUT MYSELF

.....

.....

.....

WHAT SCARED ME

.....

.....

.....

WHAT I BELIEVED ABOUT MY FUTURE

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WHAT I DID FOR FUN

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WHO I LEANED ON

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The biggest change I see:

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SECTION 3

Hard Days Survived

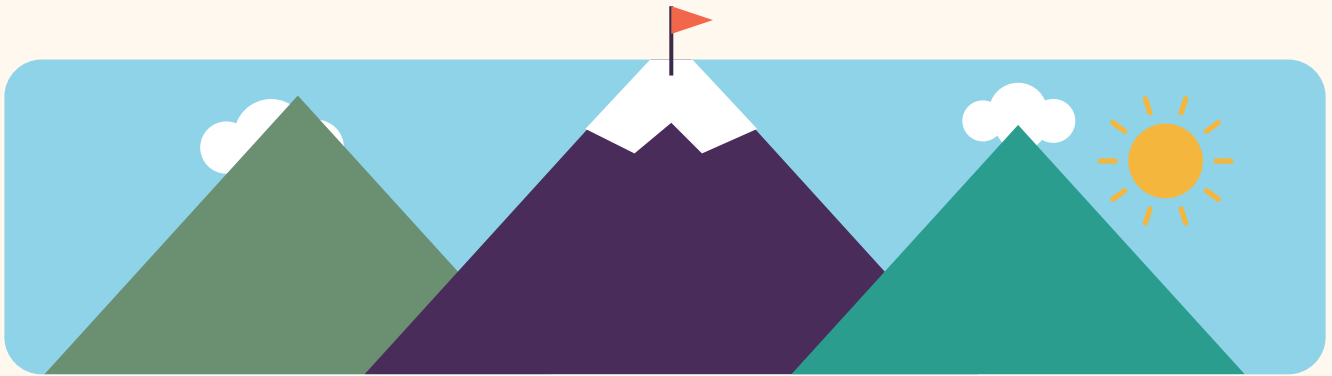
Some days the win is simply getting through. That deserves a medal.



SURVIVOR LOG

I Got Through This Day

Write it honestly. No sugar-coating, no shame - only the truth and what you did anyway.



Date:

Difficulty today:



WHAT MADE TODAY HARD

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HOW I FELT (name every feeling)

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WHAT I DID TO KEEP GOING

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WHO OR WHAT HELPED

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.....

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Medal of the day:

Today I deserve credit for...

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.....

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EXERCISE

The 5-4-3-2-1 Pause

When your mind is racing, use your senses to come back to this moment. Fill in each step slowly.

★ EXERCISE

5

THINGS I CAN SEE

.....

.....

.....

.....

.....

4

THINGS I CAN TOUCH

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.....

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3

THINGS I CAN HEAR

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.....

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2

THINGS I CAN SMELL

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.....

1

THING I CAN TASTE

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Take one slow breath. Notice: how do I feel now compared to a minute ago?

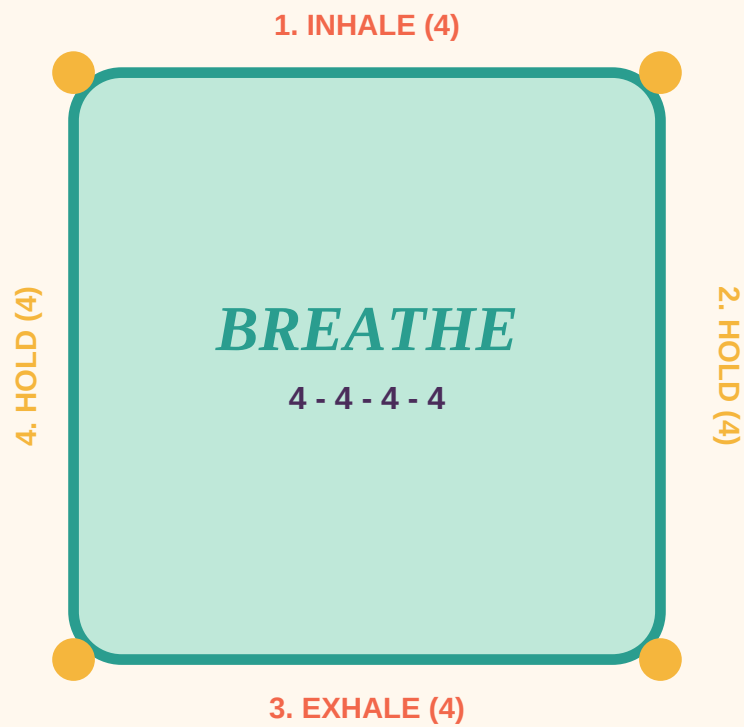


EXERCISE

Box Breathing

Trace the square with your finger or eyes. Four counts on each side. Repeat four rounds.

★ EXERCISE



Before: how calm am I?



After: how calm am I?



What I noticed in my body:

EXERCISE

Evidence I Can Do Hard Things

Fill the jar with proof. Each star is something difficult you already survived or achieved.

★ EXERCISE

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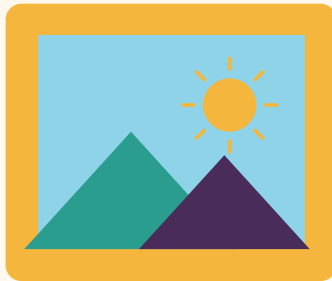
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WHEN I DOUBT MYSELF, I WILL REMEMBER

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SECTION 4

Memory Keeper

Some moments deserve to be pressed like flowers, so you can find them later.

MEMORY PAGE

A Moment I Want to Remember

Paste a photo, sketch, ticket, or doodle in the frame, then capture the details.

PHOTO / SKETCH
stick it here

DATE

WHERE

WHO WAS THERE

WEATHER / MOOD

WHAT HAPPENED

I WANT TO REMEMBER THE...

WHY IT MATTERS TO ME

If this moment had a song, a smell, and a colour:



MEMORY PAGE

A Moment I Want to Remember

Paste a photo, sketch, ticket, or doodle in the frame, then capture the details.



PHOTO / SKETCH
stick it here

DATE

WHERE

WHO WAS THERE

WEATHER / MOOD

WHAT HAPPENED

I WANT TO REMEMBER THE...

WHY IT MATTERS TO ME

If this moment had a song, a smell, and a colour:



EXERCISE

Five Senses Snapshot

Memories stick when we store them with our senses. Capture one happy moment in full detail.

★ EXERCISE

SEE

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HEAR

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SMELL

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TASTE

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TOUCH

.....

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.....

The feeling in one word:

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EXERCISE

The Joy List

Fast and playful. Write 20 things that made you smile this month. Bonus star for every one that was free.

★ EXERCISE

1	2
3	4
5	6
7	8
9	10
11	12
13	14
15	16
17	18
19	20



Joy is a muscle. Keep using it.





SECTION 5

Reset & Reward

Plan your celebrations, track your growth, and write to your future self.



WEEKLY TRACKER

My Celebration Week

Check in once a day for two minutes. Patterns appear fast.

Week of:

	MON	TUE	WED	THU	FRI	SAT	SUN
Win of the day							
Mood	☹️	☹️	☹️	☹️	☹️	☹️	☹️
Self-care done	☐	☐	☐	☐	☐	☐	☐
Proud moment							
Kind thing I did							

Mood key: draw the face that fits - sad, low, okay, good, joyful.



MONTHLY TRACKER

30 Days of Showing Up

Colour a star each day you notice one thing worth celebrating - even a tiny one.

Month:

1 ★	2 ★	3 ★	4 ★	5 ★	6 ★
7 ★	8 ★	9 ★	10 ★	11 ★	12 ★
13 ★	14 ★	15 ★	16 ★	17 ★	18 ★
19 ★	20 ★	21 ★	22 ★	23 ★	24 ★
25 ★	26 ★	27 ★	28 ★	29 ★	30 ★

Days I showed up: _____ / 30 My longest streak: _____ My favourite win:

.....



RESET & REWARD

My Celebration Menu

Plan how you will celebrate. Tick the ones you want, and add your own. Match the reward to the size of the win.

★ EXERCISE

TINY WINS

- ☐ A favourite song, loud
- ☐ A walk with no phone
- ☐ A cup of something warm
- ☐ Tell one person the news
- ☐ Five-minute dance break
- ☐
- ☐

MEDIUM WINS

- ☐ Cook or order my favourite meal
- ☐ Buy myself flowers
- ☐ A long call with a loved one
- ☐ Movie night, no guilt
- ☐ A new notebook or pen
- ☐
- ☐

BIG WINS

- ☐ A day trip somewhere new
- ☐ A dinner with my people
- ☐ Something I have wanted for a year
- ☐ A full day of rest
- ☐ Plan a small party
- ☐
- ☐

MY NEXT CELEBRATION: WHAT, WHEN, WITH WHOM

.....

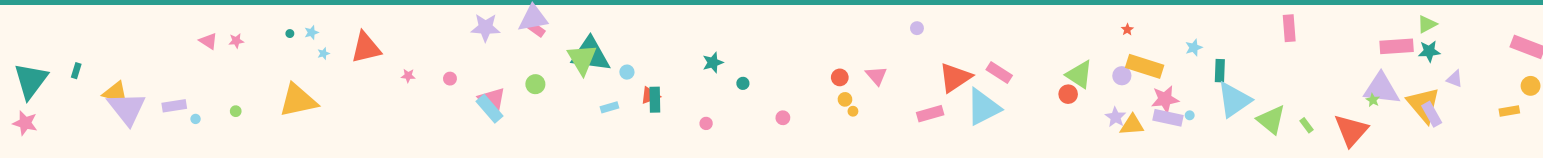
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You do not need to earn rest or joy. You just get to have them.





MONTHLY REVIEW

Look How Far I Have Come

At month's end, sit with a warm drink and look back over your pages.

★ EXERCISE

TOP 3 WINS

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HARDEST DAY I SURVIVED

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WHAT MADE ME LAUGH

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WHO SHOWED UP FOR ME

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WHAT I LEARNED ABOUT ME

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.....

WHAT I WANT MORE OF

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This month, I give myself a score of:

1 2 3 4 5 6 7 8 9 10

One sentence I want to say to myself about this month:

.....

.....



CERTIFICATE OF CELEBRATION

Awarded To

*for showing up, growing, and surviving
and for celebrating all of it.*

This certifies that the person named above has been brave, kind, patient and persistent - and deserves every bit of joy they feel.

Date



Signed, with pride

Keep celebrating. Start a new journal whenever you are ready.

♥ *Crafted by Shivani Bhatnagar with a lot of positivity and love* ♥