



BELONGS TO:



Make self-care and positivity a part of your daily routine. Celebrate your victories, overcome challenges, and prioritize your well-being as you navigate the journey of autism parenting.

🌟 How to Use Your Celebration Journal 🌟

- **Begin Each Week:** Start a new week in your Celebration Journal by turning to the next blank page.
- **Reflect on Your Wins:** At the end of each day, take a moment to reflect on your successes, no matter how small. Write down your victories in the designated spaces provided.
- **Answer Weekly Questions:** Each week, there are specific questions to guide your reflection. Answer these questions honestly and thoughtfully. These prompts are designed to help you recognize your achievements and find gratitude in your journey.
- **Start Again:** Once you've answered all the weekly questions, begin again from Question 1 for the next week. This allows you to continually focus on your progress and celebrate new successes.
- **Repeat and Celebrate:** Continue this cycle of reflection and celebration week after week. Over time, you'll build a collection of meaningful moments to look back on and cherish.

Remember, the purpose of this journal is to celebrate your wins and cultivate a positive mindset. Embrace each victory, big or small, and let this journal serve as a reminder of your strength and resilience on your autism parenting journey.

Week 1 Dates:

Weekly Wins:

WHAT WENT WELL THIS WEEK?.

MILESTONES ACHIEVED BY YOUR CHILD.

POSITIVE INTERACTIONS OR MOMENTS EXPERIENCED

PERSONAL ACHIEVEMENTS OR MOMENTS OF JOY

Week 2

Dates:

Challenges Overcome:

DESCRIBE A CHALLENGE YOU FACED TODAY.

HOW DID YOU OVERCOME IT?

WHAT DID YOU LEARN FROM THIS EXPERIENCE?

MOMENTS OF JOY

Week 4 Dates:

Self-Care Checklist

DESCRIBE A CHALLENGE YOU FACED TODAY.

HOW DID YOU OVERCOME IT?

WHAT DID YOU LEARN FROM THIS EXPERIENCE?

MOMENTS OF JOY

Week 5

 Dates:

Self-Care Checklist

DID YOU PRACTICE SELF-CARE TODAY? (CHECK ONE)

YES

NO

IF YES, DESCRIBE THE SELF-CARE ACTIVITIES YOU ENGAGED IN.

IF NO, PLAN ONE SELF-CARE ACTIVITY FOR TOMORROW.

MOMENTS OF JOY

Week 6

Dates:

Reflection

WHAT WERE THE HIGHLIGHTS OF THIS WEEK?

DESCRIBE ANY CHALLENGES YOU ENCOUNTERED AND HOW YOU HANDLED THEM.

RATE YOUR OVERALL WELL-BEING THIS WEEK ON A SCALE OF 1 TO 10

MOMENTS OF JOY

Week 7 Dates:

Words of Encouragement

WRITE A MESSAGE OF ENCOURAGEMENT TO YOURSELF FOR THE WEEK AHEAD.

MOMENTS OF JOY
