

12 Days of SEL

Use the Pathful [Employability Skills Videos](#) to guide you through social-emotional learning (SEL) journaling this holiday season. Watch the linked videos and follow the writing prompt. Use this time for self-reflection and encouragement as you prepare for next semester.

Share only what you're comfortable sharing. This journal is yours.



Day 1

Watch: [How to Become More Self-Aware and How it Drives Better Outcomes](#)

Prompt: What is one thing you like about yourself? What is one thing you wish you could change?



Day 2

Watch: [Stay Active to Improve Your Mental Health](#)

Prompt: What is something you have done today to stay active? How did it make you feel?



Day 3

Watch: [Don't Be Afraid to Ask for Help](#)

Prompt: What is something you needed help with? How did you ask for help?



Day 4

Watch: [Your Success Depends on Healthy Relationships](#)

Prompt: Who is someone you have a healthy relationship with? What do you like about that relationship?



Day 5

Watch: [Exercise Your Curiosity by Learning New Skills](#)

Prompt: What is a new skill or hobby you want to learn? Why?



Day 6

Watch: [Break Barriers by Being Yourself](#)

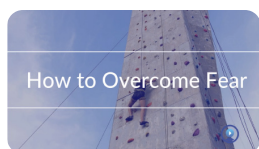
Prompt: What are five things you like about yourself?



Day 7

Watch: [How to Rebound from Failure](#)

Prompt: What is something you have failed at recently? What did you do to rebound?



Day 8

Watch: [How to Overcome Fear](#)

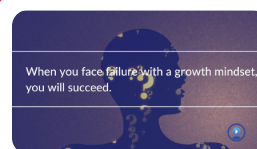
Prompt: What's something you are worried about for next semester? What can you do to be encouraged?



Day 9

Watch: [Failure is Success in Progress](#)

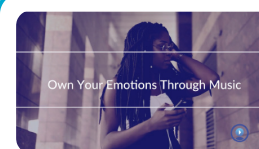
Prompt: What is something you want to grow or progress in: hobby, school, work or home?



Day 10

Watch: [Having a Growth Mindset Allows You to Grow](#)

Prompt: How can you remind yourself that you are still growing and learning?



Day 11

Watch: [Own Your Emotions Through Music](#)

Prompt: How does your favorite song make you feel? Why?



Day 12

Watch: [The Pursuit of Happiness](#)

Prompt: What is one big dream you have for your life?



12 Days of SEL: Journal

Days 1 to 6

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Watch: [How to Become More Self-Aware and How it Drives Better Outcomes](#)

What is one thing you like about yourself? What is one thing you wish you could change?

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What is something you have done today to stay active? How did it make you feel?

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What is something you needed help with? How did you ask for help?

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Who is someone you have a healthy relationship with? What do you like about that relationship?

Day 5

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What is a new skill or hobby you want to learn? Why?

Day 6

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What are five things you like about yourself?



12 Days of SEL: Journal

Days 7 to 12

Day 7

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What is something you have failed at recently? What did you do to rebound?

Day 8

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Day 9

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